

**МІНІСТЕРСТВО ОХОРОНИ ЗДОРОВ'Я УКРАЇНИ
БУКОВИНСЬКИЙ ДЕРЖАВНИЙ МЕДИЧНИЙ УНІВЕРСИТЕТ»**



МАТЕРІАЛИ

**105-ї підсумкової науково-практичної конференції
з міжнародною участю
професорсько-викладацького персоналу
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У збірнику представлені матеріали 105-ї підсумкової науково-практичної конференції з міжнародною участю професорсько-викладацького персоналу Буковинського державного медичного університету, присвяченої 80-річчю БДМУ (м. Чернівці, 05, 07, 12 лютого 2024 р.) із стилістикою та орфографією у авторській редакції. Публікації присвячені актуальним проблемам фундаментальної, теоретичної та клінічної медицини.

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STRATEGIES FOR ENGAGING STUDENTS TO SELF-DIRECTED EXERCISE

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Introduction. Trends show that the role of homework and self-directed exercise is constantly growing. In this regard, the role of physical education also undergoes transformations since it teaches how to exercise and creates a strong need for daily self-directed workouts. The first step towards constructing independent exercises is homework. Using homework in physical education gradually forms an exercise habit, which develops a need for personal physical development.

The aim of the study. The scientific and methodological literature constantly highlights the need for self-directed physical activity. Scientific research has shown that regular physical activity increases mental resilience to emotional stress and maintains cognitive performance at an optimal level. Compulsory exercise is not enough to improve the physical condition of young people. Therefore, there is an urgent need to develop a strategy for constructing a self-directed program for self-guided workouts for the youth.

Material and Methods. Even though there are developed methods for self-directed learning, at the same time, there is a need to develop approaches for preparing young people for self-directed physical exercises, which determines the relevance of the study. In developing students' skills to do physical activities independently, we were guided by the recommendations of B. Shyian. For instance, we offered exercises for self-learning only after they were well-mastered in the classroom, directed by a teacher as a trainer. They made young people realize that achieving noticeable results only with long and persistent training is possible.

Results. Modern health and rehabilitation systems aim to achieve a single goal, which is to improve health and maintain a high level of physical and mental performance. It should be noted that physical education in a higher education institution is one of the primary disciplines designed to form special knowledge, skills, and abilities to ensure optimal vital activity of the body and bodily and intellectual self-improvement. Individual complexes of physical exercises selected for home performance should arouse personal interest and positive emotions in young people and comprehensively affect motor functions. It has been established that a health-improving effect in the process of self-directed exercise can be achieved when the basic principles are observed, i.e., gradual, systematic, adequate, and comprehensive physical activity. In modern conditions, three variants of basic physical culture and health programs are usually used.

Conclusions. It is necessary to rationally combine means of different directions for comprehensive, self-directed workouts to produce the best results, ensuring a high level of health. It is also essential to determine the ratio of health training tools during one session and for long-term training. Only after repetitive rhythmic performance of a particular type of exercise, when the nervous system perceives it and maintains this regimen as a regularity, morphological and functional processes begin to take place in the body. Later, adaptation processes weaken since the body adjusts to a constant load. Depending on individual capabilities and the training schedule, the set of exercises can be slightly modified. At the same time, the focus and sequence of exercises are required to be constant. Thus, the proposed strategy of preparing young people for self-directed exercise is complex, using a large number of influence means and methods focused on each individual's personality.