

вдосконалення якої-небудь фізичної якості, метою тривалих занять – досягнення високого рівня фізичного потенціалу людини, формування фізичного здоров'я. Комплекс цінностей фізичної культури особистості формується сукупністю її особистих рухових досягнень. Рівень фізичної культури визначається характером, структурою й спрямованістю мотивацій фізичної активності людини.

Таким чином, саме у фізичній активності людини реалізується потенціал її культури, відбивається здатність до вдосконалювання своєї фізичної природи на основі використання й освоєння накопичених усім суспільством знань, досвіду, технологічних і матеріальних можливостей. Шлях до загальнокультурного розвитку й до здоров'я починається з оволодіння знаннями. Міркування студентів про вплив фізичної культури на розвиток особистості більшою мірою пов'язані з поліпшенням форм тілесного й функціонального розвитку. Основним джерелом інформації для студентів є заняття з фізичного виховання. Важливо пам'ятати, що здоров'я відновлюється повільно, а руйнується під впливом негативних факторів дуже швидко.

BASICS OF PHYSICAL HEALTH SUPPORT AND PSYCHOLOGICAL HEALTH AT HOME DURING QUARANTINE

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It is a matter of maintaining health and maintaining good physical shape without opportunities to visit sports grounds, has been essential since the beginning of physical culture development.

Why do people go in for sports? The answer to this question becomes a motivation and a push to action. One hundred years ago, to get food, the person had to work physically. Nowadays the situation has changed dramatically. Mental activity is not related to physical activity, technological and infrastructure development does not do the body any good. The understanding of this cultivates the desire to improve the general functional state of the human organism through sports. PE helps to keep fit, lose weight, gain muscle and to be awake. That is why there is a proverb: «A sound mind is in a sound body». Regular exercise disciplines, helps to stay in shape, be healthy and avoid many diseases. Everyone, whether man or woman, a child or pensioner can and should do sports.

Nowadays, a healthy lifestyle is a very relevant topic that needs to be focused on. Conditions that promote health are definitely physical culture and sport. At the current stage of development of society, the requirements for physical fitness of a person are growing. After all, often the main factor of human process is the health level. Of course, everyone, especially young people, should take care of their health. This is particularly true for a students who

spend a lot of time learning and conquering new heights, which leads to a sedentary lifestyle. Therefore, teachers of PE within the walls of our university always find new methods and non-standard approaches to promote a healthy lifestyle among students.

Today in terms of pandemic, it was developed quite a few home workout techniques, so far. Each of them is aimed at preserving and improving a person's not only physical state, but also mental health, because in conditions of self-isolation can develop various phobias (depression, stress, mood swings, etc.).

In general, your physical health is important to maintain mental health, your positive thoughts, a good emotional climate around, doing what you love, and do not forget about rest for the soul. So, by monitoring our physical health, we are also monitoring our psychological health. Here are some simple tips to help you stay healthy:

- sleep 7-9 hours, because as we know, healthy sleep is important for physical health as well as for psychological;

- stick to the usual routine of the day, constant change of a mode is stress, for both, an organism and mentality our body as a mechanism that requires a constant work schedule;

- positive thoughts, psychologists say that positive thinking is one of the foundations of mental health. When we are in a good mood, our thoughts are directed in a positive direction, then even the frosty weather outside the window will be a reason for us to smile;

- communication with family and friends, this is another source from which we can take a good mood and impression;

- doing a favorite thing or hobby, spending free time doing what you love, the mood will be good, because when you do something with pleasure, your mood is light and warm;

- there are no specific exercises or tips for maintaining physical health, everyone has their own characteristics and preferences.

To begin, you need to evaluate your physical training, you can perform three simple exercises: push-ups and regular squats. If you push up and squat less than 15 times, then you have extremely poor physical training, but then it will be easier for you to achieve the recovery process. The system of training at home includes three training days. Every day you need to train a certain muscle group, for example in the following order:

- first day: back and triceps;
- second day: chest and biceps;
- third day: legs, deltoid muscles.

First day

- push-ups with the narrowest possible position of the hands (as close as possible to the core), 3 sets of 10-15 reps;

- back push-ups (you have to sit on the edge of the support, while throwing feet on a chair or stool, lean your hands behind your back and holding your balance move the body forward, 4 sets of 15-20 reps

Second day

- push-ups: 2 sets of 15-20 repetitions, the main goal is to warm up the chest muscles;

- push-ups: between the supports (you can use 2 stools and throw your feet on the couch): 4 sets of 15-20 repetitions;

- push-ups with a wide range of arms: 4 sets to the maximum of repetitions;

- one arm push-ups (if you know how to do it and have enough strength): 2 sets 8-10 reps. These push-ups work well not only for the chest muscles, but also the triceps and the entire shoulder girdle.

Third day

- squats with keeping your hands behind your head (involves the biceps femoris muscle, buttocks and quadriceps): 4 sets of 15-25 repetitions;

- lunges (you need to take a big step with your foot and sit down, then change legs): 3 sets 15-20 times;

- lifting on socks (calves): 3 sets to the maximum, legs like a large number of repetitions;

Training the deltoid muscles is a very specific activity, in order to pump them, you need to have dumbbells at home or be able to do vertical push-ups. If you have dumbbells, you can do:

- "Arnold press": 4 sets 7-9 times;

- lifting dumbbells in front of you: 4 sets 7-9 times;

- lifting dumbbells to the side: 4 sets of 7 repetitions.

After each workout, you can spend 10-15 minutes pumping the abdominal muscles (press). The most effective are: twisting lying down and lifting the legs. Number of repetitions is individual.

Therefore, workout at home can be a very effective way to maintain a healthy lifestyle. They are able to keep up with optimal physical shape and improve the psychological state in quarantine.