

**SECTION 25.**

PHYSICAL CULTURE, SPORTS AND PHYSICAL THERAPY

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## **THE EFFECTIVENESS OF PROFESSIONAL AND APPLIED PHYSICAL TRAINING IN THE PHYSICAL EDUCATION OF STUDENTS OF HIGHER EDUCATION**

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**Abstract.** *The education system in modern Ukraine must meet the requirements of the modern era and accompany society's aspirations to a European standard of living. This means that new effective methods of training specialists of the modern level are needed, who will be able to withstand long-term physical and mental stress without reducing work capacity. The use of professional and applied in the process of physical training, physical education, will contribute to ensuring the harmonious development of the personality and its readiness for professional activity.*

**Introduction.** Innovative approaches to the training of specialists will allow Ukrainian society to move forward and achieve the European standard of living.

Professional-applied physical training is a specialized pedagogical process that uses specific forms, means and methods of physical education for the optimal development and improvement of physical and mental qualities, motor skills and body functions, taking into account the requirements of future professional activity. This process is aimed at preparing a person for a certain type of profession, where physical training is a necessary component for achieving success and efficiency in work. It can include various physical exercises, training, special diets and other methods aimed at developing the necessary physical qualities and skills for a specific profession.

The use of means and models of professional and applied physical training (PAPT) can significantly help in the education and improvement of mental and

strong-willed qualities of a person. This technique also provides an opportunity to gain theoretical knowledge and develops various professionally important sensory, mental, motor and organizational skills. In addition, it contributes to the maintenance of a high level of reliability of the functioning of all major organs, systems and mental processes in the human body. Considering these advantages, PAPT products can be useful for human health and general development [1].

The development of programs of professional physical training using various types of sports can have a great impact not only on the health of student youth but it can have much more impact on their lives. Thanks to these programs, students will be able to get more variety and excitement in training, which stimulates the desire to engage in physical activity. A comprehensive approach to training also allows you to more effectively use various sports games, aerobics and athletics, which increases the effectiveness of training and general physical training.

One of the negative factors of physical training of future specialists in institutions of higher education can be considered the conduct of physical education classes for all specialties according to a unified program, which does not take into account the aspect of formation and education of professionally important qualities of a separate specialty, i.e., means of professional and applied physical training [2].

The search for innovative ways of using professional and applied physical training of students in the physical education system is highlighted in the works of N. N. Zavydivska [3], E. I. Malyar [4], N. V. Petrenko [5], L. P. Pylypei [6], I. O. Salatenko [7], N. I. Falkova [8], S. V. Khalajji [9].

Having analyzed the programs, we can state that, some of them that exist today are limited to only general recommendations, without specific models of physical exercises, modes of development of general and special professional qualities, and not enough attention is paid to the formation of special psychophysiological qualities in students. We are talking about the specificity of professional and applied physical training in the content of physical education programs. As a result, we have more than half of the graduates of higher education institutions who are unable to work efficiently with the efficiency required by modern production [9].

It is clear that the use of computers in youth and professional spheres significantly affects the psychophysiological capabilities of users. Frequent static load, limited physical activity, tension of the sensory apparatus and higher nervous centers can affect attention, thinking and regulation of movements [10].

Some of the scientists who researched the problems of professional-applied physical training emphasize the search for ways to combine students' education with their future professional activities.

## SECTION 25.

### PHYSICAL CULTURE, SPORTS AND PHYSICAL THERAPY

In their works, scientists aim at the need to correct the purpose and content of the curriculum, study modern technologies of physical education, increase activity in the cognitive activity of students due to the fact that in practice graduates are not sufficiently prepared for independent work as specialists [7].

The appropriate level of development of the physical and mental qualities and motor skills necessary for the profession also ensures an increase in social activity, the ability to quickly and efficiently perform labor operations, to maintain and promptly restore work capacity for a long time [1; 12; 13; 14].

The PAPT of students of higher education institutions should provide, in addition to the physiological prerequisites for successful studies, the importance of forming professional motivation, the development of moral and spiritual qualities of the individual, as well as purposefulness, a sense of duty and responsibility, determination, perseverance, emotional balance, confidence in one's strengths and capabilities, so believe the authors who tried to thoroughly study this problem [7; 16; 17; 18].

The main goal and result of the education of students of higher education institutions remains the formation of their readiness for professional activity. The high level of modern equipment and technologies, the constant increase in the intensity of human activity requires targeted training of students for physical and mental self-improvement [19; 20].

Thus, it can be concluded that despite the scientific research of the predecessors, the quality of professional and applied physical training of specialists of various profiles needs constant improvement.

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**SECTION 25.**

PHYSICAL CULTURE, SPORTS AND PHYSICAL THERAPY

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