

**A COMPLEX OF PEDAGOGICAL CONDITIONS FOR EFFECTIVE
FUNCTIONING AND FORMATION OF STUDENTS' READINESS
FOR CHILDBEARING IN PHYSICAL EDUCATION CLASSES**

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It is well known that any system can successfully function and develop only when certain conditions are met. Therefore, in order for the educational process to be effective, we have identified, substantiated and created special pedagogical conditions for the effective functioning and formation of students' readiness for childbearing in physical education classes.

Material and methods. Analysis of literary sources, analysis of the activities of the organization of readiness of students for childbearing in physical education classes.

Findings and their discussion. An analysis of the work of E.V. Yakovlev, N.O. Yakovleva (2006) and others shows that pedagogical conditions mean a set of measures of the pedagogical process aimed at increasing its effectiveness. Conditions are always factors external to the subject [1].

In the course of scientific research, we have identified only a part of the conditions that, in a certain sense, correspond to the chosen research methodology, the features of the phenomenon under study, the characteristics of the educational process being implemented, and our own scientific and methodological preferences.

At the same time, in the choice of pedagogical conditions, the main purpose is to optimize the pedagogical process, preference should be given to such measures that do not require significant complication. We put forward the assumption that pedagogical conditions should be selected from the possibilities of the educational process that can accelerate and improve the result, and not be a parallel, laborious process that requires enormous efforts on the part of the researcher.

The complex of pedagogical conditions for effective functioning and formation of students' readiness for childbearing involves:

at the content level:

1) formation of pedagogical groups according to the level of physical fitness and health status;

2) implementation of the process of formation of readiness of students for childbearing in physical education classes;

3) compulsory study of the theoretical part at all four levels of education, as well as the study of the practical part at the third level of education, including the implementation of complexes of physical exercises of a differentiated orientation;

at the structural level:

4) compulsory classes held at specifically allotted time for students of secondary schools, TVET, students of the Higher Educational Institution and students of the IPKiPK;

5) keeping a self-control diary with registration of MT, HR, RR, BP, VC, OGG, dynamometry (left and right hands) (for female students of the Higher Educational Institution);

6) timely organization of work on readiness for childbearing in educational institutions of the Republic of Belarus;

7) theoretical and practical training of the teaching staff (hereinafter referred to as the teaching staff) of specialists from educational institutions of the Republic of Belarus in the mode of advanced training courses on the topic “Health-saving technologies in preparation for childbearing” and retraining of personnel in the development of the academic discipline “Fundamentals of methods of preparing for childbearing”;

at the methodological level:

8) ensuring the organization of independent work of students in matters of preparation for childbearing;

9) educational and methodological support for the preparation of students for childbearing, presented in the form of two monographs: «“The School of the Expectant Mother” as an innovative form of organizing classes in the academic discipline “Physical Culture”» [2], «Theoretical and methodological aspects of the formation of a personal motor culture to prepare for pregnancy during the period of study at a higher education institution» [3]; course of lectures «Fundamentals of methods of preparation for childbearing» [4].

Conclusion. Thus, the complex of pedagogical conditions for the effective functioning and formation of the readiness of students for childbearing, when studying in educational institutions, requires taking into account a number of objective and subjective factors when building and is characterized by a set of praxeological measures to optimize the operation of students' readiness for childbearing in the conditions of modern education, which ultimately account, increases the manageability of the educational process as a whole.

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