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FEATURES OF THE MODE OF THE DAY OF MODERN GYMNASIUM

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Анотація. Реформування освіти супроводжується появою навчальних закладів інноваційного типу, характерною рисою яких є збільшення обсягу й ускладнення знань, інтенсифікація навчання. Режим дня у школярів загальноосвітньої школи та гімназистів не є сприятливим для здоров'я. У гімназистів менше вільного часу, вони затрачають більше часу на проїзд до місця навчання, мають меншу тривалість вашого нічного сну та менше часу щоденно перебувають на свіжому повітрі. Проведені дослідження торкаються формування пріоритетів культури фізичного здоров'я і мотивації його покращення.

Ключові слова: режим дня, тривалість сну, школярі, гімназисти.

Annotation. Education reform is accompanied by the emergence of innovative educational institutions, the characteristic feature of which is the increase in the volume and complexity of knowledge, the intensification of education. The daily routine of high school and high school students is not good for health. High school students have less free time, spend more time driving to school, have less time for you to sleep at night, and spend less time outdoors every day. The research concerns the formation of priorities for the culture of physical health and the motivation to improve it.

Key words: daily routine, sleep duration, schoolchildren, high school students.

Relevance of the research topic. With the reform of education, more and more educational institutions of innovative type (gymnasiums, lyceums) are emerging, the characteristic feature of which is the increase in the volume and complexity of knowledge, the intensification of education.

Even at the stages of creation of gymnasiums, according to the analysis of many researchers of the XIX century [1] identify as the main problem of the mismatch between the amount of mental work required of the child and his strength.

The educational load in modern innovative institutions is characterized by the intensification and differentiation of learning, increasing its complexity. The intensification of educational activities is evidenced by the high density of classes with increased weekly load. There is an irrational schedule - duplicate subjects, placement of complex subjects in the first and last lessons, creating a schedule without taking into account the daily and weekly curve of mental capacity of students, reducing breaks, introducing new subjects, increasing teaching hours for in-depth study of individual subjects. At an earlier date, insufficient use of dynamic activities [2; 3; 4].

According to opinion polls, 75% of high school students said that mentally they work from 12 to 14 hours a day or more. Every day, a significant percentage of the child's time forces himself to perform tasks that he does not like. This leads to a decrease in efficiency [5; 6].

Thus, in the daily routine of a modern student there are significant violations, which, of course, affect the functional state of the body of children. Therefore, it is necessary to implement appropriate measures to regulate it.

The aim of the study. To study the peculiarities of the daily routine of secondary school students and high school students in different organization of physical education lessons, to determine the impact of educational regimes.

Organization of research. We conducted a comprehensive medical and social survey in which 1219 people took part, including 243 boys and 232 girls of 5-11 grades who study at school №20, 169 boys and 182 girls of 5-11 grades who study at gymnasium №4, 257 boys and 136 girls of 5-11 grades studying in gymnasium №21.

Research results. In studying the availability of free time for students, we obtained the following results. One third of high school students pointed out that "there is almost no free time". While only 10% of regular school students chose this answer. The fact that 47.34% of chl and 53.85% of gymnasium мало4 noted "little" free time, students of 21 gymnasiums 47.08% of chl and 49.26% of ch, respectively, while students of regular school 38.27% of chl and 24.42% d. (Table 1).

Data on the time spent by high school students would be incomplete without taking into account the number of hours spent on homework. The results of a study on this issue are very significant and show that high school students spend more time preparing for classes. Yes, 3 hours. and 20.16% of boys and 15.58% of girls in 20 schools are preparing for classes, 30.77% of

boys and 43.41% of girls, 34.63% of boys and 41.18 of girls, respectively, are preparing for classes. And less than 26.75% of boys and 9.00% of girls in 20 schools, 15.98% of boys and 3.30% of girls, 10.51% of boys and 4.41% of girls students, respectively.

Table 1

Availability and distribution of free time

Availability and distribution of free time	School		4 gymnasium		21 gymnasium	
	Man	Woman	Man	Woman	Man	Woman
Do you have free time						
practically none	12.76	18.53	19.53	21.43	17.90	19.12
small	38.27	50.00	47.34	53.85	47.08	49.26
enough	48.97	31.47	34.14	24.73	35.41	31.62
How much time do you spend traveling to the place of study						
up to 5 minutes	59.67	50.00	14.79	20.33	28.02	25.74
up to 15 minutes	30.45	37.07	49.11	46.70	51.75	52.21
up to 30 minutes	4.53	8.19	21.30	25.27	14.40	16.91
more than 30 minutes	4.94	3.45	14.79	7.69	5.45	5.15
The average duration of your night's sleep						
less than 6 hours	4.53	3.88	3.55	1.10	4.67	4.41
6-7 years	23.87	25.86	33.14	35.16	23.74	25.00
8-9 hours	45.27	44.40	47.93	48.90	48.25	44.85
9-10 years	18.52	20.69	13.61	12.09	20.23	21.32
11 and more	7.41	5.17	1.78	2.75	2.72	4.41
How much time you spend in the fresh air every day						
4 hours or more	32.92	9.48	12.12	6.59	13.62	13.24
3-4 years	16.05	9.48	13.02	9.89	12.45	11.76
2-3 years	22.63	22.84	26.04	22.53	26.07	23.53
1-2 years	18.52	37.93	28.40	40.66	32.30	33.09
less than 1 hour	8.64	20.69	12.43	20.33	14.79	18.38

Among other things, the number of hours spent traveling to and from the place of study must be added to the time allotted to the learning process. Students from all over the city are admitted to the senior classes of gymnasiums, not only from the districts adjacent to the school. Thus, 14.79% of boys and 7.69% of girls in 4 gymnasiums, 5.45% of boys and 5.15% of girls in 21 gymnasiums answered that they spend more than 30 minutes driving to school.

An important place in the structure of extracurricular activities of students to restore mental and physical performance is the duration of sleep. The results of our study are alarming and make you think seriously: among high school students 6-7 hours. 33.14% of boys and 35.16% of girls sleep a day; 23.74% of boys and 25.00% of girls, while secondary school students, respectively, 13.87% of boys and 12.63% of girls.

The fact that almost half of high school students sleep less than 7 hours a day is, on the one hand, an inevitable response to new learning conditions and high school requirements. On the other hand, chronic insomnia can eventually lead to a sharp decrease in the adaptive capacity of adolescents, and in some cases to the failure of adaptation.

An important component of a healthy lifestyle is staying in the fresh air. This is especially important for the young growing body of adolescents. According to our study, high school students are likely to spend less time outdoors than students of regular secondary school, as shown in Table 3.12. Thus, 32.92% of boys and 43.63% of girls in school №20 spend "4 hours and more" every day in the fresh air, while students of 4th and 21st gymnasiums, respectively (12.12% of boys and 6.59% of girls, 13.62% of boys and 13.24% of girls).

Conclusions

1. Education reform is accompanied by the emergence of innovative educational institutions, the characteristic feature of which is the increase in the volume and complexity of knowledge, the intensification of education.

2. The daily routine of secondary school students and high school students is not favorable for health. High school students have less free time, spend more time on the road to the place of study, have a shorter duration of your night's sleep and spend less time in the fresh air every day.

3. The research does not exhaust the problem of studying the motivation of schoolchildren and high school students to physical self-improvement, but raises a number of questions concerning the

formation of priorities of physical health culture and motivation to improve, preserve, from childhood to older age groups.

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EFFECTIVENESS OF HEALTH FITNESS PROGRAMS ON STUDENTS 'PHYSICAL CONDITION INDICATORS

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Abstract. *The publication reveals the effectiveness of the development and use of health fitness programs based on the indicators of the physical condition of female students studying at the university.*

Keywords: *fitness, student, program, physical condition*

An important factor in the healthy lifestyle of modern man is rational motor activity, which manifests itself in the form of natural locomotives (walking, running, swimming), games, strength and gymnastics complexes, exercise systems, and various non-