

HEALTH PRESERVATION IS A PRIORITY COMPETENCE OF PHYSICAL EDUCATION TEACHER

Bashtovenko OA.

*Candidate of Biological Sciences, Associate Professor of the
Department of Social Work, Social Pedagogy and Physical Education
Izmail, Ukraine*

The modern-day stage in the formation of a healthy, viable generation is determined by the social policy of states. The world community has already defined common views and requirements for the formation of health care through a number of documents and regulatory acts to promote the introduction of a healthy lifestyle. The issue of maintaining health will never lose its relevance. Among all the values that a person defines during his life, a significant place is occupied by his health and the health of his children. All that concerns the support, strengthening, the use of various technologies aimed at preserving health, has long attracted the attention of mankind and to even now has been highly relevant. A competent teacher, tutor, educator, coach has to establish relations between the government and the person through various public organizations, educational institutions, structural associations, to implement the Concept of the national target social program "Formation of a healthy lifestyle of young people of Ukraine". And when the pedagogues are ready for effective professional activity, we will be able to rely on a healthy, successful society of our country.

Modern statistics is pretty gloomy because it indicates a large number of somatic deviations acquired by children and students during their studies [1, c.43]. There are several reasons for this: peculiarities of the educational process, which require a certain tension in the musculoskeletal system, prolonged immobility of the spine, the tense of the visual analyzer, inactive spending free time outside the school through a poorly developed structure of extra-curricular physical education. Parents can not adequately create the conditions for the normal development of the child, or do not have the means to do so. Restriction of movement leads to hypokinesia, which is a risk factor for the health of a growing body.

Health-preserving competence, the basis of professional training of teachers of physical education, is a problem of paramount importance of higher education nowadays. There is no motivation for activities related to the preservation of children's health in future teachers, they do not know and do not know how to use health-preserving technologies in the educational process, ignore the scientific organization of labor in the pedagogical process. As a result, the state of health culture is unsatisfactory, and there is a lack of knowledge and experience in preserving and promoting the health of the younger generation [2, p.45]. The society needs a new specialist who is able to embody practical experience in the field of health preservation. It is the competence approach in the training of future physical education teachers that forms new technologies in education and solves the contradictions between the social order and the insufficient level of development of health-saving competence. Physical education of children and young people should be carried out by specialists and high-class professionals.

Many scientists who looked for scientific and pedagogical searches in the methods of physical education and the formation of physical culture of young people in the context of educational reform, consider the possibility of updating the content of the subject (V. Arefieva, I. A. Kuzmenko, J. Vaskova, A. M. Vatsaba, etc.) Some authors propose to apply various forms of physical education (A.V. Tsos, O.O. Vlasyuk, N. V. Krachevska, A. V. Ognisty). O. Bondarchuk suggests to unite the school and the family, starting from the first form through updating the content of the teaching of physical education. The primary school stage is very important because it is characterized by a decrease in motor activity by almost 50% compared to preschoolers. The contemporary standard of living requires from the lessons of physical education that students develop motor skills and abilities for independent exercise, adherence to a healthy lifestyle, the ability to monitor independently changes that occur in the body. To evaluate and analyze the influence of physical activity as positive processes of life [1, p.46].

A competent specialist in physical education should convince, using his own experience, pupils of the need for physical activity and possession of the simplest methods of monitoring of somatic health [4, p. 34]. The formation of persuasion in the need for motor activity, the possibility of obtaining pleasure from physical activity and a conscious desire for health, carrying out comprehensive monitoring in physical education and sport, using its indicators in planning training sessions and educational out-of-school work, obtaining objective information about the health status of pupils are the components of an effective management of the process of physical education and sports training, the necessary result of a professional teacher, as a modern competent specialist. A teacher who has a sufficient level of knowledge in the field of health care content and technologies, taking into account the age and individual characteristics of students, responsibly relates to the implementation of health-preserving functions, initiates the selection and implementation of appropriate physical culture values, designs and implements effective health-preserving technologies based on physical activity, can be considered quite competent. The basis for the formation of the teacher's professional readiness for health protection is the biomedical training of students using the phased formation of competence readiness and improved planning - this will complement the methodology for further improving the educational process in the field of health preservation.

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