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PEDAGOGICAL TECHNOLOGIES IN THE SYSTEM OF PHYSICAL EDUCATION OF HIGH SCHOOL STUDENTS

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Summary. *The integration of Ukraine into the world community necessitates the reform of the national system of higher education. This reform should be focused on personality development of future specialists, ensuring their high level of health and physical fitness, preparing them for employment and competitiveness in modern economic conditions as persons with higher education. Recently, new educational models have been actively explored, and the rapid development of communication tools and information technologies has opened up significant opportunities for qualitative changes in educational technologies. These achievements can play an important role in the modernization of the Ukrainian education system.*

Key words: *students, physical education, technologies, health*

Physical education of students is indeed a complex and multifaceted process. This is not just sports, but also an important component of physical education. The analysis of modern theory and practice of physical education confirms that this direction is given extremely insufficient attention [1, 2]. Physical education of students has many useful aspects. It contributes to the improvement of physical health, the development of movement coordination, strength, endurance and flexibility. In addition, this process affects the mental state of students, helping to reduce stress, improve mood and increase self-esteem.

Insufficient attention to physical education of students can have negative consequences. Insufficient physical activity can lead to a sedentary lifestyle, reduce the functional capabilities of the body and make students more vulnerable to various diseases. Thus, it is worth paying sufficient attention to the physical education of students. It is important to include the development of physical skills and activity in educational programs, conduct sports events and promote an active lifestyle among student youth [3].

The use of new educational models makes it possible to improve access to education, ensure individualization of education, develop critical thinking and creativity of students.

An important aspect of new educational models is the assessment of educational achievements. Traditional assessment methods based on tests and exams are gradually being replaced by more objective and individualized methods. The use of computer programs and intelligent systems makes it possible to evaluate the skills acquired in the learning process, taking into account the personal characteristics of each student. [4; 5].

Physical education of students is a complex and multifaceted process. However, as evidenced by the analysis of modern theory and practice of physical education [6; 7; 8], the direction of physical education is given extremely insufficient attention. In this regard, it is obvious that the organization and content of physical culture and sports work in higher education institutions needs a critical review [9].

Leading scientists in their research show that traditional methods of physical education can be ineffective and boring for students, which leads to a decrease in their interest and motivation.

The introduction of new tools, methods and technologies in physical education helps to make the educational process more interesting, effective and accessible for students. This can have a positive effect not only on the physical training of students, but also on their general health and well-being [9; 10; 11; 12].

According to statistics, recent studies have shown that reducing physical activity among young people increases the risk of various diseases, including cardiovascular diseases, obesity, diabetes, and mental disorders [13; 14; 15]. Today's youth spend most of their time in a sedentary lifestyle, spending many hours at the computer, on social networks or watching TV. This leads to a decrease in physical activity and deterioration of the general state of health.

It is also worth emphasizing the need to develop and implement purposeful programs of physical culture and wellness for young people. Such programs should take into account the specifics of the target group, include optimal physical activity, a health control system, and take into account the individual characteristics of each participant. The implementation of such programs will help create favorable conditions for involving young people in regular physical activity classes and increase their motivation for a healthy lifestyle. Therefore, in order to improve the health and physical fitness of young people, it is necessary to actively implement innovative methods and technologies, spread information about the benefits of physical activity, and create favorable conditions for health-oriented activities [16; 17; 18].

The use of sports-oriented technologies in physical education is an extremely important step in improving the quality of physical training and achieving the best results in sports activities [19]. Therefore, it should be concluded that despite numerous studies by domestic and foreign authors [20], the problem of finding effective ways to improve the system of physical education in higher education institutions is urgent. This is possible only under the condition of the introduction of new technologies aimed at improving the level of health, increasing indicators of physical fitness and the level of professionally important psychophysiological qualities of students, which would contribute to the development of positive motivation to engage in physical culture and sports, both in the education system and in free time from studying.

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