

IMPROVING THE PHYSICAL HEALTH OF YOUNGER PRESCHOOL CHILDREN

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***Resume:** The physical health of a person is usually considered as the natural state of the body, which is conditioned by the normal operation of all its systems and organs. Factors such as stress, lack of physical activity, unbalanced diet or bad habits can, as well as other unfavorable conditions, affect not only the social sphere of a person's life, but can also cause the appearance and development of certain diseases of a chronic nature. In order for the prevention of these diseases to be carried out, a person should lead a healthy lifestyle. It is customary to consider physical development as the basis for a healthy lifestyle.*

***Key words:** strengthening of physical health, preschool education, organism, physical development, healthy lifestyle.*

Regular jogging, swimming, ice skating and other types of physical activity makes it possible to maintain the body in the necessary physical shape, and also makes it possible to maintain an overall positive attitude. A healthy lifestyle also reflects a certain life position, which is aimed at developing hygiene skills and culture, as well as maintaining and strengthening health, maintaining an optimal quality of life.

Physical health seems to be the most important component, which refers to the complex structure of the state of human health. Physical health is determined by the properties of an organism, which is a complex biological system that has integral qualities that are not characteristic of its individual elements, which are represented by cells, tissues, organs and organ systems. These elements are out of touch with each

other, due to their support of individual existence is impossible.

Physical health can be viewed as a level that corresponds to the development and functioning of those capabilities that relate to organs and organ systems. As a basis, which corresponds to physical health, it is customary to consider functional and morphological reserves that are contained in cells, tissues, organs, as well as in organ systems that enable the body to adapt to the effects of various factors on it. As a material basis for the formation of physical health, it is customary to consider a biological program, which refers to the individual development of the human body. This program is mediated due to the basic needs that dominate in humans at certain stages that correspond to the individual development of the organism, which is called "ontogenesis". On the one hand, basic needs can be considered as a trigger for human biological development, and on the other hand, they provide the individualization of the process.

Physical health, in its most general form, can be defined as the state of the human body, which is characterized by its ability to adapt to certain environmental factors. In addition, physical health can be characterized by the physical and functional readiness of the body to perform physical activity.

As the main factors that are related to the physical health of a person, the following factors can be attributed:

- ✓ the level that characterizes physical development;
- ✓ the level that characterizes physical fitness;
- ✓ the level that characterizes the body's readiness to perform physical activity;
- ✓ the level and ability to mobilize the body's adaptive reserves, which ensure its adaptation to the effects of certain factors that characterize the environment.

An objective fact can be considered that physical health determines the viability

of the human body.

Physical development can also be considered as a biological process, which is associated with the formation and change of the natural functional and morphological properties that the human body possesses throughout a person's life.

With physical development, the following three groups of indicators change.

It is customary to include indicators that relate to physique in the first group. This group of indicators can include body length, body weight, posture, volumes and shapes of individual parts of the body, the amount of fat deposition, etc. These indicators, first of all, characterize the biological form or morphology of a person.

The second group includes those indicators that relate to human health. Due to these indicators, functional and morphological changes that relate to the physiological systems of the human body are reflected. It should also be noted that the main influence on health is exerted by the functioning of such systems as the cardiovascular, respiratory, central nervous system, the system of the digestive and excretory organs, as well as the mechanisms of thermoregulation.

The third group includes those indicators that relate to the development of physical qualities. It is customary to refer to physical qualities as strength, speed abilities, endurance, flexibility, coordination abilities. The physical development of a person, if necessary, can vary in a wide range, when a person practices physical exercise, good nutrition, work and rest.

Until about the age of 25, which is characterized by a period of formation and growth, most of the morphological parameters increase in size. The body functions are being improved. Further, until the age, which is 45-50 years, there is a stabilization of physical development at one level or another. Further, in the process of aging, there is a gradual weakening and deterioration of the functional activity of the body. Also, during aging, body length and muscle mass may decrease.

Physical development, which is a process of changing the indicators discussed above during a person's life, depends on many reasons and is determined by a number

of regularities. Successful management of physical development is possible only when the known specified patterns and when the process of physical education takes them into account.

The psyche of a modern person is subject to powerful negative influences, which are caused by various social, natural and everyday factors. Accordingly, special measures are needed to maintain and improve mental health.

By mental health it is customary to understand a person's ability to adequately respond to stimuli of an external and internal nature. Also, the presence of mental health is realized in a person's ability to balance himself with his environment.

Under social health, it is customary to consider the measure of social activity, as well as the activity of an individual in the world. Social health is realized in the presence of the ability to form and use for self-preservation the subjective ideas of people about the external world, as well as about their own role in the external world. This component of health is reflected in social connections, resources, and the ability to communicate. Social health can be measured proceeding from a person's ability to survive in a political and socio-economic environment. This ability can be expressed in the ratio of what this or that person receives from society and what it gives to this society.

Social health can be defined using those moral principles that represent the foundation of a person's social life. As distinctive features that indicate a person's social health, one can single out his conscious attitude to work, the degree of his mastery of cultural knowledge, as well as the fact that he has an active rejection of habits and mores that are in conflict with a normal lifestyle.

The level of a person's professional health can be characterized by the functional state of a person, which is determined according to his mental and physical indicators. An assessment of professional health is necessary in order to determine a person's ability to carry out a particular professional activity. With its help, you can also determine the level of resistance to certain adverse factors that accompany this

professional activity.

The main indicator that characterizes the professional health of a person can be considered a person's work capacity.

Professional performance is defined by three groups of indicators, which include:

physical status;

psychological status;

factors of a social nature.

The physiological indicators of health can include the rate of increase in heart rate and the type of reaction that relates to the cardiovascular system during exercise. The rate of pulse recovery after exercise is also considered, the level that reflects the fitness of the body is considered, a reserve that corresponds to the cardiorespiratory system, a reserve that corresponds to health is determined. In addition to the above, it is also customary to consider the level of biochemical parameters, which are characterized by the content of total cholesterol in relation to the level of high density lipoproteins that are contained in the body.

In order to assess the level of physical health, the express method is widely used, which includes the use of indices that correspond to body weight, respiration, hand strength, the level of development of the cardiovascular system, as well as the recovery time of the heart rate after performing 20 squats per within 30 seconds. Each of the indicators can be evaluated in points. After that, the total score is calculated. If, when calculating all 5 indicators, the total score is less than or equal to 3 points, then we can talk about a low level of health. In the event that the sum of points is equal to 4-6, then we can say that the level of health is below average. With a total of 7-11 points, we can already talk about the presence of an average level of health. In the event that the total score reaches 12-15, then the level of human health is above average. If as a result of the test it is possible to score 16-18 points, then in this case it can be evidence that the person has a high level of health.

A person's attitudes and certain life dominants are largely determined by the constitution. At an early embryonic stage of development, the human gene apparatus is the most vulnerable. At this stage, the implementation of the genetic program is carried out as a bookmark for the main functional systems of the body. A significant number of irritating factors that are related to modern life and that cause genetic changes have led to an increase in the number, as well as the list of hereditary diseases. Most often, violations in the field of heredity are due to the lifestyle that the future parents or a pregnant woman lead. In addition to the deficit of motor activity of a pregnant woman, which leads to the fact that the normal development of the fetus is disrupted, it is also necessary to pay attention to overeating, the presence of mental, social, domestic and professional overloads, as well as possible bad habits.

Important indicators of the development of children of primary preschool age are the anatomical and physiological characteristics and features of the mental development of children, as well as the characteristics of physical development. At the age of 3-4 years, children undergo further changes and improvements in the structures and functions of body systems.

Let's list the main changes in the body of young preschool children, which are associated with their state of health:

the anatomical and physiological characteristics of children are characterized by an increase in both height and body weight, both boys and girls;

important indicators of development in children are the peculiarities of the development of their musculoskeletal system: individual parts of the spine are improved, but the skeleton remains flexible with ossification continuing over time, which excludes the use of strength exercises in physical education classes, and increases the importance of monitoring the correct posture of children;

the respiratory system is actively developing in children, which leads to an increase in the body's need for oxygen, which increases in just two years - from 3 to 5 years - by 40%, which also leads to an increase in the vital capacity of the lungs of

children;

the cardiovascular system of children also undergoes changes - there are significant fluctuations in the indicators of cardiac activity and respiration: the heart rate (pulse) per minute increases and, the respiratory rate; this is important to consider, since during physical exertion, the heart muscle in children gets tired, and signs of fatigue are expressed in reddening (blanching) of the skin of the face, rapid breathing, shortness of breath, uncoordinated movements, this eliminates overloading children, assumes that they perform calmer activities in the process of physical activity;

children develop sense organs, and the first 3-4 years of a person's life are called the "golden time" for the development of sensory abilities;

during the period of younger preschool age, the development of vision and hearing organs is noted;

at the age of 3-4 years in children, the nervous system also undergoes changes, higher nervous activity develops, which leads to an increase in the strength of nervous processes, an increase in their mobility, the improvement of connections and relationships in the interaction of signal systems, all this together leads to an improvement in the speech of children, the complication of games accompanied by speech, allows you to diversify teaching methods.

however, some imperfection of the nervous processes in children leads to a violation of the processes of excitation and inhibition, which can result in fatigue, violent emotional reactions, and violations of the rules of behavior.

So, the anatomical and physiological characteristics of children of younger preschool age are characterized by:

uniformity of physical development without sharp changes for all its intensity;
development of the musculoskeletal system, respiratory system, cardiovascular system and nervous system;

active development of the senses and the nervous system.

An important indicator of the health of children of early preschool age is their mental development. Features of the mental development of children of primary preschool age are manifested:

- in the active use of speech as a condition for expanding horizons,
- in the growth of mental endurance,
- in increasing the need for new knowledge, impressions and sensations,
- in the active development of fantasy.

Thus, the physical development of children of younger preschool age is characterized by the development and improvement of anatomical and physiological characteristics (height, weight, organs and systems of the body, sensory organs, etc.), mental development (development of speech, an increase in mental endurance, an increase in the need for new impressions and sensations, etc.), uniform but intense physical development, expressed in an increase in the need for movement, motor activity, emotional coloring of children's actions. Younger preschool children are susceptible to a variety of diseases: congenital and chronic, and most of all viral and colds.

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