



**Kateryna Maksymova, Ph.D. in Pedagogy, Khomenko Vladyslava, a student**  
*Kharkiv State Academy of Physical Culture*  
*Kharkiv, Ukraine*

### IMPORTANCE OF HEALTH-RELATED FITNESS FOR STUDENTS NOWADAYS

**Introduction.** The development of modern civilization is accompanied by the action of various factors of a socio-economic, political, and personal nature, which cause great mental stress and negatively affect the state of health of students. The main source of health preservation is the student himself, since the state of health is 60% formed by lifestyle and only 40% is determined by living conditions, heredity factors and medical intervention.

So, in order to preserve and strengthen health, you need to work purposefully on yourself. The experience of physical culture and health work with students shows that the most popular are various types of health fitness.

**The aim of the study** - to study the importance of health fitness classes for students in today's conditions.

**Methods of research** are analyzed and summarized data from foreign scientific literature, processed Internet sources, summarized data on this issue.

**Research results and their discussion.** It is known that fitness is one of the most popular health systems in the world, which allows you to meet the modern needs of different age groups of the population who want to make their figure beautiful and their health strong. Its main distinguishing features are an individual approach to those who are engaged in and a personal selection of a diet.

The modern fitness industry offers a great variety of them: aquafitness, spinning or cycle ribcage, pump fitness, spinbike aerobics, slide fitness, resist ball, step fitness, double step, yoga fitness, boxing fitness and karate fitness and many others [1].

Health classes are considered one of the most common and effective forms of increasing students' motor activity. The main tasks of such classes are to strengthen health, increase physical capacity and resistance of the body to adverse factors of the external environment. The majority of scientists recommend a small volume of classes lasting 30–40 minutes with a minimum frequency of 3 times a week. It is noted that the frequency of classes depends on their duration. The duration of the lesson is 20–25 minutes involves holding 5–6 classes per week, 30–45 min. – 3 times, 45–60 min. - 2 times. Exercises with a load intensity of 50–75% of the maximum oxygen absorption are considered rational, with the condition that the heart rate is within the recommended control values for 15–20 min [2].

Programs of various directions are used in health training. At the same time, cardio programs, strength programs and "Mind Body" programs are separated.

Cardio programs include walking, running, cycling (including on cardio machines), all types of aerobics, dancing, aqua fitness.

Strength programs are aimed at correcting the physique, developing the musculoskeletal system (shaping, body building, body pump, exercises with free weights (dumbbells, barbells, kettlebells).

"Mind Body" programs (tai-chi, chi-fitness, yoga gymnastics, Joseph Pilates system, fitball, body-flex) regulate a person's mental state, improve such physical qualities of a person as strength, flexibility, ability to maintain balance, coordination of movements [3].

**Conclusions.** As a result of the research, it was concluded that the use of multi-faceted health fitness programs makes it possible to choose health training for any taste and improve the physical fitness and activity of students, which will contribute to strengthening their health and the formation of conscious motivation for physical activity.

#### References

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3. Painter N.S. Health fitness: Methodological recommendations Ternopil, TNEU: Economic dumka, 2019. 41 p.