



The discipline “History of Ukraine and Ukrainian culture” includes facts, events, causation, historical and cultural stages, and features of the Ukrainian people in a particular historical period. Therefore, test tasks from the above training course have a wide range of selective tests. The teacher, focusing on the perception and assimilation of the discipline by students, can provide more factual material (dates, events) or focus on the causal links between given facts in the development of Ukrainian history and culture. Undoubtedly, the second task will promote the actualization of additional knowledge and skills of students and deepen their interest in studying the socio-humanitarian course.

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**TYPES OF HEALTH SAVING TECHNOLOGIES IN THE SYSTEM
OF PHYSICAL EDUCATION OF STUDENT YOUTH.**

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The formation of scientific approaches expands the understanding of the essence of the concept "Health technologies" and allows you to understand it as a systematic method of programming goals, constructing content, techniques, teaching and education tools aimed at improving the level of personal health, the formation of health-preserving competencies and the creation of a healthy educational environment in an educational institution under the conditions of implementation of monitoring the health of subjects of the educational process.

The main types of medical technologies focused on the formation of health and health development competencies in subjects of the educational process through strengthening the value of their health and the health of other people, expanding the knowledge base about healthy behaviour and improving skills and abilities to preserve individual health at the level of spiritual, socio-cultural and physical components.

According to the content of health technologies in the system of physical education, the main components of health are distinguished: axiological (the formation of value orientations towards health as the highest value of life); epistemological (formation of a system of scientific knowledge about the basics of health, practical skills and abilities to lead a healthy lifestyle, safe behavior in society); ecological (awareness of the unity of man and nature, dependence of human health on the ecological state of the environment, the formation of human values towards nature); sports and health (the formation of physical qualities and high capabilities of the body with the help of a system of physical exercises and sports training, increasing physical activity and hardening of the body).

Analysis and generalization of scientific literature regarding the disclosure of the essence and content of the concept of "Health technologies" allows you to understand it as a systemic method of target programming, construction of the content, techniques, means of training and education aimed at improving the level of individual health, formation of health and health development competencies and creating healthy educational environment in an educational institution under the conditions of monitoring the state of health of subjects of the educational process

Accordingly, health-improving technologies in the system of physical education are considered as a system of health-improving and sports activities and methodological techniques that ensure the formation, strengthening and maintaining of students' health and direct the educational process to the formation of their health competencies, healthy lifestyle skills and the appropriate health culture.