

галузі фізвиховання, викладачі-методисти та вчителі-практики обґрунтовували доцільність одержання майбутніми вчителями фізвиховання систематичної теоретико-методичної та необхідної загальнопедагогічної підготовки.

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## ON FORMATION OF READINESS OF FUTURE TEACHERS OF PHYSICAL CULTURE TO PROFESSIONAL SELF- REALIZATION IN HEALTH-IMPROVEMENT ACTIVITY

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**Annotation.** Integration of Ukraine into a single European educational space focuses on a qualitatively new level of professional training of future physical education teachers in higher education institutions, the article stresses. The tasks connected with the formation of the readiness of future teachers of physical culture for professional self-realization in health-improving activities become actuality. The individual's ability to realize itself is considered in the context of the problem of the formation and development of the individual as a whole, from the perspective of humanizing education and the professional activity of specialists, and has shown the analysis of scientific literature.

**Relevance.** A new vision of the role of higher education in society is determined by profound socio-economic changes. Answers to questions posed by modern reality, including issues related to the preservation and strengthening of the health of participants in the educational process, are actively seeking higher education. In the modern period, higher education as an integral part of the higher education system in Ukraine, resolves the

urgent task of forming a new generation of the personnel of the physical culture and sports sector.

The scientists devoted considerable attention to clarifying the issues related to the professional training of future physical education teachers in higher educational institutions: O. Yu. Azhyppo, P. B. Dzhuryyns'kyu, Ye. A. Zakharina, L. I. Ivanova, R. P. Karpyuk, L. P. Sushchenko, O. V. Tymoshenko, B. M. Shyyan et al.

**Statement of the main material.** Substantially changed the way of general educational institutions and put on teachers of physical culture additional tasks of modernization of the education system. The level of qualification of physical education teachers, unfortunately, does not fully provide solutions to the professional tasks that the modern education system puts before them, as practice shows.

The peculiarities of forming the readiness of future teachers of physical culture for professional self-realization in health-improvement activity are due to the fact that this process is not limited to mastering certain skills, skills and professionally important qualities. Professional self-realization of the future teachers of physical culture is connected with aspiration to become the best in the professional aspect connected with formation of a healthy way of life of schoolboys.

To select the means and methods of physical education that will improve the physical and psycho-emotional state of schoolchildren on the basis of the formation of positive life guides and choose the most optimal communication style allow the teacher of physical culture to know the individual, age, functional and psychological characteristics of students.

Consider the results of studies devoted to the study of the conditions for self-realization of the individual. Self-realization of personality is possible provided that a person realizes the necessity of her vital self-realization believes in her individual destiny and sees in this the highest meaning of her life, points out S. P. Zuyeva [1, p. 20]. One of the important conditions for self-realization of the individual is the person's realization of his integration into the world around him, his ability to harmonious and constructive interaction with other people and nature. Professional human activity is one of the necessary conditions for the development of the process of self-realization of the individual.

Professional activity, which is reflected in the human mind as a space for self-realization, can provide three aspects of self-realization:

psychological, socio-cultural and instrumental in the opinion of S. P. Zuyeva [1, p. 20].

Psychological aspect – acts as a recognition and expression of personal potentials in professional activity. Instrumental aspect – involves demand and use of potentials, resources, and experience in the form of knowledge, skills, abilities and abilities of a person.

Socio-cultural – manifested in the realization and fulfillment of individual mission for their professional activities in relation to other people, society and humanity. It is such a construct for improving health, is formed in the minds of future teachers of physical culture, contributes to their successful professional self-realization, in our opinion.

V. A. Lisovyy conducted an analysis of scientific sources and notes that professional self-realization refers to the totality of individual professional and personal qualities and characteristics of a specialist, as a result of which he reproduces himself in his multidimensional practical and professional activities [3, from. 91]. “Professional self-realization” is “the disclosure of qualities, capabilities, abilities and achievement of the maximum potential in professional activity” interprets the concept of V. A. Lisovyy [3, p. 91].

This interpretation of the concept of “professional self-realization” is original and appropriate, in our opinion.

Physical culture and health-improving activity is a social process, expressed in physical actions and health procedures that contribute to health promotion, mastering of physical culture, the formation of values that increase the effectiveness of labor and other social activities of a person, notes G. Yu. Kozina [3, p. 33].

The effectiveness of the physical culture and health activities of the school is ensured when the following pedagogical conditions are met:

1) changing the initial principles of the organization and management of the educational process;

2) continuous improvement of the professional competence of the pedagogical collective in mastering the methods and technologies of physical culture and recreation;

3) Development of cognitive needs and motivations of students for mastering knowledge on the basics of physical culture and healthy lifestyles;

4) the formation of value orientations for physical exercise exercises.

Thus, the success of using recreational facilities depends on the willingness of future teachers of physical culture to professional self-realization in this area. Strengthening and preserving health is one of the main tasks of the present and the future, since the country's future social and economic development, its defense capacity, standard of living, science and culture depends on how young the generation of our state is healthy and efficient.

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