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**ІННОВАЦІЙНІ ТЕХНОЛОГІЇ
В СИСТЕМІ ПІДВИЩЕННЯ КВАЛІФІКАЦІЇ ФАХІВЦІВ
ФІЗИЧНОГО ВИХОВАННЯ І СПОРТУ**

ТЕЗИ ДОПОВІДЕЙ
VI МІЖНАРОДНОЇ НАУКОВО-МЕТОДИЧНОЇ КОНФЕРЕНЦІЇ
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MOTIVATION TO PHYSICAL LOADS AS A FACTOR IN THE DIRECTION OF THE DEVELOPMENT OF PHYSICAL HEALTH IN MODERN STUDENTS

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Topicality. Nowadays, students are engaged not only in educational activities, but also work independently, and in some situations, all act as parents [1]. In addition, modern students lack the notion of a daily regimen as such. All this leads to the fact that they do not have time for physical activity or simply are not interested in its implementation [2]. Therefore, it is very important to identify factors that motivate students to engage in physical labor in order to further increase the level of students' interest in physical activity.

Purpose. Determination of the main motivational factors of students that encourage them to engage in physical exercises.

Results of the work. The work of bud was performed on the basis of Kharkov National Medical University. Students of 1-3 courses entered the study sample. Students were offered a questionnaire, which included questions about the time they spend on studying, as well as greetings about their activity during extra-curricular time: work, hobbies, additional courses, etc.

Particular attention was paid to the issue of their physical activity: whether they are engaged in additional sports, time calls spent in the open air, and others like that. After the questionnaire, an analysis of the results was carried out. It was found that in most cases (83%), intense intellectual activity was the main activity of students, which led to a decrease in the time used for exercising, which may cause a deterioration of health and well-being. In 60% of cases, students had time to exercise only on weekends. One third of students had a permanent job, but all of it was connected with mental activity.

Only 40% of the respondents were involved in sports, which was due to the lack of free time. However, on the question "Would you do sports in the presence of this time?". Only 23% answered "yes"; 77% answered "probably", 4% of respondents answered "no". In the explanation to the answer "no", some answered that they do not need it. All this indicates that a very large number of students are not motivated to study physical education. In order to improve this situation, it is necessary to stimulate and encourage students to exercise. This should be done at all levels: at the university, at the state level, at the family level. But the most important thing in this will be self-motivation, which should encourage a person to self-improvement himself. A person must exist in an environment in which physical exercise is a commonplace, not a special kind of activity.

Conclusion. In our time, most students do not have sufficient physical activity, which is associated with a large amount of mental activity. Also, an important factor is the low motivation of students due to the low popularization of physical culture in our country. It is necessary to take measures to increase daily physical activity among students.

References

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