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Physical education of students in the conditions of distance education

Фізичне виховання студентів в умовах дистанційного навчання

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Abstract


The article shows the importance of the role of motor activity in human life. The specially organized motor and physical activity of the student is distinguished, and the importance of vocational and applied physical training and general special physical training of the student for a person is proven. To overcome adaptation and transfer the whole organism to a higher level of functioning, movement qualities of different scales of influence are grouped. Ways to create effective conditions are shown for teaching the rational technique of sports movements. The purpose, task, organization, and stages of the process of physical education in higher education institutions in distance form are disclosed. The most effective methods and techniques in the conditions of distance learning, which change the attitude of students toward their health care, are analyzed. An experimental study of the analysis


Анотація


У статті показано важливість для життєдіяльності людини ролі рухової активності. Розрізняють спеціально організовану рухову і фізичну активність студента, доведено важливість для людини професійно-прикладної фізичної підготовки та загальної спеціальної фізичної підготовки студента. Для подолання адаптації і переведення всього організму на більш високий рівень функціонування згруповано рухові якості різного за масштабами впливу. Для навчання раціональної техніки спортивних рухів показано шляхи створення ефективних умов. Розкрито мету, завдання, організацію та етапи процесу фізичного виховання в закладах вищої освіти в дистанційній формі. Проаналізовано найдієвіші методи та прийоми в умовах дистанційного навчання, які змінюють відношення студентів до свого

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of the daily motor activity of students of higher education in the conditions of distance learning was carried out. Recommendations for overcoming the negative manifestations of distance learning have been developed and the most significant ways of reducing a sedentary lifestyle and maintaining an active physical form have been highlighted.

Keywords: physical education, distance learning, students of higher education, institutions of higher education, student's physical activity.

Introduction

At the current stage of the development of the higher education system, the issue of preserving and strengthening the health of the younger generation remains quite acute. During the quarantine and in connection with the war on the territory of Ukraine, institutions of higher education had to switch to distance learning, and this, in turn, led higher education students to reduce physical activity, and the performance of exercises and processing of materials began to be carried out on their own and processing. Therefore, now, to strengthen the psychological and physical health of young people, there is a need to strengthen the role of physical education in institutions of higher education and create conditions for the full realization and physical development of the younger generation during the educational process, organized based on special modern general scientific technologies, methods, theories, practices of physical culture (Babadzhanian et al., 2023).

Currently, the effectiveness of the physical education system, taking into account modern challenges, depends on modern technologies, their optimal use, and their capabilities, which makes it possible to ensure the delivery of information based on the use of ICT in an interactive mode and is the main strategic direction of the development of the physical education system in higher education. In this way, it is possible to activate the transition of the educational sphere of physical education from the traditional form of education to distance learning among students of higher education institutions.

In the conditions of the introduction of a distance form of education, the decrease in motor activity of students of higher education requires the search for methods of interaction with students, new approaches, and an adequate selection of

здоров'язбереження. Проведено експериментальне дослідження аналізу добової рухової активності здобувачів вищої освіти в умовах дистанційного навчання. Розроблено рекомендації для подолання негативних проявів дистанційного навчання та виокремлено найбільш значущі способи зменшення малорухливого способу життя та підтримки активної фізичної форми.

Ключові слова: фізичне виховання, дистанційне навчання, здобувачі вищої освіти, заклади вищої освіти, фізична активність студента.

tasks, goals, organizational forms, means and methods of physical education to prevent the phenomena of social maladjustment and create the possibility of maintaining an appropriate level of physical health. I am a personality. One of the key problems in this case is the proper organization of physical culture and health activities of students of higher education in conditions of extremely limited motor activity to preserve their health (Leshchenko & Zakharova, 2022).

The traditional approach to the use of professional methods and tools in the system of physical education of students of higher education in institutions of higher education lost its relevance due to its imperfection and turned out to be somewhat ineffective. Therefore, the improvement and modernization of the process of physical education of students of higher education is a necessary condition for distance learning for the formation of a healthy lifestyle of student youth through the perception of norms of behavior, the ideal, and awareness of the negative impact of factors on the psyche and body of an individual as a condition for the preservation of humanity (Bielkova et al., 2021).

Literature review

With the help of innovative technologies and teaching methods, a lot of attention in modern scientific research is given to the problem of transformation of the system of physical education and sports. In particular, researchers A. Vakoliuk, V. Sheliuk, & N. Symonovych (2021) characterized the ways of using innovative modern technologies and showed their features. O. Shkola, & D. Shkalenko (2022) performed an analysis of the key directions of improvement of the physical education of students and wrote out a system of modernization

of the physical education of students. Australian scientists Bauer, & Sturman characterized the main educational opportunities of modern technologies.

F. Meng (2017) singled out the peculiarities of the formation of the club model of education in universities and colleges.

A. Andres, R. Pavlos, O. Korol, & O. Bezhebelna (2021) and A. Hammami, B. Harrabi, M. Mohr, & P. Krustup (2022) prove that "the task of physical education in the new realities of distance education is the need to ensure students' understanding of the threats of a lack of physical activity, as well as to help by all possible means to compensate for its lack in the daily routine." L. Tsovh, O. Kuspish, Ya. Zubrytskyi, & O. Rozhko (2020), prove that "the importance of physical education lies in the formation of sustainable motivation for health care and the development of students' need for physical self-improvement."

R. Pavlos A. Kuspish, S. Nezhoda, & M. Havrylenko (2021) physical education is considered in institutions of higher education as "a practical subject that is extremely important for health and well-being".

T. Bielkova, Zh. Malakhova, & N. Pastushkova (2021) devoted their research to outlining in the process of physical education the ways to solve the problem of forming a healthy lifestyle for students of higher education, which encourages self-development, stimulates independent work, requires the search for scientific developments of distance learning conditions and special pedagogical attention to solving shortcomings in education.

V. Babadzhanian, N. Semal, N. Beseda, V. Farionov, & O. Kurii (2023) showed the peculiarities of the organization in higher education institutions of physical education of students during physical exercises, revealing the shortcomings of distance learning. It has been proven that "the main task of the modern system of physical education in institutions of higher education is: increasing the level of physical fitness of students, providing optimal conditions for their physical development, forming the need for systematic physical exercises".

M. Zhang, J. Mai, & Z. Liao (2021) consider the issue of physical education of students in the conditions of distance learning and reveal ways to ensure the effectiveness of physical education

of students in the conditions of distance learning. The same questions are considered by T. Hurtova, & S. Ponomariov (2022). It was established that "the organization of effective distance learning, the adaptation of the educational process of physical education to the requirements of today consists in ensuring the physical development of students based on increasing the level of their physical activity".

Kh. Shavel, Yu. Boiko, & L. Sokolenko (2023) analyzed innovative models of student training in the field of physical education and sports, among higher education students, they singled out the most popular innovative models of the organization of the educational process (modular learning, problem-based learning, contextual learning, a model of full knowledge acquisition, distance learning, club learning).

Yu. Petrenko, & I. Makhonin (2020) during the period of forced quarantine focused attention on the importance of students' physical activity in the process of distance learning and noted that maintaining physical fitness in quarantine conditions is a necessary condition for the prevention of mental and physical health disorders, with the involvement of information technologies justified ways to increase physical activity of students.

In the implementation of the physical education of students H. Leshchenko, & O. Zakharova (2022), the target direction of distance learning is singled out; to create an opportunity to support the appropriate level of physical activity of students of higher education, they proposed a system of organizational forms, means, and methods of physical education; revealed the content of vector information technologies in the process of distance learning. It was found out that "the application of distance learning technology allows to ensure holistic multi-faceted physical education, aimed at preserving and strengthening the health of students in a situation of forced restriction of their motor activity".

Therefore, much attention is paid in modern scientific research to the problem of improving the system of physical education. In particular, the researchers characterized the ways of using innovative modern technologies, showed their features, analyzed the key areas of improvement of physical education of students, outlined the system of modernization of physical education of students, highlighted in universities and colleges the peculiarities of the formation of the club model of learning, showed the importance of

physical education for the formation of sustainable motivation for health preservation and development of students' need for physical self-improvement. In institutions of higher education, scientists consider physical education as a practical subject that is extremely important for health and well-being, in the process of physical education, they outline ways to solve the problem of forming a healthy lifestyle for students of higher education, which stimulates independent work, encourages self-development, requires searches for scientific developments of distance learning conditions, solutions to deficiencies in education, substantiation of ways to increase physical activity of students. However, the physical education of students in the conditions of distance learning requires thorough study and improvement in the present.

Purpose of the research: to analyze the most effective methods and techniques in distance learning conditions that change the attitude of students to their health care; conduct an experimental study of the analysis of daily motor activity of higher education students in the conditions of distance learning and develop recommendations for higher education.

Methodology

To achieve the goal of the research, general scientific methods of scientific knowledge were used: theoretical – to outline the conceptual boundaries of the studied phenomenon and its semantic load – analysis of normative sources, psychological-pedagogical, philosophical, methodological literature, scientific work of scientists on the problem of physical education of students in conditions of distance learning and originality their work in today's conditions; analogy, classification, logical-systemic analysis, induction, deduction, generalization of practical and scientific-theoretical data – to determine the conditions for the formation of physical education of students in the conditions of distance learning; comparison of the received data – to find out dependencies and cause-and-effect relationships; empirical – surveys, questionnaires, observations, conversations – to check and clarify the effectiveness of implementation of recommendations; pedagogical experiment – to determine effective ways of physical education of students in the conditions of distance learning and to check the effectiveness of the proposed conditions; qualitative and quantitative analysis of research results using methods of mathematical statistics – to verify the results of the experiment.

An experimental study of the analysis of daily motor activity of students of higher education in the conditions of distance learning. We introduced into the educational process the Framingham method of timing the motor activity of a person during the day to assess the amount of motor activity of student youth. The method included five levels: basic, sedentary, small, moderate, and intensive:

- the basic level includes: lying down rest, human sleep;
- to the sitting level: working at the computer and the table, listening to music, reading, watching TV programs, etc.;
- to a small level: classes at a higher education institution, movement on all types of transport, personal hygiene, walking;
- up to a moderate level: yard work, regular walking, repairs, housekeeping, ballroom dancing, etc.;
- up to an intensive level: running, strength sports, dancing, fast walking, long swimming, household work, etc.

The optimal index of motor activity according to the Framingham method corresponded to 42 points, and predicted motor activity:

- at the basic level – 8 hours;
- sitting – 8 hours;
- at the level of low physical activity – 2 hours;
- at the average level – 3 hours;
- at the level of high physical activity – 3 hours.

Research work was carried out by institutions of higher education in Ukraine. 217 students (117 girls and 100 boys) took part in the study.

The classes were conducted by 6 teachers who acted as program experts at the same time.

All students of higher education were divided according to the levels of motor activity depending on the obtained results (high, medium, low).

The results of the conducted research indicate the need for distance learning to be introduced into the daily routine of each person: specially organized and independent physical exercises, walks in the fresh air, morning gymnastics, etc. because the formation of a healthy lifestyle of students of higher education is based on the need to introduce health and preventive programs, which gives reason to assert in the conditions of distance learning about positive changes in the

indicators of motor activity of students of higher education, thanks to the use of means of physical education – preservation of their health.

Results and discussion

1. The role of motor activity in human life

Physical work is a natural need for all systems, tissues, organs, and the body where large groups of muscles are involved. Normal activity of the bone, muscle, neuroendocrine, respiratory, and cardiovascular systems is possible only with a certain amount of movements performed during life, that is, a dose of motor activity (Petrenko, 2019). Physical activity is the main determinant of energy expenditure and is therefore crucial for weight control and metabolism. Reduces the risk of developing non-communicable diseases by 60 minutes of daily physical activity from moderate to high – by WHO recommendations. Systematic motor activity helps to strengthen nerve connections, improve blood circulation in the brain, prevent stress and depression, and slow down the process of cell loss. All this has a positive effect on a person's mental abilities. Motor activity is a powerful factor in preserving memory, slowing down the aging process of the brain, and improving thinking efficiency (Koval, 2018).

Specially organized movement and physical activity are distinguished.

Habitual motor activity includes types of movement aimed at educational and production activities and the satisfaction of natural human needs. Physical activity is one of the most effective prerequisites for the formation of physical qualities and a healthy lifestyle, so it can only be achieved through systematic training. Thus, in today's conditions, physical activity is sharply reduced among distance learning students, and the time spent sitting has increased. Versatile and in-depth studies of the educational process and detailed development of specific methods are necessary, taking into account the effectiveness and purposefulness of the implementation of information technologies and; the creation of a new innovative and diverse model of the entire process of physical education (Ashanin & Filenko, 2018), including remotely. Therefore, the involvement of information technologies in the educational process is currently a rather relevant tool.

In the modern realities of our society, there is an opportunity to conduct online classes, watch

videos, provide consultations, and training, and use various information resources. A qualitative transition to an information high-tech society for the control of motor activity involves the development of modern information and communication technologies. The appearance today of software applications for various smartphones, various smart watches, fitness bracelets, and sports bracelets makes it possible to use them for operational control to determine various functional indicators of the human body. One of the factors in improving the health of the nation, which is a priority, is ensuring the optimal physical activity of student youth. The physical activity of higher education students is significantly influenced by their physical culture and sports orientation. It is the physical culture and sports orientation that is a system of organically combined needs, values, and interests inherent in a person, which determine the motives of activity and behavior, the main directions, form the results in the process of physical education classes, promote participation in physical culture and mass sports events during independent physical exercises and sports (Petrenko & Makhonin, 2020).

2. General, special, and professional-applied physical training of the student

The physical training of a higher education student is divided into general, special, and professional-applied.

The general physical training of a student of higher education is aimed at the harmonious development of the personality, provides an increase in the functional capabilities of body systems, organs and contributes to the improvement of physical qualities, improvement of coordination abilities, motor skills, and skills, is achieved by the constant influence on the human body of special and general developmental exercises of various types sport (Bida et al., 2019).

Special physical training contributes to the development of exactly those functional capabilities of the body, on which achievements in sports depend, and at the same time, competitive exercises and special preparatory exercises from a certain type of sport serve as the main means.

One of the main directions of the physical education system is vocational and applied physical training, which is designed to form special and physical abilities, skills, and qualities

that contribute to the achievement of a person's readiness for successful professional activity. To a large extent, the training effect of classes is determined by the type and nature of the exercises performed, which are divided into the following groups using training: special-preparatory (specific); general training (non-specific); main competition (special) (Leshchenko & Zakharova, 2022).

3. Movement qualities of different scales of influence to overcome adaptation and transfer the whole organism to a higher level of functioning

One of the ways to transfer the whole body to a higher level of functioning and overcome adaptation is strength and speed-strength exercises, which are performed with high intensity (preferably on training devices) and are different in terms of impact. Such exercises:

- significantly intensify the training process;
- selectively affect various muscle groups, including lagging ones;
- such classes are more emotional.

Different motor qualities reach their natural maximum development at different ages. Age periods are called sensitive because they are characterized by significant changes in the body's age-related development. Special training in certain periods has a higher effect on the development of certain qualities. Therefore, one should take into account the most favorable age for the development of certain qualities in the long-term training of higher education seekers. In particular, take into account that the student must have perfect technique in the chosen sport to achieve high sports results.

4. Creation of effective conditions for learning the rational technique of sports movements

The essence of sports technique (taking into account biomechanical laws) for a better solution during the exercise of the motor task facing the student lies in the intelligent use of their motor abilities by students of higher education. The formation of a dynamic stereotype, conditional-reflex connections occurs as a result of multiple repetitions of the same exercise, which conditions the creation of skills and the performance of the necessary movements.

It is very important when teaching techniques to specifically teach students of higher education the ability to quickly perform movements, to

show significant muscle and volitional efforts, and to relax muscles in time. If you are not afraid to use additional complications, and more widely apply complicated and simplified conditions, then this side of training will be carried out much more successfully.

The opportunity to repeat the most difficult conditions of the task contributes to the polishing of skills to a level that is practically unattainable during the natural educational and training process. There is a danger of creating false skills, which can then be transferred to the technique of the main exercise when practicing a technique that requires high coordination of movements. Therefore, when creating effective conditions for learning the rational technique of sports movements, it is necessary to take into account:

- exercises must correspond to the characteristics of movements or their elements when performing the main sports exercise;
- exercises must have the following characteristics: spatiotemporal (acceleration, speed), spatial (trajectories of movement), dynamic (magnitude of acting forces);
- when performing exercises, the degree of muscle tension, the nature of muscle work, the sequence of inclusion in work, relaxation, etc. should contribute to the real conditions of the main sports exercise.

Such training will contribute to the stability of motor skills and automation. One of the main reasons for the vast majority of technical errors in all cyclic sports exercises is excessive or untimely activity of functionally secondary fast muscles (Bida et al., 2018).

5. Purpose, tasks, organization, and stages of the process of physical education in institutions of higher education in distance form

Nowadays, we are observing a change in the approach to physical education in institutions of higher education in connection with the forced transition of students of higher education to distance education.

Free choice of the intensity of physical activity and forms of physical activity became a priority because there is a transition from a system focused on the development of motor skills, physical qualities, and abilities to a system aimed at acquiring knowledge about the body as a whole and the mechanisms of functioning of

body systems. means of influencing physical performance, physical condition, ways of preserving professional longevity, general health, systematic physical education, and sports, and formation of the need for a healthy lifestyle. In the conditions of distance learning, the goal of physical education to ensure compliance with the regime of physical activity, as much as possible with the adoption of quarantine safety measures, is to form an imagination about the use of all possible forms of physical education adapted to the realities of today. "At the same time, the result should be the acquisition of a high level of physical fitness, which is a prerequisite for preserving health, in the conditions of hypodynamism caused by the introduction of quarantine restrictions, let's consider the defining goal of physical education in a distance format." Physical education of students of higher education is a means of acquiring new knowledge and skills for independent physical activity, and not only a means of forming skills and abilities.

The main task of physical education is defined as the opportunity to lead a healthy lifestyle during quarantine, to remain active, to engage in physical self-development during quarantine, and to understand that there is no quarantine for physical activity.

A specific feature of physical education is its focus on the biological sphere, which distinguishes it from education and mental education: the development of motor qualities, changes in the functional capabilities of individual body systems, and increasing resistance to external factors (Pavlos et al., 2021).

The transition to distance learning provides an opportunity through the organization of individual training of students to solve physical education tasks.

The organization of the educational process of physical education in distance form involves the implementation of its following stages:

- diagnostic testing of functional indicators of a person, physical development of the personality, physical fitness of the student;
- defining the goal and setting the objectives of physical exercises;
- study of theoretical material necessary for building one's own system of physical exercises;
- conducting and organizing independent physical education classes;
- correction of the individual plan and consultation with the teacher through messengers (Leshchenko & Zakharova, 2022).

Remote work of the process of physical education in institutions of higher education is based on the use of physical exercises to improve the physical fitness of students and their further self-improvement. The main task of the process of physical education in institutions of higher education is to help students independently develop a system of physical activity habits.

Proper organization of rest and work, a healthy lifestyle, which includes giving up many harmful and harmful habits, along physical exercises, are important for raising the level of life and successfully mastering educational material.

The process of physical education in institutions of higher education consists of specially organized cognitive activities of students and educational activities of the teacher. The effectiveness of education depends on the preparedness and capabilities of students. A physical education teacher needs to ensure students' mental motivation and readiness to master physical exercises, to be able to correctly determine the level of development of physical qualities of an individual. When a student is aware of the need to acquire new abilities, knowledge, and skills, then learning exists as an activity, and the teacher, at the same time, is aware of the need to transfer knowledge. An integral part of the formation of the professional and general culture of the personality of a modern specialist is physical education, the system of humanistic education for education seekers (Babadzhanian et al., 2023).

Let's make a generalization based on the systematization of knowledge. In the conditions of distance learning, the content of physical education is formed in such a way as to ensure:

- hardening of students' bodies, strengthening of human health, promotion of work capacity and physical development of higher education students;
- improvement and formation of motor skills, knowledge and skills;
- acquiring knowledge about the influence of physical exercises on the activity and development of the body, about physical activity and its importance for human health;

- formation of the habit of doing physical exercises before systematic classes;
- development of the student's basic physical qualities;
- acquisition by students of knowledge of the basics of health care and physical culture, promotion of a healthy lifestyle, strengthening and formation of the interest of students of higher education in health care;
- awareness of the health-improving effect of physical education on health preservation in the conditions of distance learning;
- mastering the methods and means of strengthening individual health and modern healthcare technologies;
- mastering the conditions of distance learning health improvement means for self-correction of health, methods, and techniques of self-assessment, self-diagnosis, and various forms of physical activity.

Modernization of approaches and radical changes are required by distance learning to the organization of physical education to ensure the effectiveness of its goals. This approach requires the selection of methodical means and methods of transferring educational information to students of higher education, which, with the least expenditure of time, will contribute to the effective solution of tasks of different content. This leads to the organization of classes on an integrative basis: information is provided using examples of the practical implementation of acquired knowledge in quarantine conditions using remote technologies.

6. Methods and techniques in distance learning conditions that change the attitude of students to their health care

It is necessary to develop such methods and techniques that, in the conditions of distance learning, contribute to changing the attitude of students toward their health care (Kuzminskiy et al., 2021). We believe that the following should be implemented:

1. When determining the place of specific topics in the conditions of distance learning in the educational process, it is necessary to take into account the direction and terms of the content of physical education in the conditions of quarantine.
2. The planning of classes should be started by taking into account the preferences of students, determining the content of each topic of the program, and the permissible

time limit during classes for the presentation of relevant information.

3. The principle of providing information based on each topic in the optimal volume should be laid.
4. The presentation of the theoretical material in terms of volume must be planned in parts that fit into the content of a specific cycle of classes and structure without harming the physical activity of the student.
5. Regarding the prevention and transmission of COVID-19, it is necessary to provide for educational work.

For the health of students, the volume, not the intensity, of physical activity is of leading importance in the conditions of distance learning (Kuchai & Demianiuk, 2021). Therefore, it is necessary to pay attention to the formation of the usual lifestyle of higher education students, which ensures regular physical activity. Strengthening the role in the physical education of self-employed students is a significant opportunity to optimize the physical activity of students of higher education in the conditions of distance learning (Hurtova & Ponomariov, 2022).

7. An experimental study of the analysis of daily motor activity of students of higher education in the conditions of distance learning

In the educational process of higher education institutions, physical education, as a component of the general education system, involves a comprehensive approach to forming physical and mental qualities of the individual, ensuring the development of health and its foundations, preparation for an active life, improving physical capacity, training based on the principles of an individual approach to future professional activity, optimization of the learning process, the priority of health-oriented orientation with the use of various forms and means of physical improvement. Therefore, it is expedient to introduce preventive and health programs, with the aim of positive changes in the indicators of motor activity of students of higher education in the conditions of distance learning.

We introduced into the educational process the Framingham method of timing the motor activity of a person during the day according to assess the amount of motor activity of student youth. The technique includes five levels: basic, sedentary, small, moderate, and intensive:

- the basic level includes: lying down rest, human sleep;
- to the sitting level: working at the computer and the table, listening to music, reading, watching TV programs, etc.;
- to a small level: classes at a higher education institution, movement on all types of transport, personal hygiene, walking;
- up to a moderate level: yard work, regular walking, repairs, housekeeping, ballroom dancing, etc.;
- up to an intensive level: running, strength sports, dancing, fast walking, long swimming, household work, etc.

The optimal index of motor activity according to the Framingham method corresponded to 42 points, and predicted motor activity:

- at the basic level – 8 hours;
- sitting – 8 hours;
- at the level of low physical activity – 2 hours;
- at the average level – 3 hours;
- at the level of high physical activity – 3 hours.

Mathematical statistics methods were used during the experimental research, which allowed for the calculation of basic values and the analysis of measurements. It should be noted that there was no difference in the amount of time girls and boys spent on different types of daily physical activity. Only physical exercises and passive recreation are an exception, as the duration was somewhat longer for young men.

Research work was carried out by institutions of higher education in Ukraine. 217 students (117 girls and 100 boys) took part in the study.

The classes were conducted by 6 teachers who acted as program experts at the same time.

To achieve the goal of the research, general scientific methods of scientific knowledge were used: theoretical – to outline the conceptual boundaries of the studied phenomenon and its semantic load – analysis of normative sources, psychological-pedagogical, philosophical, methodological literature, scientific work of scientists on the problem of physical education of students in conditions of distance learning and originality their work in today's conditions; analogy, classification, logical-systemic analysis, induction, deduction, generalization of practical and scientific-theoretical data – to determine the conditions for the formation of

physical education of students in the conditions of distance learning; comparison of the received data – to find out dependencies and cause-and-effect relationships; empirical – surveys, questionnaires, observations, conversations – to check and clarify the effectiveness of the implementation of conditions; pedagogical experiment – to determine effective ways of physical education of students in the conditions of distance learning and to check the effectiveness of the proposed conditions; qualitative and quantitative analysis of research results using methods of mathematical statistics – to verify the results of the experiment.

At the basic level (sleep, lying down) of daily motor activity of higher education students, the level of motor activity in boys was 8.45 ± 0.29 h, and in girls – 8.74 ± 0.32 h.

Types of activities (reading, traveling in transport, eating, watching television, drawing, board, and computer games) that belong to the sedentary level of motor activity, and here students spend an average of 5.04 to 5.24 hours. The average duration of low-level (personal hygiene, walking, standing with little mobility, classes at a higher education institution, etc.) daily motor activity was the same in girls and boys and was 8.01 ± 0.47 hours. The analysis of the daily motor activity of higher education students and the timekeeping showed that classes in the institution of higher education occupy most of the small part of 6.5 ± 0.45 hours. This indicates the full content of the educational load and its large volume.

Average and high levels of motor activity were the lowest.

The average level of physical activity (morning gymnastics, walks, housework) was: 2 ± 0.16 hours for boys and 1.56 ± 0.18 hours for girls.

These levels were in percentage ratio:

- 35.2, 21.0, and 33.3% of the daily time budget for young men, respectively;
- respectively in girls – 36.4, 21.8 and 33.4% of the daily time budget.

About 90% of the daily physical activity of higher education students is at the sedentary level, basic level, and small level.

On average, students spend from 0.43 to 0.52 hours on a high level (intense mobile games, specially organized sports, physical exercises,

sports games) of motor activity, which is from 1.8 to 2.2% of daily motor activity. When assessing the motor activity of students of higher education, it was found that girls, compared to boys, have a shorter duration of medium level and high level of motor activity. However, in the distribution of the levels of motor activity of boys and girls, no significant difference was found ($p > 0.05$).

All students of higher education were divided according to the levels of motor activity depending on the obtained results (high, medium, low). Among the examined girls:

- 35.6% of respondents had a low level of physical activity;
- the average level of physical activity – 55.5% of respondents had;
- a high level of physical activity was found only in four girls – 8.9%.

Among young men:

- a low level of physical activity was found in 33.3% of respondents;
- average – in 50.0%;
- high – in seven people – 16.7%.

During the assessment of weekly motor activity in the middle of the weekly cycle, students observed a gradual increase in it, a slight decrease in weekly motor activity was observed on Saturday and Friday, and a slight increase on Sunday. The results of the conducted research indicate the need for the introduction of specially organized and independent physical exercises, walks in the fresh air, morning gymnastics, etc. into the daily routine of each person in the conditions of distance learning, because the formation of a healthy lifestyle of higher education students is based on the need to introduce health and preventive programs, which gives reason to assert in the conditions of distance learning about positive changes in the indicators of motor activity of higher education students, thanks to the use of physical education means – preservation of their health (Bielkova et al., 2021).

8. Recommendations for overcoming negative manifestations of distance learning

Modern methods of physical education for students in the conditions of distance learning should develop tolerance, operational quick reaction, physical endurance, adaptability,

critical, flexible, and creative thinking of the student of higher education (Pickard, 2018).

Therefore, innovative approaches to the physical education of students in the conditions of distance learning are an important element of the development of education, which are implemented in the trends of innovations in the educational process and the transformation of various initiatives, which together lead to the improvement of the quality of the field of education (Vakoliuk et al., 2021).

The need to improve the methods of physical education of students should overcome the sedentary lifestyle that provokes distance learning. To overcome the negative manifestations of distance learning, it is important to:

- 1) growth of students' motivational component. It is proposed to introduce additional elements of the competition to increase the interest of students, which would encourage them to perform tasks carefully;
- 2) use of a mixed education system;
- 3) using the potential of electronic testing, and monitoring knowledge to improve and consolidate theory and practice;
- 4) to provide theoretical information in the process of learning how to use the latest platforms (demonstration of presentations, educational-methodical literature available on the Internet, access to online videos, etc.) (Shavel et al., 2023).

Ways to reduce a sedentary lifestyle and maintain an active physical form:

- 1) active warm-ups and breaks during the day;
- 2) going for walks will help you stay active;
- 3) use of Internet resources;
- 4) meditation, deep inhalation, exhalation, and relaxation will help to keep calm;
- 5) spending working time whenever possible in the "standing" position, thereby reducing the amount of time spent in the "sitting" position;
- 6) drinking enough water, and proper nutrition.

Conclusions

The importance of the role of motor activity in human life has been proven.

The specially organized motor and physical activity of the student is distinguished, and the need and importance of general special and professional-applied physical training for a

person is shown. To a large extent, the training effect of classes is determined by the type and nature of the exercises performed, which are divided into the following groups using training: special-preparatory (specific); general training (non-specific); and main competition (special).

Movement qualities of different scales of influence are grouped to overcome adaptation and transfer the entire organism to a higher level of functioning.

Ways to create effective conditions for learning the rational technique of sports movements are shown.

The purpose, task, organization, and stages of the process of physical education in higher education institutions in distance form are disclosed. The most effective methods and techniques in the conditions of distance learning, which change the attitude of students toward their health care, are analyzed.

An experimental study of the analysis of the daily motor activity of students of higher education in the conditions of distance learning was carried out. The Framingham method of timing a person's motor activity during the day according to E. Zakharina was introduced into the educational process to assess the amount of motor activity of student youth. Recommendations for overcoming the negative manifestations of distance learning have been developed and the most significant ways of reducing a sedentary lifestyle and maintaining an active physical form have been highlighted.

Further research will be aimed at considering the most significant ways to reduce a person's sedentary lifestyle and support the student's active physical form.

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