

FORMATION OF PHYSICAL AND HEALTH COMPETENCE OF FUTURE SCHOOL TEACHERS IN THE CONDITIONS OF INDUSTRIAL CRISIS

The article is dedicated to development of the actual pedagogical problem of extrapolating a healthy lifestyle into a competent pedagogical dimension. In particular, the features of the process of physical culture and sports competence formation in future school teachers are described, taking into account the complex regional conditions of industrial Kryvyi Rih. It is proved that formation of healthy lifestyle habit among student-age population not only protects against the risk of the industrial region diseases, but also can become an effective means of pedagogical influence, and in a broad sense – a sound instrument of competence-based pedagogical approach.

Key words: healthy lifestyle, physical culture and health competence, physical culture, industrial regions.

Current topical social factors determine the need to monitor their own health, to lead a healthy lifestyle, especially in the student of the industrial region. Kryvyi Rih has a very unfavorable health condition. There fore, the first priority is the training of pedagogical personnel who would be able to form a sustainable habit of a healthy lifestyle in the younger generation. (i.e, contribute to the formation of physical culture and recreational competence), because the students of pedagogical higher education - first of all future school teachers, class leaders, from the formation of competence which depends on the formation of competence of the students with whom they will work. In addition, it is precisely this that is required by the actual processes of mastering and applying pedagogical innovations in terms of improving the health and conduct of health care.

During studying, a student of a pedagogical higher education must obtain an appropriate professional status of physical culture and health competence, the formation of which occurs primarily through the means of physical fitness and health care. Today, the emphasis on understanding physical fitness, combined with sporting technical and tactical skills, falls on physical activity (health related fitness) as a target lifestyle. The first component of the healthy lifestyle is the organization of work and rest regimes. The second component of healthy lifestyle is the elimination of bad habits such as smoking, alcohol, drugs. The third component of is a diet that should be rational. The fourth component of the healthy lifestyle is the systematic support of the physical form.

The national system of physical education provides for construction of content, forms and methods of physical culture, aimed at intellectual, emotional, volitional activity of students, their views, behaviour, physical perfection. However, young people, who are born and grow in the conditions of industrial regions, are characterized by high rates of various diseases.

Mining and industrial concerns "Ukrudprom", 5 ore mining and processing plants, 17 mines and 10 quarries, metallurgical plant "ArcelorMittal Kryvyi Rih", coke and chemical plants, etc. are concentrated in Kryvorizhya, which leads to a complex ecological situation, a high level air pollution. In these unfavourable regional conditions, the task of improving the protective qualities in young organisms with the help of physical culture and a healthy lifestyle becomes top priority.

The issue of health preserving and improving through formation of a healthy lifestyle in pedagogy has been studied and continues to be studied systematically. The formation of a healthy lifestyle and health care of young people was examined in the works of G. Goloborodko, S. Lapayenko, N. Zavidovska, V. Agarov, N. Bugashev, V. Nikolayenko and other researchers.

The questions of improving the sports education methods in higher educational institutions became the subject of research by a number of authoritative scientists (V. Balsevych, B. Vedmedenko, I. Kruglik, A. Skinevych, V. Mudrik, B. Shchur, S. Sychev, V. Kondakov, A. Leonov, L. Sokolenko, N. Zavidovska, R. Bikmukhametov).

These scientists define such basic ways of improving the sports education of higher educational institutions students to optimize the process of forming a healthy lifestyle, such as: providing the content of training with recreational and health-improving and preventive components; introduction of a democratic management system; formation of modern valeological knowledge and skills among students; active and differentiated propaganda of physical culture and sports among students; increase students' orientation to physical education; accounting for the future professional activities of students and the like.

The effective formation of the habit of the student's youth in the healthy lifestyle promotes the use of the means, methods and forms of organization of the discipline "Physical education". In addition, an important factor is the formation of a proper motivation for maintaining their own health, which is primarily based on the activity principle, that is, self-healing activities are encouraged.

Healthy lifestyle is determined by various motives: development of physical qualities, motor activity, positive emotions from physical exercises, etc.

Athletic competence, in our opinion, presupposes the teacher's readiness to take responsibility for the formation of healthy habits for the generation of young people, to realize the importance and significance of this process for the society, the state, the nation. During the training, a student of a pedagogical university should receive the qualification corresponding to his/her professional status, the formation of which takes place primarily through the means of physical culture and healthy life style.

During the training the students should receive not only the knowledge and skills in their future profession, but also acquire a professional status that provides for appearance, standards of conduct, lifestyle. Providing optimal conditions for study, work, leisure, everyday life, familiarization with a healthy lifestyle contribute to the formation of a healthy body and the preservation of health.

A healthy way of life reflects the norms and rules of the students' life activity aimed at: the ability to work productively, effectively spend energy in the process of acquiring knowledge for the future professional activity; mastering skills of restoring the body after intensive work; spiritual enrichment; improving their physical qualities and abilities; support and strengthening of their own health.

After graduation the students of pedagogical universities work as class leaders, teacher-educators, educators of extended-day groups, deputy directors for educational and upbringing work, school principals, and employees of the education department. Therefore, the problem of health and a healthy lifestyle and the factors that influence health in general are the priority issues in which graduates of pedagogical universities should be oriented at a professional level.

In Kryvyi Rih district, which is distinguished by a problematic ecological situation, first of all the task is to preserve and strengthen the health of the younger generation with the help of recreational physical education and a healthy lifestyle. Guided by the Law of Ukraine "On Physical Culture and Sport", the organizational work is carried out in Kryvyi Rih to implement the Program for the Development of Physical Culture and Sports for 2016-2020, approved by the decision of the city council dated December 24, 2015, No 50. To date, 11 children and youth sports schools, 90 sports clubs and physical culture groups of industrial enterprises and organizations, 56 sports clubs, fitness centres, 14 out-of-school educational institutions (tourism centres, children's and teenage clubs), 174 educational and 150 preschool educational institutions and high-quality personnel potential of workers in physical culture and sports in the number of 1,204 specialists provide the development of sports and physical culture sphere in our city.

More than 130 thousand inhabitants of the city are covered by physical culture and health work, and more than 28 000 - by sport activities. In general, physical culture and sports and mass work in the city is aimed at the implementation of the National Strategy for the healthy activity in Ukraine and Dnipropetrovsk region for the period till 2025 "Physical activity – healthy lifestyle – healthy nation."

Formation of active motivation to preserve one's own health is important in the formation of a healthy lifestyle of students. The formation of motivation should be based on the activity principle, that is, the motive of health is created through health-improving activity in relation to oneself.

The deviation of students from the principles of healthy lifestyle is due to inaction of the authorities, unfavourable socio-economic conditions, low subsistence level, lack of a life perspective, low cultural level, lack of habit and a steady interest in physical culture, and the like. So the formation of HLS is a rather complex pedagogical process, one of the socially-communicative foundations of which are the perfect psychological, pedagogical and social management conditions.

Physical education and sports-mass work in extra-curricular time have a strong educational potential in terms of the formation of future teachers' professional readiness for educational work with students, health promotion and the conduct of health care.

The introduction of new pedagogical technologies into the educational process of physical education, the preparation of recreational programs for independent classes, the basics of self-control, etc., involves the training of a highly skilled competitive specialist, who not only owns the formed fitness and recreational competence, but also able to form it for pupils and his students.