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## **MOTOR ACTIVITY AND PROBLEMS OF CREATING A PREVENTIVE EDUCATIONAL SPACE IN MODERN EDUCATIONAL INSTITUTIONS**

Learning conditions in modern educational institutions of various levels make extremely significant demands on the process of forming adaptive resources of the organism student youth and require the search for effective and adequate ways and approaches both to increase the effectiveness of educational activities and to preserve the somatic and mental health of young women and young men, one of the leading places in this context is occupied by the level of motor activity of students [1, c. 223; 2, c. 46; 3, c. 155; 4, c. 306; 5, c. 32; 6, p. 1053].

The aim of the study are to establish the features of motor activity in young women and men, which to the greatest extent contribute to the formation of high adaptation capabilities of the organism and to establish important factor in creating a preventive educational space in a modern educational institution.

The research was conducted on the basis of the National Pirogov Memorial Medical University. In the course of their implementation, the subjects were divided into 3 groups according to level of the motor activity, which was determined by the values of daily energy expenditure. The comparison groups included individuals with low (1st group of motor activity: up to 9,000 kJ in young women and up to 11,000 kJ in young men), medium (2nd group of motor activity: from 9,000 to 11,000 kJ in young women and from 11,000 to 13,500 kJ in young men) and high (3rd group of motor activity: more than 11,000 kJ in young women and more than 13,500 kJ in young men) motor activity. The values of daily energy expenditure were estimated using the timing table method, the peculiarities of educational adaptation and the characteristics of the health status of individuals were studied on the basis of specially developed questionnaires and according to the data of medical documentation. determined the peculiarities of the psychophysiological state and adaptive capabilities of the organism by applying generally accepted methods and techniques.

The data obtained in the course of the research emphasized the fact that when assessing the nature of learning in an educational institution, the majority of respondents identified it as stressful and moderately stressful. 50.0% and 42.2%, 32.0% and 33.3%, respectively, among young women and men who belonged to 1st group of motor activity, 40.0% and 40.0%, 38.0% and 35.5%, respectively, young women and men who belonged to the 2nd group of motor activity – 46.0% and 42.2%, 34.0% and 37.7%, respectively, among young women and men who belonged to the 3rd group of motor activity. 40.0% of young women and 26.6% of young men of 1st group of motor activity, 28.0% of young women and 31.1% of young men of 2nd group motor activity, 42.0% of young women and 24.2% of young men of 3rd group motor activity. The vast majority of students associate the main problems that arose during their studies with a feeling of constant fatigue, personality factors, and, to a lesser extent, with the level of teaching at the university. In particular, 46.0% of young women and 40.0% of young men of the 1st group of motor activity, 44.0% of young women and 35.5% of young men of the 2nd group of motor activity associated their own problems in learning with a feeling of constant fatigue. 48.0% of young women and 26.6% of young men belonged to 3rd group of motor activity. 28.0% of young women and 26.6% of young men belonged to 1st group of motor activity, 2nd group of motor activity – 32.0% young women and 40.0% young men, 3rd group of motor activity – 24.0% young women and 35.0% young men. 16.0% of young women and 24.4% young men of 1st group of motor activity, 16.0% and 22.2% young women and men of 2nd group of motor activity, 20.0% and 33.3% of young women and men of 3rd group of motor activity are not satisfied with the features of the organization training motor activity.

Chronic diseases with fairly frequent exacerbations were found in 32.0-36.0% of young women and 17.7-31.1% of young men participating in the study. In the structure of morbidity with temporary loss of working capacity, diseases of the respiratory organs significantly prevailed, mainly due to acute respiratory viral infections and influenza, diseases of the digestive organs and the nervous system and sense organs, as well as injuries. The predominant duration of a separate disease with temporary loss of working capacity among 48.0-58.8% of young women and 46.6-62.2% of young men should be recognized as its duration ranging from 3 to 7 days.

At the same time, the data obtained during the study of the leading psychophysiological correlates of the functional state of the body extremely clearly determine the fact that the most positive indicators in terms of their

content were registered among representatives of the 2nd group of motor activity, the distinguishing features of which should be considered the value of daily energy expenditure within the range of 9000 up to 11,000 kJ (young women) and from 11,000 to 13,500 kJ (young men), the least significant, negative in their content indicators, which testify to the lowest level of functional readiness of the organism among young women and young men, in the vast majority of cases were observed among representatives 3rd group of motor activity, which were distinguished by the amount of daily energy expenditure in the range of more than 11,000 kJ (young women) and more than 13,500 kJ (young men). The indicators of young students in most cases (speed of simple and differentiated visual-motor reaction, mobility of nervous processes) are better than indicators of female students (with the exception of the characteristics of the balance of nervous processes).

The most significant, positive in its content, influence on the course of processes of formation of high adaptation capabilities of the organism and, therefore, on the creation of a preventive educational space in a modern higher educational institution is exerted by motor activity, the criterion indicators of which, and in particular the values of daily energy expenditure, are within the range from 9000 to 11,000 kJ among young women and from 11,000 to 13,500 kJ among young men.

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