



Influence of the Mode of Work and Recreation of the Student's Health

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Abstract: the article deals with the problem of the influence of the wrong mode of work and recreation of the student. The authors indicate that while observing the key components of a student's day, their health will not deteriorate.

Keywords: student's age, working schedule, recreation schedule, sleeping schedule, nutrition, physical activity, school day.

Student years are the main stage in the formation of a person as the most active member of society. During this period, the formation of physiological systems, including the motor apparatus, is completed. And it is during these years that a solid foundation should be built for strengthening the health and physical improvement of a person, since it is health that is the first and most important human need, which determines the ability to work and ensures the harmonious development of the individual [6].

A healthy lifestyle is a complex of recreational activities that ensures the harmonious development and strengthening of health. Also, a healthy lifestyle increases the level of students' working capacity and prolongs their creative longevity. The results of various scientific studies indicate that human health is directly related to its performance, since the well-being of their educational and production activities largely depends on the state of health of students [2].

The student's working capacity is defined as the ability to perform certain mental activities within the limits set by the time limit and efficiency parameters, which is based on special knowledge, skills and abilities. The student's efficiency is no exception, and to maintain it at a high level, it is necessary to observe the regime of work and rest, which is one of the most significant components of a healthy lifestyle.

The mode of work and rest is a combination of the ratio and content of the stages of work and rest, in which the highest labor productivity is combined with a high and stable working capacity of a person without signs of severe fatigue for as long as possible [1].

Adhering to the most expedient and convenient daily routine, a person better adapts to changing external and internal conditions. The daily routine is the normative basis of life for all students. But, it should be individual for everyone: depending on certain conditions, availability of work during study, health status, level of performance, personal interests, predispositions and skills of the student [8].

According to specialists in the field of physical culture and sports, the key components of an expedient and recommended daily routine are:

- 1) Proper organization of sleep. Based on the information of specialists in the field of physical culture, more than 50% of students have a poorly organized self-training process that contradicts the key provisions of the theory of learning, ending deep after midnight, which, according to experts, leads to significant overloads of the central nervous system and to a possible decrease in mental performance [7]. For proper rest and replenishment of strength, energy, any person needs to allocate at least 8-9 hours of sleep per day. Sleep hours should not be viewed as a reserve of time that can be used frequently and freely for other purposes, such as finishing homework. Frequent and systematic lack of sleep can lead the student's body to a reduced level of work. Ability, fatigue and irritability, which negatively affects learning;
- 2) Power mode. There should be at least three meals from 1–2 to Supplementary snacks, which allow you to guarantee good digestibility of food and prevent the accumulation of fat in the body. The basis of proper student nutrition is a complete diet, natural products, 3-, 4-time meals and the exclusion of harmful products;
- 3) If the feeling of hunger occurs before lunch, you should make a useful change recuse natural products in the form of cottage cheese without sugar, a piece of cheese, fruit, yogurt, nuts, and rye bread. With a pronounced feeling of hunger, you can eat a little boiled chicken breast with whole grain bread. For lunch, a hot dish is required; soup, fish or a meat dish with vegetables is desirable. Dinner may include baked fish, kefir, cottage cheese or vegetable salad [4];
- 4) The correct combination of study time and physical activity. The use of physical activity is one of the mandatory factors of a healthy lifestyle for students. A large number of people employed in the field of intellectual work have limited physical activity. This applies to students as well. Therefore, the most important task arises - to determine the optimal, as well as the minimum and maximum possible modes of motor activity [5].

Students, as a rule, do not start the school day immediately with high productivity of educational work. After the start of the couple, they cannot instantly concentrate and actively engage in classes. It takes 10–20, and sometimes more than 30 minutes, before performance reaches an optimal level.

The period of optimal (sustainable working capacity) has duration of 1.5–3 hours, during which the functional state of students is characterized by changes in body functions corresponding to the educational activity that is being performed [3].

Then comes the period of absolute compensation, which is characterized by the appearance of initial signs of fatigue, which are compensated by willpower and positive motivation. Subsequently, unstable compensation sets in, fatigue increases, fluctuations in volitional effort are observed, as well as fluctuations in the productivity of educational activity [8].

In our opinion, in order to optimize work and leisure, students need to follow a special daily routine. Which will include a sufficient amount of sleep, healthy meals, and there will also be a variety of physical activity.

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