MOTOR ACTIVITY OF STUDENT YOUTH IN THE CONDITIONS OF DISTANCE LEARNING

РУХОВА АКТИВНІСТЬ СТУДЕНТСЬКОЇ МОЛОДІ В УМОВАХ ДИСТАНЦІЙНОГО НАВЧАННЯ

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Modern students have a lack of motor activity. One of the reasons is the pandemic, during which classes are prohibited in gyms, swimming pools and other sports facilities. Higher education institutions have partially or completely switched to distance learning, which only increases the lack of students' motor activity. In the conditions of forced hypodynamia, maintaining physical shape is an important aspect for the prevention of physical and mental health disorders. The goal of our research is to theoretically substantiate the peculiarities of motor activity of student youth in terms of distance learning. Research methods: theoretical analysis of scientific and methodological literature, analysis, synthesis, deduction and generalization. Research findings. In the context of the introduction of quarantine measures, the basis of physical education of students are independent classes using all possible types of motor activity. Exercise daily will improve your physical and mental health, ensure the maintenance of physical fitness and strengthen your health and immune system. Distance education has the right to exist alongside full-time education and to be its logical combination and complementarity. It has significant opportunities in the steadiness and regularity of students' independent work, gives them the right to choose the type of physical culture and sports activities and free choice of time for classes, equal rights to involve students with varying degrees of health problems. One of the key disadvantages of distance learning is that for those disciplines that are mastered by future physical education teachers, it is important to control the technique, intensity of exercise and control over the physical condition and well-being of students. Conclusions. There are certain guidelines on which one should to rely: the quality of this type of education depends on the self-organization of the student and the desire of the teacher to improve their professional skills. Distance physical education classes help to form a more extensive theoretical baggage, promote preservation of health, motivate to a healthy lifestyle only with a high level of conscious self-organization, self-discipline and student motivation.
Key words: *distance learning, students, motor activity.*

У сучасних студентів існує дефіцит рухової активності. Однією з причин є пандемія, під час якої заборонені заняття в спортивних залах, басейнах та інших спортивних спорудах. ЗВО частково або повністю перейшли на дистанційне навчання, що тільки збільшує дефіцит рухової активності студентів. В умовах вимушеної гіподинамії підтримання фізичної форми є важливим аспектом для профілактики порушень фізичного і психічного здоров'я. Метою нашого дослідження є теоретичне обґрунтування особливостей рухової активності студентської молоді в умовах дистанційного навчання. Методи дослідження: теоретичний аналіз науково-методичної літератури, аналіз, синтез, дедукція та узагальнення. Результати. У контексті запровадження карантинних заходів, основу фізичного виховання студентів складають самостійні заняття з використанням усіх можливих видів фізичної активності. Виконання щоденних фізичних вправ покращить стан фізичного та психічного здоров'я, забезпечить підтримання фізичної підготовленості на належному рівні та зміцнить здоров'я та імунну систему. Дистанційна освіта має право існувати поряд з очною формою навчання і бути її логічним поєднанням та взаємодоповненням. Вона має значні можливості у неперервності та систематичності самостійної роботи студентів, надає їм право вибору виду фізкультурно-спортивної діяльності та вільного вибору часу для занять, рівні права для залученості студентів з різними ступенями проблем у стані здоров'я. З основних недоліків дистанційного навчання є те, що для тих дисциплін, які опановують майбутні учителі фізичної культури, важливий контроль техніки, інтенсивності виконання вправ та контроль за фізичним станом та самопочуттям студентів. Висновки. Існують певні орієнтири, на які потрібно спиратися: якість такого виду освіти залежить від самоорганізованості студента та бажання викладача вдосконалювати свою професійну майстерність. Дистанційні заняття з фізичного виховання допомагають формуванню більш об'ємного теоретичного багажу, сприяють збереженню здоров'я, мотивують до здорового способу життя лише за умови високого рівня свідомої самоорганізації, самодисципліни та мотивації студента.
Ключові слова: *дистанційне навчання, студенти, рухова активність.*

Target setting in general and its connection with important scientific or practical tasks. The problem of research and assessment of motor activity is still relevant, as motor activity is one of the main factors determining the health and physical condition level of the population [1].

Motor activity increases fitness for work, improves health, ensures harmonious development, the functioning of the cardiovascular, respiratory, hormonal and other systems of the body, activates the neuromuscular system and the mechanisms of transmission of reflexes from muscles to internal organs. During the restriction of motor activity, the body's defense mechanisms to adverse environmental influences are reduced, the liability to various diseases develops [18].

Student youth is one of the most active segments of society. Motor activity for them is an important tool for preventing not only physical but also mental disorders, in particular, helps to withstand emotional overload, which is especially relevant in today's environment.

The negative consequences of insufficient motor activity (hypokinesia) of student youth are usually hypodynamia, ie lack of physical tension and weakening of muscle activity, which leads to increased morbidity and reduced adaptive capacity of the body. Hypodynamia has a particularly adverse impact on the development of young organisms and their state of health. As far as the modern conditions of human life are characterized by a sedentary mode of work and rest, then the only way to combat hypodynamics is physical culture, sports, the main content of which is exercise. That fact that motor activity is an essential component of a healthy lifestyle and the main means of improving health, indicates the acute problems of its deficiency in modern students [23].

Thereupon, in the period of receiving higher education, when youth are required not only to mental activity but also physical performance, there are contradictions between the increased need to intensify the mental work of students in modern educational space and insufficient motor activity of young people in the process of studying in higher education institution, as a necessary condition for strengthening and maintaining health.

Analysis of recent research and publications. Thus, the proper amount of motor activity of student youth is up to 8-10 hours per week with sufficient physiological load. The World Health Organization recommends daily activities (moderate and high intensity, mostly aerobic) for at least 60 minutes to maintain health. However, according to D. Anikeev's research, only 18% of students adhere to the recommended amounts of motor activity [1]. According to N. Yeremenko, 32.39% of girls and 38.46% of boys adhere the minimum required amount of weekly motor activity among students [5].

Highlighting previously unresolved parts of the overall problem. The amount of motor activity depends on various factors: the presence or absence of physical education classes in the higher education institutions, classes in sections, electives, independent classes. The level of motor activity of a significant part of students during educational classes is about 50-65%, and during quarantine, as well as during the holidays – 18-22% of the biological needs of the body [3].

By today, the situation is complicated by the forced hypodynamia in which students are in quarantine for COVID 19. Previously, students visited various sections, gyms, fitness centers, etc. in order to keep fit. Quarantine restrictions have led to the temporary closure of stadiums, gyms, sports complexes, canceled or postponed sports competitions. The educational process in the higher education institution has moved to a remote mode, the downside of which is a sedentary lifestyle. Such restrictions only increased the lack of students' motor activity [5, 8, 10]. Therefore, our research focuses on the problems of organizing motor activity of student youth in the conditions of distance learning.

The **goal** of our research is to theoretically substantiate the peculiarities of motor activity of student youth in conditions of distance learning.

Presentation of basic material of the research. To solve this problem, in the first instance, it is necessary to form students' understanding of the dangers of forced restriction of motor activity for health. The basis of this is a stable motivation to maintain a healthy lifestyle, which is formed by a set of health-maintaining measures aimed at making students aware of the value of their health [4, 8].

An adequate and only possible answer to these challenges is the use of distance learning technologies for students to effectively implement their physical education in quarantine conditions. At the same time, one of the key problems is the proper organization of health and fitness activities of students for their health in conditions of extremely limited physical activity.

The issue of strengthening and maintaining the health of students is in the first place among the tasks set before the system of physical education in the higher education institutions of Ukraine. Due to recent events in the world, a sharp increase in the incidence of Covid-19, forced quarantine and a sharp transition to distance learning, physical activity has fallen critically not only among students but also in most of the world's population [3].

One of the key ways out of the situation that has arisen is independent physical exercises during the day, week. Independent physical exercises are training classes, the main purpose of which is to restore and strengthen health, maintain or improve performance, development of motor skills, improvement of physical abilities and physical improvement. Namely they help to reduce the lack of motor activity, increase physical preparation, improve health, reduce various diseases, increase the mental capacity of students [7].

Forms of independent physical education classes are determined by their purpose and objectives. These include: morning hygienic gymnastics, fitness classes during the school day, independent training sessions. The most available means of independent training in a pandemic are: morning hygienic gymnastics, walking, jogging, health aerobics, rhythmic gymnastics, athletic gymnastics, recreational classes during the school day [13]. Students' independent physical exercises require special attention to control and self-control, analysis and self-analysis of exercises, their dosage, the body's response to stress and the end result [2].

In such conditions, the role of physical education teachers has increased significantly, who should not only advise students to conduct independent classes (help them develop health programs, taking into consideration the interests of students, their motivation, health, physical condition, gender, age, conditions,

available sports equipment), but also to teach them the methods of self-control and self-analysis.

Distance learning has significant opportunities in the steadiness and regularity of students' independent work, gives them the right to choose the type of physical culture and sports activities and free choice of time for classes, equal rights to involve students with varying degrees of health problems. The main principles of distance learning are to provide students with the opportunity to independently master the research material, as well as consulting support from the teacher. Meanwhile, the transition to distance learning has a number of inconveniences: the inability to conduct classes in the gym, training and visiting sports clubs, the inability to effectively control the implementation of exercises and student workload during online classes.

The use of modern information technologies in distance physical education of students allows to predict, control the dynamics of changes in physical condition, choose individual volumes of load, determine the individual level of motor activity necessary for normal functioning of the body, and timely assess learning achievements in physical education process [11].

According to O. Permiakov, the focus of education on the use of information computer technologies as a highly effective method of education not only provides an increase in the level of professional training of future specialists in physical culture and sports, but also significantly affects their motivational sphere, leading to the formation of priority professional and educational-cognitive motives for learning, ensuring the success of mastering professional knowledge and skills [8].

Physical education of students in the conditions of use of modern information technologies should be based on specially developed computer programs, realization of programs-complexes of physical exercises in different forms of classes. The first way to variegate and modernize distance learning is to introduce online broadcasts of dance fitness training.

The next way to diversify classes and design them according to quarantine conditions – mobile applications for sports. The emergence today of various sports bracelets, fitness bracelets, smart watches and software applications for various smartphones makes it possible to use them for operational control to determine different functional indicators of the body [9].

Thus, distance learning has significant opportunities in the steadiness and regularity of independent students' work, gives them the right to choose the type of physical activity and free choice of time for classes, equal rights to involve students with varying degrees of health problems. The key principles of distance learning are to provide students with the opportunity to independently master the research material, as well as consulting support from the teacher.

Meanwhile, the transition to distance learning has a number of inconveniences: the inability to conduct classes in the gym, training and visiting sports clubs, the inability to effectively control the implementation of exercises and student workload during online classes. One way out of this situation is to be able to use a large number of different information resources to conduct online classes, trainings, consultations, watch videos, use mobile applications for sports.

The target goal of the educational process of physical education with the use of distance learning technologies is to educate students' conscious attitude to their health as the highest social value, the formation of hygienic skills and principles of healthy living, maintaining and strengthening physical and mental health.

Conclusions and research perspectives. In the context of the introduction of quarantine measures, the basis of physical education of students are independent classes using all possible types of physical activity. Exercise on a daily basis will improve your physical and mental health, maintain your fitness preparation level and strengthen your health and immune system.

Distance education has the right to coexist with full-time education and to be its logical combination and complementarity. It has significant opportunities in the steadiness and regularity of students' independent work, gives them the right to choose the type of physical culture and sports activities and free choice of time for classes, equal rights to involve students with varying degrees of health problems. One of the main shortages of distance learning is that for those disciplines that are mastered by future physical education teachers, it is important to control the technique, intensity of exercise and control over the physical condition and well-being of students. For this reason, there are certain guidelines on which one should to rely: the quality of this type of education depends on the self-organization of the student and the desire of the teacher to improve their professional skills. Distance physical education classes help to form a more extensive theoretical baggage, contribute topreserve good health, motivate to a healthy lifestyle only with a high level of conscious self-organization, self-discipline and student motivation.

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