

Results and discussion. When comparing the results obtained in the survey by the test "self-assessment of mental states" of Eysenck, in a calm state, at training and at competition, we revealed the following differences. The average anxiety is the same in a relaxed atmosphere and at competitions (7 points of 20 possible) and higher than the corresponding rate at training (4 points). Boxers are characterized by a low level of frustration (4 points), the same in a calm atmosphere, at training and at competition. The average aggression is the same in a calm atmosphere and at training (7-8 points), and at the competition it increases up to 13 points. Also at competition increases the level of rigidity (16 points in comparison with 7-8 in a calm atmosphere and at training). Thus, boxers are characterized by low anxiety and frustration, aggressiveness is medial. Level of rigidity overestimated only when examining at the competition.

Modified rating scale aggression Eysenck – Spielberger was filled by athletes only at training. The average aggression of modified Eysenck scale is 20 points out of the 28 possible, which corresponds to an medial level. By modified scale Spielberger average level of aggression is 8 - 9 points out of 24 possible, which in our opinion is fairly low score. Some questions that are asked directly and express direct aggression are rarely evaluated more than 1 - 2 points. This is probably due to the reluctance of the athlete to recognize a trend towards aggression.

References

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THE IMPACT OF THE STUDYING TERM UPON STUDENTS' IDEA OF A HEALTHY LIFE-STYLE

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Introduction. Sustaining and improving the health of the young generation as well as providing proper conditions for living, education and upbringing are defined as priorities in the governmental policy in Ukraine [2].

The "healthy lifestyle" notion's roots can be traced back to various cultural framesets. For instance, the first concepts of healthy lifestyle "cognize yourself" and "take care of yourself" appeared in the ancient world [1]. From the medical standpoint, healthy lifestyle is a harmonious regime combining work- and rest-time, proper nutrition physical activity, hygiene, absence of addictions combined

with positive treatment of other people and life itself in the variety of its manifestations [4].

Present-day psychology and didactics (G. P. Axionov, V.K. Balsevych, L. S. Kobelianska) treats off the healthy lifestyle as a phenomenon of human mind, psyche and motivation [5]. Representatives of the philosophic-sociological paradigm (P.A. Vinogradov, B. S. Erasov, O. A. Milstein, V. A. Ponomarchuk, V. I. Stoliarov, A. S. Tsipko) tackle healthy lifestyle as a global social issue, a component of social life in general [5].

Shaping healthy lifestyle appears to be one of the most sensitive issues of the present epoch. Currently two basic approaches towards forming healthy lifestyle are spoken of. The first approach concerns combating the so called risk factors. The other presupposes creating conditions that would prevent the said factors [1]. Important prerequisites of forming healthy lifestyle are: knowing behavioral patterns that benefit psychic, physical and social well-being; believing that healthy behavior can actually provide positive results; positive attitude to life; self-respect (АНАНЬЕВ В.А., 1998) [1].

Teaching healthy lifestyle follows general didactic principles and psychological behavioral health oriented patterns. Yet solely educational or psychological programs appear to be far from effective for they ignore a number of social and political factors that impact one's environment [1].

Objectives: to compare understanding the "healthy lifestyle" concept by the 2-nd and 5-th year students of the physical training faculty.

Methods employed in the research. 2-nd and 5-th year full-time students of the physical training faculty of Chernihiv T.G. Shevchenko National Pedagogical University were involved in the anonymous questioning (55 and 46 responders); the question list considered 33 points concerning healthy life-style.

Results and their discussion. Sophomores (81.8%) and 5-th year (50%) full-time students believe that their life-style is healthy. Out of these 81,8% of sophomores 4.4% consume alcohol on the relatively regular basis and 44.4% consume alcohol on week-ends and holidays; 2,2% of students smoke depending on their mood; 11,1% consume fast food regularly while 75,6%do so occasionally. Out of the mentioned 50% of the 5th year students 22,2% consume alcohol regularly and 38,9 % do so on week-ends and holidays; 16,6% smoke, while 5,6% smoke regardless of their mood; 88,9% seldom consume fast food while 11,1% virtually never do. These results being far from optimistic, 73,3% of sophomores and 38,9% of the 5th year students sincerely believe that they are free from addictions. At the same time 24,2% of sophomores and 44,4% of the 5th year students would like to get rid of them. Considering the fact that the questioned individuals were students of the physical training faculty they were suggested a question whether a sportsman should follow a healthy life-style. 94,5% of sophomores responded positively, 3,6% - negatively, 1,1% believe that addictions can co-exist with sport activities. The 5th year students responded in such a way: 88,9% are convinced that sportsmen should give up harmful habits; 11,1% believe that sports and addictions can co-exist. The higher rate of positive

answers given by sophomores is explained by their self-identification as sportsmen or sports-affiliated people (83,6%), relatively sporting (12,7%) and only 3,6% – non-sporting. дали отрицательный ответ. The 5th year students' self identification is, correspondingly, 47,2%, 50% and 2,8%.

Inferences. The analysis of the answers allows stating that sophomores are more prone to lead healthy life in comparison to the 5th year students. A prolonged term of studying has turned out to have had a negative impact on individuals who do not regard smoking and alcohol consuming as addictions. We believe that group-mentors ought to pay extra effort in order to provide additional stimuli for leading a healthy life, explain its practical implications.

SITUATIONAL PERCEPTION IN TYPIFICATION OF GAME SITUATIONS SPORTSMEN SPORTS GAME

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Introduction. The problem of technical and tactical training athletes of sport games is highly important due to the extreme conditions of competitive activity, a feature of which is the transience of game situations.

Competitive activity athletes of sport games is full of lots of specific situations and each situation determines the state of technical and tactical activities. Due to the fact that the situations in the game there is a countless number of modern researchers used their typology, i.e. classified by type of situation [1, 4, 11].

It is thus possible selection and classification of situations. For example, internal and external situations that may be perceived subjectively as an athlete and objectively identified in the registration and analysis of competitive activity athletes. However, it is worth noting that the technology of formation and development of typical situations is absent, thereby arises kvazisituatsionnaya problem [7], as often in practice the situation, perceived and formed in the mind of the athlete is different from the external situation [2, 5]. This causes to the fact that in learning the techniques and tactics of an athlete produces dynamic stereotype. In this logical connection between the motor and dynamic stereotypes in different situations is weak.

Method. Among the methods used systematic review of scientific and methodical literature, synthesis of information. As a method of monitoring the activities of a competitive basketball team was selected video digital camera. Join game activity occurs in the coordinates x, y. This allows for qualitative and quantitative analysis to determine the dynamics of counteractions rivals