

Anotation. Peculiarities of methods of determination of individual motor activity and its influence on psychophysical status of students. Due to the constant information and communication technologies, modern youth lead a sedentary lifestyle, which leads to a decrease in the level of motor activity in students of higher education institutions, and as a consequence, a high level of morbidity is observed. Given the rapid development of scientific and technological progress, we have developed a method for determining individual motor activity using information and communication technologies.

The article describes the psychophysical state of the students of the control and experimental groups after the introduction of the proposed methodology in the educational process of physical education.

The basic approach to the problem of motor activity management is based on the provisions that the tasks and content of the process of physical education to work must meet the modern requirements of life. Scientific and technological progress substantially transforms the conditions of life and activity of a person, the pace of life changes, young people are more likely to lead a sedentary lifestyle, which negatively affects their health status. After all, the well-known relationship of motor activity with the psychophysical state, the lower the level of RA, the lower the level of health, and the worse the psycho-emotional state.

Info-communication implementations apply not only to the field of physical education, but also to other spheres of life, since mechanization, automation and the related intensification of labor in production and in everyday life require more mental activity than physical. Therefore, in order to involve young people in more active motor activity, to motivate them to physical education, we have developed and implemented in the process of physical education the method of determining individual motor activity using information and communication technologies.

For experimental verification of the effectiveness of the proposed method of determining the individual physical activity of students, it was introduced in the educational process of physical education. Using the proposed program allows young people to operate indicators of their physical condition, to determine the

proper level of physical activity, based on their own data, to make their own program of physical activity according to the desired level of physical condition, to choose the most optimal parameters of physical activity. In addition, students will be able to calculate the amount of calories burned and the total amount of training in units of time, distance, weight, etc., as well as in regular gadgets, to estimate their own pulse curve during exercise, as well as to assess the adequacy of physical activity and physical activity performed.