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«Сучасні досягнення фізичного виховання»

*Матеріали науково-практичної конференції
з міжнародною участю*

(19 жовтня 2021 року, Харків)

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- Jumps back and forth. In one turn you have to jump up and a little forward. On the next rotation you should go back.
- Jumps to the side. When jumping, move to the sides. First to the left, then turn the skipping rope to the right.
- Jumping rope with a cross. Exercise for advanced, when every second jump goes with the crossing of arms.

Conclusions: Regular light exercises with a skipping rope will help in bringing a bit of sport to your quarantine routine. Such a simple inventory will help your body become better, and your spirit - stronger and happier.

Shauria Muscan

**SOME DISTANCE LEARNING PECULIARITIES IN
THE DISCIPLINE OF "PHYSICAL EDUCATION AND
HEALTH" IN THE SYSTEM OF HIGHER MEDICAL
EDUCATION**

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Introduction. Currently, one of the main tools used for improving the quality of classes in the discipline of "Physical Education" during distance learning period is the application of interactive technologies which increases the importance of students' independent work and enhances the rate of the educational process.

Interactive technologies enable student to develop the ability to sort through the information that is constantly updated for increasing the level of functional and motor abilities, gaining knowledge in maintaining and promoting health, improving efficiency, organizing a healthy lifestyle in everyday routine and professional activities.

Main part. Nowadays, distance learning is actively introduced into the higher education system. In comparison with conventional teaching methods, distance learning changes the teacher-student interaction: the activity of the teacher gives way to the students' activity, and the task of the teacher is to create conditions for their initiative.

Interactive teaching methods provide high motivation, sustainability of knowledge, creativity and imagination, sociability, active attitude to life, team spirit, value of individuality, freedom of self-expression, emphasis on activity, mutual respect and democracy.

During distance learning process, students learn to think critically, solve complex problems based on the analysis of circumstances and relevant information, consider alternative opinions, make deliberate decisions, participate in discussions, communicate with other people. The student is a full-fledged participant of the educational process, his experience is the main source of academic knowledge.

Physical education is a practical lesson in which the teacher communicates directly with students, sees their reaction to the load, uses different ways and methods of conducting classes.

The availability of additional facilities (simulators, Swedish walls), as well as sports gear (balls, rackets,

dumbbells, gymnastic sticks, etc.) make classes more diverse and interesting for students.

The measured, normal motion state was violated in March 2020 with the appearance of the new COVID-19 virus.

The main news was the imposition of lock-down and transfer of students and teachers to distance learning.

At first this led to confusion, because physical education is practical training.

When it was sized up how to hold "Physical Education" classes in the context of distance learning, an algorithm for organizing and conducting training sessions was elaborated. Moreover, various exercise sequences for the development of basic physical qualities and individual sets of exercises were devised; video lessons were introduced and sets of combined developing exercises were recorded.

During the study period, students already endure powerful psycho-emotional stress, so such things like quarantine, home isolation, forced restriction of physical exercise even further aggravate the situation.

Numerous studies show that prolonged and significant limitation of human motor activity leads to negative changes in his neural activity: impaired mental performance, increased time of simple and complex reactions, weakened emotional stability and decreased performance of attention, thinking and memory. Lack of muscle activity is one of the main causes for severe chronic diseases of internal organs.

Physical culture is an integral part of professional training of medical students.

Medical university students in the future will form teams of doctors who must be able to take quick decisions, be

responsible for the health and lives of others, work in a static and dynamic state under any conditions, have a stable nervous system.

Therefore, using specific educational technologies based on modern teaching methods, technical means of communication and information transfer in distance learning, organizing individual training of students can successfully solve the problem of physical activity.

In order to conduct physical education classes in a distance format, an electronic course in the discipline "Physical Education and Health" was elaborated.

In the proposed distance course, an updated concept of students' physical education was developed, in which much attention is paid to the use of educational information resources. Each student in the e-course can use educational materials: lectures, presentations, recommendations, videos. To consolidate knowledge the distance course provides a glossary, test tasks that contain a large number of topical sections and questions, which allows to vary the tests for the immediate needs of the participants, thereby increasing the objectivity of assessing knowledge, skills and competencies of students. Interactive technologies provide constant, not episodic (on schedule) contact of the student with the teacher. The "forum" is used as a platform to discuss relevant topics and provide answers to students' questions, as well as to obtain information about educational material. There is a calendar of new events, which reflects the tasks and their deadlines. The teacher can constantly monitor the students' educational activities.

Conclusion. The application of distance education gives a physical education teacher many opportunities to

diversify the forms and methods of teaching the subject, to increase interest in the discipline among students. It makes the learning process interesting, increases interest in independent work, self-realization. Expands students' theoretical knowledge, increases motivation, and as a result, continuity and regularity of educational work is achieved. The teacher constantly improves professional skills, looks for new, more effective methods for quality classes.

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THE BENEFITS OF VOLLEYBALL IN TODAY'S SOCIETY

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Volleyball is one of the most unique sports of our time. It does not require a lot of money or special physical conditions. A field, a ball, a few people and most importantly the desire - that's what you need for an unforgettable game. If you don't have a specially equipped court - no problem, get in a circle and enjoy.

Volleyball is characterized by a wide variety of different game situations, constant changes in the intensity of physical activity and much more. All this, of course, affects our body and keeps us healthy. Volleyball is very injury prone, so