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ACTUAL PROBLEMS OF PHYSICAL EDUCATION IN HIGH SCHOOL

It is well known that higher education is the basis of any holistic education system. The quality of education cannot be considered outside the context of the health of the subject of study. Improving the quality of life of students, including by means of physical culture must be a priority for all education institutions. Physical activity and a positive attitude to physical activity – an important element of the organization of physical education students. In high school needed to attract students to the physical exercises and to build up their professional physical culture of the personality.

Analysis of recent publications and research have allowed us to say that Ukraine is undergoing a process of reform of higher education. Physical education is regarded as a discipline outside the curriculum that can significantly affect the quality of non-professional physical education of future professionals. Priority in contemporary public policy should be physical health, quality of life, and education of students. Physical culture in higher educational institutions, until recently, was presented as an academic discipline and a critical component of the holistic development of the individual student. As a part of the General culture and training of the student during the training period, physical training should enter a mandatory discipline in the humanitarian component of education. The significance of education is manifested through the harmonization of spiritual and physical strength, the formation of human values such as health, physical and mental well-being, physical perfection [1, p. 72; 2, p. 118]. Understanding of physical culture of the student's personality, such as values, may be an effective factor in the formation of reserves of the physical culture, formation of the progressive trends in the development of public opinion and needs in the development of values of physical culture as a culture of the future specialist [3, p. 12]. In recent years, physical culture acquires and loses its credibility in society, especially among students. Made numerous personnel reduction specialists in the sphere of physical culture and sport, including in higher educational institutions. Often, the students themselves do not pay enough attention to their health. This problem has been brewing for years and has almost reached its highest point.

Physical exercise must bear, first and foremost, a health focus to include an inclusive education component, referred to at the state level. But, in many schools the discipline «Physical education» included in the curriculum, which in itself cancels the form of control from the teacher in the form of certifications and tests. In connection with such innovations raises a number of problems: a sharp decline in attendance, lack of motivation to engage in physical education, and a conscious attitude to their health. Reduced physical activity in students, the ability of teachers to implement effectively the educational process on the formation of students' personalities' physical culture, might have a negative impact on the future success of his whole life. Due to the reduction of the activity students may develop a lack of exercise, fatigue, reduced immune resistance to respiratory infections, lowering academic performance, and overall health. The possibility to intensify the action of the students in the achievement of positive results of physical development is real only if necessary to fulfill their benchmarks for individual physical fitness. You need to find a new way of modern education, which defines the new cultural, humanitarian thinking, both the students and teachers of higher educational institutions. We all know that student life is a unique stage of human evolution, associated with the heyday of his physical and mental capabilities, only at this age there is intensive socialization of the individual and understanding the importance of their own intellectual development as a prerequisite for successful training for future professional activity. To find yourself in a new environment, young people need to acquire not only intellectual knowledge, which is the result of independent and critical thinking of facts and information, as well as to develop applied skills, designed to help solve the problems in the world and in the society. These include the so-called «soft-skills», that are flexible, the ability to work in a team, independence, problem-solving ability, stamina, mobility, quick reactions.

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