

43,9 % – физическую активность проявляют 1-2 раза в неделю и чаще всего это занятия физической культурой по расписанию; 8 % учащихся курят (в большинстве своём вейпы с курительными смесями).

Заключение. Подводя итог, анализ показал, что низкий уровень физической активности, присущий подавляющему большинству учащихся колледжа, интенсивная умственная деятельность, дефицит сна, нарушение распорядка дня, нездоровое питание, психологическое напряжение, вредные привычки обуславливают увеличение числа молодых людей с хроническими болезнями и проблемами со здоровьем. Таким образом, недостаток двигательной активности среди обучающихся средних специальных учебных заведений оказывает негативное воздействие на их самочувствие и академические успехи. Формирование принципов здорового образа жизни важно начинать в юности, охватывая вопросы питания, приема биологически активных веществ, полноценного отдыха и снятия напряжения, борьбы со стрессом и регулярной физической нагрузки. Повышение показателей физического развития и общего состояния здоровья студентов требует системного подхода, включающего информационно-просветительскую работу, популяризацию спорта и создание комфортных условий для занятий.

Практическая ценность данной работы состоит в разработке рекомендаций по совершенствованию системы физического воспитания и организации спортивных мероприятий в колледже. Полученные данные могут быть применены для разработки или модификации программ физкультуры, ориентированных на укрепление здоровья учащихся, а также для планирования спортивных соревнований, стимулирующих интерес к физической активности. Результаты исследования будут полезны руководству колледжа, преподавателям физической культуры и самим обучающимся, способствуя формированию культуры здорового и активного образа жизни.

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ANALYZ THE CURRENT TRAINING SYSTEM FOR TAEKWONDO ATHLETES AND ITS EFFECTIVENESS

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Keywords. Taekwondo, tactical training, reserve talents, training strategies.

The highly expressive Taekwondo sport has become popular all over the world with its unique competitive spirit and sports connotation. In China's sports "Twelfth Five-Year" planning system, how to improve the cultivation system of reserve talents in competitive sports, how to optimize the project structure, and promote the balanced development of competitive sports have been highly valued [1].

The study addresses the critical issue of balancing academic and athletic development, a challenge faced by many student-athletes. It contributes to the limited research on Taekwondo talent cultivation at the middle school level in China [2].

The purpose of the study is to develop recommendations for optimizing the training system and increasing the sustainability of talent development.

Material and methods. *Research methods:* theoretical analysis and synthesis of literary sources, pedagogical observation, analysis and synthesis.

Results and discussion. The Guanlan High School Taekwondo Team consists of three coaches, one head coach and two assistant coaches. They are generally seniors, all with a bachelor's degree or higher, with slight differences in academic qualifications. Among them, the coaches are over 40 years old, all national senior coaches and have been coaching for more than ten years. Even the young coaches have 3-5 years of coaching experience. All three coaches are representatives of professional sports teams and have extensive experience in competitions. They have earned national level I and II athlete certificates by participating in various competitions during their sports career. Such competitive experience is undoubtedly a valuable asset for young athletes.

In addition to natural skills and coaching experience, all coaches actively participate in training, study various professional and magazines to improve their qualifications. They also periodically organize scientific conferences to discuss coaching concepts, exchange training methods, modern popular techniques and tactics with the leaders of related schools. This is undoubtedly one of the important reasons why Guanlan Middle School Taekwondo Team continues to achieve outstanding results in various provincial, city and national competitions.

Conclusion. The findings could serve as a reference for other schools in Longhua New District and beyond, promoting the sustainable development of competitive Taekwondo. The research aligns with national sports policies aimed at improving the training system for reserve talents. For Schools: Provides actionable insights to refine training programs and better support student-athletes. For Coaches: Highlights effective coaching strategies and areas for professional development. For Policymakers: Offers evidence to inform policies on sports education and talent development in schools. For Athletes: Advocates for a balanced approach to academics and training, ensuring long-term career and educational opportunities.

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ANALYSIS OF THE INFLUENCE OF ORIENTEERING ON THE CONSTRUCTION OF PSYCHOLOGICAL STRENGTH OF COLLEGE STUDENTS

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Keywords. Psychological resilience, cognitive development, emotional well-being, behavioral practice, orientation, emotional regulation.

In the context of growing concern about mental health problems in special educational institutions, psychological resilience has become a crucial psychological quality for college students to overcome developmental difficulties, which requires expanding the avenues for improvement. Psychological resilience is a complex ability of a person to maintain stable psychological functions, actively adapt and overcome difficulties under stressful conditions, including such basic elements as psychological stability, emotional regulation and willpower (Lin Chongde, 2018). Orienteering, characterized by three-dimensional tasks that integrate physical endurance, cognitive intelligence, and mental strength, provides an immersive practical platform for the development of psychological resilience in university students. Based on the theory of psychological resilience and the theory of self-determination, this study combines empirical research to analyze the mechanisms by which orientation affects students' stress resistance, emotional regulation, and the development of willpower in three dimensions: cognitive understanding, emotional experience, and behavioral practice. The article also offers optimization strategies and practical recommendations, containing theoretical references and implementation