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**Introduction.** The training of a person in higher education institutions is a multifaceted education that includes knowledge, skills and abilities that are relevant to the future profession. The formation of a future specialist begins in a higher education institution, and a person's success in the profession and in life largely depends on his or her ability to work, and is largely determined by the degree to which he or she has a healthy lifestyle. One of the essential components of a healthy lifestyle is high physical activity, which, on the one hand, is conditioned by a good level of physical performance, and on the other hand, directly affects its level. Undoubtedly, effective work requires a high level of physical performance, so it is safe to say that physical education plays a significant



role in the professional training of future specialists as a comprehensive means of physical, intellectual, moral and aesthetic development.

The Strategy for the Development of Physical Culture and Sports until 2028 emphasises the growing problem of public health, especially among students. According to the World Health Organization, in 2019, Ukrainians ranked 93rd out of 169 countries in terms of health. Every year, cardiovascular diseases in Ukraine claim about 400,000 lives [11, P.3]. In this regard, the relevance and expediency of intensifying the physical activity of higher education students, improving the organisational and methodological support of modern physical education and health technologies and systems is increasing.

**Presentation of the main material.** The traditionally formed system of education in higher education institutions, based on the teaching of special knowledge, applied skills and abilities, does not fully meet the modern needs for physical activity, does not solve its main and important task - maintaining the state of health and physical fitness of higher education students at the proper level. Analysing the research of many authors [2,7,13,12,15], we can see a tendency towards a progressive deterioration in the health of student youth. The reason for this phenomenon is largely due to the fact that physical education, as an academic discipline, despite the fact that it belongs to the basic educational component, has not undergone any changes in its content in recent years. At the same time, modern society is becoming more and more informational, which leads to the intensification of the educational process, stressful pedagogical tactics, inconsistency of teaching methods and technologies with the age and functional capabilities of higher education students, and the lack of systematic work on the formation of a healthy lifestyle – negative factors that contribute to the deterioration of the health of the younger generation.



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The current regime of educational activities and the conditions of everyday life of students pose a real threat to their health, and therefore to their physical potential and future prospects. In particular, many hours of classroom instruction, prolonged intellectual activity related to homework, an unjustified lack of physical education and the corresponding lifestyle of young people contribute to the spread of physical inactivity. This problem seems even more global if we consider that over time, the younger generation's need for physical activity decreases and then disappears altogether. It would be logical to turn the natural pre-cultural need for movement into a cultural, conscious one. But, unfortunately, today it is not formed, neither in the family, nor in an educational institution, nor in the sphere of labour activity. In this regard, the number of young people studying with congenital and acquired pathologies and, for this reason, referred to a special medical group is constantly increasing.

This problem cannot be solved without the introduction of scientifically based, effective physical education and health technologies that allow to meet human needs in the choice of affordable and productive means of forming physical culture of the individual.

An analytical study conducted by us at Bohdan Khmelnytskyi Melitopol State Pedagogical University among first-year students showed that among the most desirable types of physical activity, young men most often indicate various areas of strength training (athletic gymnastics, powerlifting, weightlifting, armwrestling) – 56% and game sports (football, volleyball) – 42%.

Thus, one of the types of physical activity that is very popular and arouses great interest, including among students, is gymnastics. We understand athletic gymnastics as a type of recreational gymnastics, a system of physical exercises with weights and supports aimed at developing strength and shaping the harmonious physique of the exerciser.





The expediency of using any exercise system is primarily determined by the benefits they can bring to the body. This type of activity attracts special attention due to the expressed desire of a person to strengthen muscles, have a good figure, and increase the overall vitality of the body. The development of strength and the formation of an athletic physique is the leading motivation for many young men. In addition, gymnastics not only helps to develop strength and improve performance, but also, and most importantly at present, serves as an effective means of engaging young people in regular physical education and a healthy lifestyle.

At its core, athletic gymnastics refers to a system of versatile strength exercises aimed at developing strength, shaping a proportionate silhouette and improving health. Gymnastics improves health and eliminates many physical defects (stoop, chest sagging, poor posture, underdeveloped muscles, etc.) An exercise regime combined with a healthy diet can help you lose excess fat or gain weight if deemed necessary. The system of exercises trains the cardiovascular system (muscle mass is also called the «second heart»), musculoskeletal and other systems of the human body, and also has a beneficial effect on the functioning of internal organs through muscle development, making the body muscular and beautiful. It allows you to purposefully manage your body shape with the help of exercises with dumbbells, kettlebells, barbells, body weight (push-ups, pull-ups on the horizontal bar) and special training equipment. This helps to achieve a high level of strength, develop endurance, strengthen the nervous system and eliminate or dramatically reduce the harmful effects of so-called risk factors on the body. For women, these classes help them to gain grace, improve their figure and recover faster after childbirth. For young people, gymnastics helps solve leisure problems, distracts them from bad habits, instils self-discipline, and is a means of active recreation and a healthy lifestyle [10].



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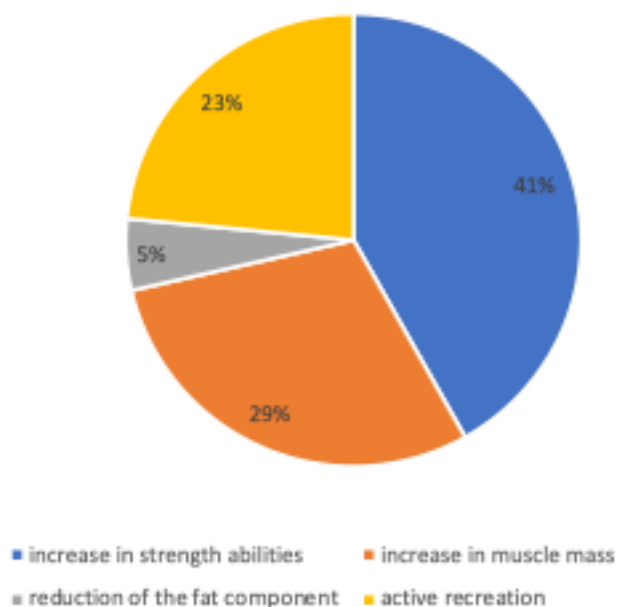
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Artistic gymnastics has a number of advantages: it provides the effect of training sessions for several months, allows for isolated effects on underdeveloped muscle groups and easy dosing of the load. Specific training results are achieved by varying the weight of the load, the number of repetitions, the selection of resistance, and the exercise regime, depending on fitness and training goals. It is noted that athletic gymnastics is an effective means of general physical training, harmonious development, and improvement of the external forms of a person. Therefore, the development of athletic training technology in accordance with the individual characteristics of those engaged and the conditions of classes is an urgent and practically significant problem in the system of physical education of student youth [3,9,16].

Weight training is the most effective means of correcting the volume and composition of the muscular system. Moreover, accessibility of strength exercises, rather high dynamics of achievement of the zone of the first successes, universality of use of exercises with weights, both for the purpose of sports improvement and during recreational classes, determine high popularity of this type of motor activity.

In the context of our study, it seemed most relevant to investigate in more detail the main aspects related to young men's training with free weights. We conducted a survey of first-year students of Bohdan Khmelnytsky Melitopol State Pedagogical University. The number of respondents was 274. Among the priority goals of gymnastics training, young men indicated the following (Figure 1):

- increase in strength abilities – 41%;
- increase in muscle mass – 29%;
- reduction of the fat component – 5%;
- active recreation – 2 %.



**Fig. 1** Priority goals of first-year boys' athletic gymnastics classes at Bohdan Khmelnytskyi Melitopol State Pedagogical University

With an adequate, rationally dosed load, strength training successfully relieves psycho-emotional stress, which contributes to improving health and has a positive effect on physical and mental performance.

Athleticism helps to improve the functioning of body systems and cope with morphological defects (overweight, obesity). This type of activity attracts special attention due to the expressed desire of a person to strengthen muscles, have a good figure, and increase the overall vitality of the body. The development of strength and the formation of an athletic physique is a leading motive for many boys and men [5].

Recreational and health-improving athletic gymnastics involves training in any conditions: in a gymnasium with or without equipment, outdoors and at home, etc. You can do it without weights and special training devices, using your own weight, self resistance, and isometric exercises.



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The spontaneous interest of young people in forms of physical activity of a recreational and entertainment nature indicates that the most attractive for students are those types of physical education that meet the requirements of recreational activities. We consider recreation as any free activity that brings pleasure, motivated by neither reward nor necessity; voluntary leisure activities for the purpose of obtaining pleasure, as a means of achieving relaxation or recovery of the body. Recreational activity consists in the reasonable use of free time, reproduction of the physical and spiritual essence of a person [4].

Moreover, a number of authors highlight the leading role of physical culture and recreational activities with a health-improving orientation in the prevention of adverse changes in the health of student youth:

- a) physical culture and recreational activities provide continuity between compulsory, regulated and independent classes;
- c) with the help of athletic gymnastics with a physical culture and recreational orientation in the school day, it is possible to significantly expand the scope of appropriate physical activity;
- d) forms of physical culture with health-improving and recreational orientation are a favourable opportunity for active rest, formation of a physique and posture [1, 6, 8, 14].

The content of physical culture and recreational activities is also determined by the focus of the use of physical exercises on improving the psychophysiological performance of students, entertainment and personal development, informal communication, switching to physical activity, and prevention of adverse effects. In this sense, weight training is one of the most popular types of physical activity. Given the prevalence and popularity of this type of physical activity among the population, it would be advisable to pay more attention to weight training in the physical culture and recreational activities of modern higher education institutions.



**Conclusions.** Athleticism - derived from the Greek «athletes», i.e. an athlete of the highest class - implies a high level of development of physical qualities or the process of achieving the highest results in physical exercises of a specific orientation (sport) [18]. Artistic gymnastics satisfies people's desire to have strong and beautiful muscles, and a relief (not just huge) musculature. In addition, it expands motor skills, fosters the habit of systematic exercise, and serves as a means of active recreation. It effectively stimulates the desire for self-expression through the beauty of the body.

The system of exercises of artistic gymnastics trains the cardiovascular system and other vital systems of the body through the development of muscles. It has an active and beneficial effect on the functioning of internal organs, makes the body muscular and graceful, allows you to control your own physique with dumbbells, kettlebells, barbells, your own weight (push-ups, pull-ups on the horizontal bar), and on special simulators helps to achieve a high level of strength, develop the nervous system, eliminate or reduce harmful effects on the body.

Accordingly, the methodology of athletic gymnastics for health purposes, unlike the competitive direction, does not include such tasks as the maximum possible development of muscle mass, its relief and separation to the detriment of overall physical fitness; the predominant use of maximum physical exertion that causes tension in biological systems above normal age and gender indicators; achievement of the maximum possible results and their implementation in competitive activities. Functions improve faster than the forms of the organs used, resulting in an increase in human performance, and then a significant aesthetic transformation of the physique, as the transverse-striped muscle tissue, located on the skeleton, determines the contours of the body.

Researchers have found a positive impact of athletic gymnastics on the overall physical condition of a person experiencing such a negative factor as



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hypokinesia. In contrast to hypodynamia, that is, insufficient physical activity [2,9,15,17].

The result will be the envy of a competently constructed training session, since the health-improving training process does not lead to performance in competitions, but to the improvement of health in everyday non-sports life, i.e. when forming the structure of the training process, one should take into account the possible set of social influences to which the trained person should successfully adapt.

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