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## **ФОРМИРОВАНИЕ КУЛЬТУРЫ ЗДОРОВОГО ОБРАЗА ЖИЗНИ СТУДЕНТОВ МЕДИЦИНСКОГО УНИВЕРСИТЕТА**

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**Аннотация:** В статье рассматриваются вопросы формирования здорового образа жизни современных студентов в условиях высшего учебного заведения. Существующая система образования должна быть комплексной и учитывать биологические, психофизические, экономические, экологические факторы, а также социальные условия, которые влияют на здоровье студенческой молодежи. В современных социально-экономических условиях в связи с негативными тенденциями показателей, которые характеризуют здоровье студентов в процессе учебы в высших учебных заведениях, необходимо формировать в молодежной среде установки на здоровый образ жизни. Проанализированы направления и формы работы со студентами относительно их мотивации к сохранению и укреплению здоровья. Раскрыты особенности организации учебы, физического воспитания и студенческого досуга как условия гармоничного сохранения здоровья.

**Ключевые слова:** студенты, здоровый образ жизни, Запорожский медицинский университет.

## **THE FORMATION OF THE HEALTHY LIFESTYLE CULTURE FOR STUDENTS OF MEDICAL UNIVERSITY**

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**Summary:** The article considers questions of healthy lifestyles' formation of modern students in the conditions of a higher educational institution. The existing education system should be comprehensive and take into account biological, psychophysical, economic, environmental factors, as well as social conditions that affect the health of student youth. In modern socio-economic conditions, in connection with the negative tendencies of indicators that characterize the health of students in the process of studying at higher educational institutions, it is necessary to form a healthy lifestyle in the youth environment. The course and forms of work with students concerning their motivation for preservation and strengthening of health were analyzed. The features of the organization of study, physical education and student leisure as conditions of harmonious preservation of health were revealed.

**Keywords:** students, healthy lifestyle, Zaporizhzhia State Medical University

The analysis of pedagogical, philosophical, social and medical literature has shown that the problem of student youth's healthy lifestyle is considered at two levels: governmental and individually personal [1]. In order for this, it is necessary to create a vital priority's awareness of health and culture of the healthy lifestyle in each person, to provide a stable motivation in learning, ways, and means of achieving health [2].

Physical education at an institution of higher education is an integral part of education. The students' level of physical fitness and health, as well as their relation to physical culture after graduation, depends on the quality of organization and conduction of physical education classes.

The medical students are the main personnel reserve of domestic health care system, therefore the main task of physical education in higher medical schools is to train physically healthy professionals with an active life position capable to long-term working ability.

**The aim of the work:** to analyze student life at the medical university and the implementation of preventive programs which are taken place for the formation of a culture of healthy lifestyle students.

In order to study the formation's peculiarities of healthy lifestyles of the students' youth, we have analyzed the activities which are being carried out at the Zaporizhzhya State Medical University aimed at preserving, supporting and promoting healthy lifestyles of students.

Zaporizhzhya State Medical University (ZSMU) is a leader among the country's higher medical educational institutions because of its highly developed material and technical base, the infrastructure of scientific laboratories, computer classes, and distance education and telemedicine.

Today it is impossible to release a student from psycho-emotional and physical stress, this should not be done, but it is necessary to increase an organism's strength of adaptive mechanisms to emotional stresses, to teach students how to lead a healthy lifestyle which is characterized by the unity and expediency of self-organization and self-discipline processes, self-regulation, and self-development aimed at the total realization of forces, talents, and abilities [4].

During the preparation for classes, students have the opportunity to use the textbooks provided by the university's library. The university's academic library facilitates students' academic work. For users, there are four subscription rooms and five reading rooms. Each year the library is visited by more than thirteen thousand readers, more than nine hundred thousand documents are issued. In the halls of the library up to 650 people can be engaged at the same time.

Currently, much work has already been done in the medical university to introduce a healthy lifestyle for student youth. Preventive programs on this subject are being developed with the involving of leading teachers from different faculties such as Department of Physical Education, Department of Hygiene and Ecology, Department of Psychology, Department of Sociology, Department of Narcology as well as other specialists. Teachers of the departments systematically check student's rooms in the university dormitories, perform educational work with students, disputes on the topic of "Drugs: myths and reality", and films about the harmful effects on health and the legal consequences of the use of drugs are shown.

For the purpose of popularisation of a healthy lifestyle and stimulation to abandon bad habits, the University annually conducts numerous events such as book exhibitions, reviews, Information Days, etc. The book fair "Great Gift - Life!" is organized in the reading room of the library where students have the opportunity to peruse with modern information about AIDS: its prevention and treatment options. Ukraine continues to be the leader in the spread of this disease.

The campus of ZSMU is located on the picturesque bank of the Dnieper in the park area. The territory of the university town is fenced, well-equipped and cozy, round-the-clock guarded by University Department of Safety. It includes five academic buildings, five dormitories, sports complex, science and art library, beauty studio, club of amateur performances, student's preventorium, several dining rooms, and cafes. The study corpora and dormitories of university town are equipped with the system of video surveillance and control. Along with of academic buildings and student's dormitories is a stadium with athletics sectors, soccer field, playgrounds for handball, mini-soccer, volleyball and basketball, sports halls,

swimming pool, tennis courts, shooting range for sports shooting, checkers-chess club, and fitness club. For students who like to play musical instruments, sing and dance, the club of amateur performances works at the university. University team "Club of Merry and Smart" participates in the nationwide CMS games.

Students have at their disposal a student sports club for physical education. The University holds sporting events among the higher educational establishments of third and fourth levels of accreditation of Zaporizhzhya region (soccer, ping-pong, volleyball, mini-soccer, shooting sports, checkers, chess, swimming, aerobics, basketball, judo, athletics, mountain sport).

The energy of youth, spring, competition, drive, and friendship dominated at the University Sports Festival "Battle of the Titans" which took place on April 24, 2018.

The teachers' team won the battle, the second place with a small margin went to the student team. Basically, friendship and his majesty Sports won this competition!

It should be mentioned that it is common for traditional and modern youth culture in an educational institution the importance of teachers' authority. Therefore, holding targeted mass events, in this case, refers to physical education, sports, tourism, and increasing the availability of these types of health improvement for students that have positive rehabilitation effects on the physical, mental and spiritual health of young people.

Health-preserving education at a higher education institution is a comprehensive systemic activity of an educational establishment that applies in practice various health-saving technologies in order to minimize the impact of the leading risk factors that impair health on the students.

Responsibility for the health of student youth should be relied not only on health authorities and the leadership of an educational institution but on students who, in their turn, should become participants in the process of preservation and improvement of health.

### **Conclusions**

1. The existing education system should be comprehensive and consider biological, psychophysical, economic, environmental factors, as well as an effect of social conditions on the health of student youth.

2. In today's socio-economic conditions, due to the negative trends in indicators that characterize the health of students in the process of studying at higher educational institutions, it is necessary to form installations of a healthy lifestyle in a youth environment.

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