

PROBLEMS AND PROSPECTS OF DEVELOPMENT OF SPORTS GAMES AND UNIFIGHTING ACTIVITIES IN UNIVERSITIES

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Annotation. In modern society the problem of preserving and strengthening the health of students of higher education institutions is relevant. This is explained by the fact that very high requirements are imposed on them, which can be met only by healthy young people. We can talk about health not only in the absence of any disease, but also in a harmonious neuro-psychological development, high mental and physical performance.

Key words: information technology, development, sports games, activities, university.

It is known that health is formed under the influence of a complex of factors. Important value have physical activity. Game - a social phenomenon, an independent kind of activity, inherent in man. Play can be a means of self-knowledge, entertainment, recreation, a means of physical and general social education, a means of sports. Games used for physical education are very diverse. In almost all educational institutions, sports games are included in the training programs. They are widely practiced in after-school and extracurricular activities, used in higher and secondary vocational education, in training athletes. On the basis of sports games there were formed game sports, which take their rightful place among other sports at all levels, including the Olympic Games.

Preserving and strengthening the health of students today is an integral part of the process of physical education in higher educational institutions of Ukraine. Sports games are traditionally popular among all categories of people in the country because

of the multifaceted impact on the human body, including the emotional. Therefore, they are an effective means of physical education in a wide age range. In almost all educational institutions sports games are included in the training programs. They are widely used in institutions of higher and secondary vocational education.

Physical education in higher educational institutions is carried out throughout the period of study of students and is carried out in a variety of forms that are interrelated, complement each other and are the only process of physical education of students [1]. One important factor in increasing students' interest in engaging in motor activity is the possibility of choosing its types, where the advantage is usually given to sports games. After all, play since infancy is the main type of activity, a means of preparation for life and work. A game connected with sports, based on competition and distinguished in a separate group - sports games or games sports. Physical education - an integral part of the educational process, which can not be regarded as a minor component. The success of physical education does not exclude the need for further development and improvement [2].

Sports games occupy a leading place in human activity and act as an important means of physical education. The main characteristics of sports games can include accessibility, activity, progressiveness, competitiveness, adaptability, voluntariness, pleasure. The use of sports games in general physical education classes is difficult to overestimate. Sports games make accessible to the study of technically complex exercises. At the same time the use of games provides a comprehensive improvement of motor activity, where, along with the motor skills develop physical qualities. Games help to liven up and diversify lessons. Emotional switching carries the effect of active recreation - it helps to recover directly in the class and facilitates the mastery of the material [1].

Invaluable advantage of sports games is also that they can be used under any conditions and at any stage of training sessions. Exercises and sports games soothe and strengthen the nervous system, relieve stress, create a cheerful, life-like mood, which contributes to the efficiency and success of students. Involve in the dynamic work of the large and small muscles of the body, increasing mobility in the joints. Under the

influence of physical exercises used in games and relay races, all types of metabolism (carbohydrate, protein, fat and mineral) are activated.

The purpose of most disciplines is to form an integral system of theoretical and methodological knowledge in students, as well as to create conditions for the development of their practical skills as athletes and coaches (instructors, teachers). In most institutions of higher education it is realized within the framework of teaching the disciplines of the cycle of professional and practical orientation as compulsory disciplines and disciplines at the choice of the student. Some higher education institutions offer one of the disciplines of choice, aimed at sports and pedagogical improvement of students through the study of martial arts.

Physical education of students and sports, achievement of sports results by students have always been closely and inextricably linked. Today this direction with the use of special training sessions within the educational process is being developed at various levels of physical improvement of the younger generation and students. The modern level of development of sports and those requirements which it puts to a developing personality demand maximum mobilization of physical and mental forces of an athlete and professional preparation for successful performance at competitions. Scientific research and university physical education and sports practice show that there are a number of conditions and factors that significantly impede the involvement of students in an active and in-depth engagement in a particular sport specialization.

The main tasks of students in its study are the following:

- to master the theoretical and practical material of teaching oriental martial arts;
- to increase the level of sports training in a chosen kind of martial arts;
- to improve the pedagogical mastership of the training practice in martial arts;
- to optimize the level of development of the main motor qualities;
- to form students' methodical abilities and skills of a future coach (specialist, instructor) in oriental martial arts.

The teaching of martial arts in various organizations of physical education and sports contributes to the formation of healthy lifestyles, health culture of each student and, above all, of the younger generation, is one of the leading priorities of pedagogical

education. The main conditions, which require control is the educational and qualification level of coaches, specialists, physical education and sports instructors, who teach any system of martial arts, oriental martial arts or sportsmanship, as well as the sanitary and technical condition of halls and areas, equipped for classes of oriental martial arts.

It should be noted that an important feature of students' sports is the age limit, mainly from 17 to 22 years, at which age many athletes achieve maximum performance, especially if they began to engage in sports specialization at an early age (such as gymnastics, athletic dancing, swimming, etc.). At the same time there is a large group of students who have either started to do sports in high school, or not involved in a particular sport at all. There is a wide possibility of selection to sports sections, where it is possible to show high sports results at a later age than the period from 17 to 22 years, in which there is no noticeable decline in performance and physiological functions. This applies to many wrestling, martial arts (boxing), power sports and many others. The existence of such a strong variation in the level of training of student-athletes requires a comprehensive and professional approach to sport. In this case a smooth and adequate transition from a lower sport qualification to a higher one is necessary.

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