



## Chapter I. THEORETICAL AND PEDAGOGICAL PROBLEMS OF MODERN EDUCATION

doi: 10.15330/msuc.2021.24.5-10

### **Галина Гребінка,**

кандидат наук з фізичного виховання і спорту, доцент,  
доцент кафедри фізичного виховання,  
Національний університет «Львівська політехніка» (м. Львів, Україна)

### **Galina Grebinka,**

Ph.D. in Science in Physical Education and Sport, Associate Professor  
Dotsent of the Department of Physical Education,  
Lviv Polytechnic National University (Lviv, Ukraine)  
*galja\_grebinka@ukr.net*  
ORCID ID 0000-0001-8681-3368

### **Ярослав Зубрицький,**

старший викладач кафедри фізичного виховання,  
Національний університет «Львівська політехніка» (м. Львів, Україна)

### **Yaroslav Zubritsky,**

Senior Lecturer of the Department of Physical Education,  
Lviv Polytechnic National University (Lviv, Ukraine)  
*yaroslavzubr@gmail.com*  
ORCID ID 0000-0003-0641-0409

### **Олена Рожко,**

викладачка кафедри фізичного виховання,  
Національний університет «Львівська політехніка» (м. Львів, Україна)

### **Elena Rozhko,**

Senior Lecturer of the Department of Physical Education,  
Lviv Polytechnic National University (Lviv, Ukraine)  
*olena\_baranyuk@ukr.net*  
ORCID ID 0000-0001-7885-7846

### **Максим Тараненко,**

викладач кафедри фізичного виховання,  
Національний університет «Львівська політехніка» (м. Львів, Україна)

### **Maxim Taranenko,**

Senior Lecturer of the Department of Physical Education,  
Lviv Polytechnic National University (Lviv, Ukraine)  
*max18061984@gmail.com*  
ORCID ID 0000-0002-0571-1544

**УДК 796:37.018.43**



## ФІЗИЧНЕ ВИХОВАННЯ ТЕХНОЛОГІЯМИ ДИСТАНЦІЙНОГО НАВЧАННЯ ЯК ЧИННИК ЗДОРОВОГО СПОСОБУ ЖИТТЯ СТУДЕНТІВ

**Анотація.** У статті розглянуто питання здорового способу життя студентів у процесі їхнього фізичного виховання під час навчання в закладах вищої освіти. Актуальність дослідження зумовлена значними проблемами щодо збереження здоров'я молоді в державному масштабі, зумовленої упродовженням карантинних обмежень в освітніх установах. Мета дослідження – виявлення можливості дисципліни «Фізичне виховання» засобами дистанційних технологій у формуванні навичок здорового способу життя студентів ЗВО. В основу дослідження покладено використання комплексу загальнонаукових теоретичних методів: аналіз, синтез, систематизацію, узагальнення. Установлено, що реалії нинішнього освітнього процесу висувають першочергове завдання перед дисципліною «Фізичне виховання» у ЗВО – збереження та зміцнення здоров'я студентської молоді шляхом формування навичок здорового способу життя. Досліджено практику використання технологій дистанційного навчання у фізичному вихованні студентів, проаналізовано можливості такого освітнього процесу у формуванні мотивації та потреби студентів у дотриманні основ здорового способу життя за умов карантину. Визначено, що до переліку останніх належать: побудова занять на основі особистісно зорієнтованого підходу, наочність рекомендацій уявлення про формування мотивації до фізичної активності; забезпечення можливості студентами здійснювати моніторинг показників індивідуального розвитку; набуття навичок підвищення валеологічної культури харчування; підвищення рухової активності в режимі навчального дня та дотримання санітарно-гігієнічного режиму. За результатами дослідження розширено відомості щодо потенцій інноваційних дистанційних технологій у оптимізації впливу фізичного виховання на особистість студента задля виховання потреби здорового способу життя в студентські роки, що дасть змогу забезпечити в майбутньому збереження їхнього здоров'я.

**Ключові слова:** фізичне виховання, студент, заклад вищої освіти, дистанційні технології, здоровий спосіб життя.

## PHYSICAL EDUCATION BY DISTANCE LEARNING TECHNOLOGIES AS A FACTOR OF STUDENTS 'HEALTHY LIFESTYLE

**Abstract.** The article consider the issue of a healthy lifestyle of students in the process of their physical education while studying in higher education institutions. The urgency of the study due to significant problems in maintaining the health of young people on a national scale, due to the introduction of quarantine restrictions in educational institutions. The purpose of the study is to identify the possibilities of the discipline "Physical Education" by means of remote technologies in free economic education in the formation of skills of a healthy lifestyle of students. Based on the study, the use of a set of general scientific theoretical methods: analysis, synthesis, systematization, generalization. It is established that the implementation of the current educational process provides a priority before physical education – the preservation and change of pupils and students in the formation of their healthy lifestyle skills. The practice of using distance learning technologies in physical education of students is studied, the possibilities of such educational process in formation of motivations and needs of students in observance of the basic healthy ways of life in the conditions of quarantine are analyzed. It is determined that the latter should be reviewed: classes based on a personality-oriented approach, the availability of these recommendations for the formation of motivations for physical activity; providing opportunities for students to monitor indicators of individual development; acquisition of skills to increase valeological culture of nutrition; increase of motor activity in the modes of the school day and maintenance of the sanitary and hygienic mode. According to the results of the study, information on potential innovative distance technologies has been expanded to optimize the impact of physical education on the student's personality in order to educate users of a healthy lifestyle during student years, which will ensure their future health.

**Keywords:** physical education, student, institution of higher education, distance technologies, healthy lifestyle.

### INTRODUCTION

**The problem formulation.** The new educational paradigm and integration of the higher education system of Ukraine into the European educational and scientific space provides for the formation of a highly qualified specialist. That is why the quality of higher education is identified with the quality of training of able-bodied professionals, which is ensured by the proper state of their health and is the main driver of progress in all spheres of society and the state (Koriahin, V., Blavt, O., Stadnyk, V., & Tsovkh, L., 2020). So, the issue of preserving and improving the health of student youth is considered one of the most pressing today.

"Coronavirus" quarantine in higher education institutions has now over a year. Students in extreme conditions had to learn to live in the new reality of infectious and informational threats. Strict adherence to the new rules of education has necessitated rapid adaptation to modern, often unexpected, challenges and overcoming new crises. Thus, all branches of higher education have not only temporarily modified their traditional "scenarios" of work, but also agreed to adapt to the new realities of distance learning in higher education institutions as soon as possible.

The transition to distance learning has led to a change in the way and rhythm of life of students, as a result of which they are forced to spend all their time on mental activity in a sitting position. Naturally, the lack of physical activity for a long time, inevitably has a negative impact on health. As a result, the general condition of the young organism deteriorates, the mood, which leads to decreased immunity, the emergence and exacerbation of diseases (Hryban, H.P., 2014). Obviously, there is a situation where "we teach at the expense of health". Thus, in the conditions of introduction of quarantine measures, activation of ways of normalization of style and a way of life, acquires extreme urgency.



**Analysis of recent research and publications.** There is no doubt that the transition to distance education during a pandemic can have a long-term impact on students' health. It is estimated that the deterioration in students' health due to the transition to distance learning will range up to 2.3% of the standard deviation. Obviously, this deterioration is due to the increase in the amount of study time compared to the amount of time that students spent on training before the introduction of quarantine restrictions and the transition to online formats.

It is believed (Bublei, Ye.M., 2013; Nosko, M.O., Harkusha, S.V., & Nosko, Yu.M., 2020), that in the aspect of significant deterioration of the psychophysical readiness of student youth, the issue of maintaining their health cannot be considered outside the context of physical education, which has a great social significance in this perspective. Undoubtedly, even the paramount importance of physical activity is important for the elimination of a significant number of negative processes that have caused students to deviate from the norm that specialists (Harkusha, S.V., 2013; Nosko, M.O., Harkusha, S.V., & Nosko, Yu.M., 2020) today characterize as a result of the introduction of quarantine safety measures.

Thus, scientists are unanimous in the opinion (Hryban, H.P., 2014; Koriahin, V., Blavt, O., Stadnyk, V., & Tsovk, L., 2020), that if no measures are taken to change the situation, it could become a heavy burden for the country. In this regard, the problem of forming the skills of a healthy lifestyle of students in higher education institutions determines the relevance and necessity of conducting comprehensive research on the defined.

According to the information (Nosko, M.O., Harkusha, S.V., & Nosko, Yu.M., 2020), physical education in these conditions is the main means of enabling students to gain a certain stock of knowledge and skills to apply them in practice to counteract the health consequences of sedentary lifestyle students, aimed at improving social, mental, emotional and physical dimensions. It is determined that today the purpose of physical education is to form an idea of using all possible forms of physical culture, adapted to today's realities to ensure compliance with the regime of physical mobility, as much as possible by taking quarantine security measures. According to him (Hryban, H.P., 2014), the most important direction of efforts to preserve and strengthen the health of student youth, as during their studies in higher education institutions, is to adhere to the basic factors of a healthy lifestyle.

**THE PURPOSE OF THE RESEARCH** is to identify the possibility of the discipline "Physical Education" by means of remote technologies in the formation of skills of a healthy lifestyle of students of higher education institutions.

#### **RESEARCH METHODS**

The research is based on the use of a set of general scientific theoretical methods: analysis, synthesis, systematization, generalization.

#### **RESULTS OF THE RESEARCH**

According to the state educational standard of higher professional education, physical culture in higher education institutions is a mandatory discipline of the humanities educational cycle (Koriahin, V., Blavt, O., Stadnyk, V., & Tsovk, L., 2020). Thorough understanding of the phenomenon of physical education as a factor of health care is necessary primarily to meet the challenges of today in solving the urgent problem of maintaining the health of students.

Despite the lack of data, we can assume that students in higher education institutions are at risk of those whose health may be most affected by the transition to distance learning. This is especially relevant in a situation of forced isolation of students at home during quarantine restrictions. Along with a sedentary lifestyle, it is associated with social isolation, high levels of stress, usually poor nutrition, and limited physical activity.

According to modern requirements, the content of physical education in the system of higher education, being an integral part of the system of education of future professionals, requires the creation and implementation of new forms and methods of teaching (Hryban, H.P., 2014). Distance learning, also called "lifelong learning" (Vlasii, O., Dudka, O., & Drin, B., 2017), assumes the status of students as important, democratic, active participants in their own potential. It is determined (Hrebinka, H. Ya., Kuspys, O.V., Kubrak, Ya.D., & Rozhko, O.I., 2020), that in the conditions of distance learning, such technologies as means of accumulation, organization, storage, processing, transmission and dissemination of information contribute to the expansion of students' knowledge and develop their ability to solve knowledge and develop the need for a healthy lifestyle. We agree (Nosko, M.O., Harkusha, S.V., & Nosko, Yu.M., 2020), that it is possible to significantly influence the internal motivation of students to maintain their health. There is no doubt (Parfinenko, T. 2020), that intrinsic motivation becomes the basis for the implementation of a healthy lifestyle in order to adjust their personal values and professionally important qualities.

We are impressed by the considerations (Nosko, M.O., Harkusha, S.V., & Nosko, Yu.M., 2020), specifically on students' understanding and awareness of health as a phenomenon. According to which, health is quite even an attractive object. However, the situation of its acquisition due to the same healthy lifestyle is often "quite unpleasant". If we evaluate the motivation to acquire it by, for example, according to the theory of probabilities, when efforts lead to a performance that will provide an important result, the motivation will be hopelessly weak, even with all the importance of the result, for something more than another attempt to start something. But health is a "thing" that can only be purchased: at the cost of not money, but their own, not always satisfying, effort. And it is physical education that should prove to students that it can be acquired at the expense of the same healthy lifestyle, which for the most part is categorically unacceptable (Koriahin, V., Blavt, O., Stadnyk, V., & Tsovk, L., 2020).

Studies (Harkusha, S.V., 2013; Parfinenko, T. 2020), show that today about 70% of students are characterized by a low level of need for a healthy lifestyle, low activity in fulfilling the requirements of a healthy lifestyle, bad habits and other risk factors associated with a low lifestyle culture. At the same time, the high level of formation of a healthy lifestyle among students is almost absent. It is worth noting that the critical level of health and physical development



of student youth is undoubtedly a consequence of reduced motor activity in languages of increasing learning time. According to research (Bublei, Ye.M., 2013; Koriahin, V., Blavt, O., Stadnyk, V., & Tsovk, L., 2020), psycho-emotional stress of the learning process, the introduction of computer technology in everyday life, unfavorable conditions of a sedentary lifestyle, especially in conditions of self-isolation, put forward a priority for physical education - maintaining and strengthening the health of young students by developing healthy skills. lifestyle.

It is well known information (Nosko, M.O., Harkusha, S.V., & Nosko, Yu.M., 2020), that the health of students is largely determined by lifestyle. The task of strengthening the health of student youth in higher education institutions is important because it is at this time that the foundation of their health is laid. Rational organization and ensuring a healthy lifestyle become especially relevant due to the clear advantage of bad habits in the student environment over a healthy lifestyle. According to the data (Hryban, H.P., 2014), the lack of basic knowledge about physical activity and its importance for health, the impact of exercise on the development and activity of the body are determining factors in forming a negative attitude of students to physical education and unwillingness to engage in any physical activity.

To conduct research in a certain direction, we first find out that a healthy lifestyle involves compliance with certain rules that ensure harmonious development, high efficiency, spiritual balance and health of students. The basis of a healthy lifestyle is an individual system of behavior and habits that provides the desired level of life of students in distance learning. As a result, we present a healthy lifestyle in the conditions of quarantine safety measures, practical actions aimed at preventing diseases, strengthening all body systems and improving general well-being.

Based on the generalization of these literature sources, the formation of a healthy lifestyle of students in the process of their physical education is based on several basic ideas, which make up a certain ideology:

- first, it is the idea of the priority of the value of health in the worldview of students;
- secondly, it is the understanding of health not only as a state of absence of diseases or physical defects, but as a state of complete well-being;
- thirdly, it is the idea of a holistic understanding of health as a phenomenon that inextricably combines its four areas of physical, mental, social and spiritual;
- the fourth idea is to take responsibility for your own health.

According to the ideas (Nosko, M.O., Harkusha, S.V., & Nosko, Yu.M., 2020), the foundations of a healthy lifestyle are, first of all, a properly organized construction of students' time, a sequence of actions, a certain system of study and recreation and a lifestyle in the conditions of distance learning. Among the consequences of the closure of higher education institutions and the transition to distance learning, UNESCO cites interrupted learning, poor nutrition, stress, unpreparedness of students for distance home education, unforeseen burden on the health care system, increasing expulsions, social isolation, difficulties with measurement and verification. knowledge acquisition. At the same time, the task of physical education is to be able to demonstrate that being at home you can stay active, lead a healthy lifestyle, engage in physical self-development and understand that there is no quarantine for physical improvement (Hryban, H.P., 2014).

The task of the discipline "Physical Education" by means of remote technologies in higher education institutions in the formation of skills of a healthy lifestyle of students is realized in the creation of information space on health issues. Therefore, in the process of physical education of students, emphasis should be placed on the main aspects of modeling the end-to-end process of mastering the skills of a healthy lifestyle, aimed at forming a system of values to preserve and promote student health.

Thus, we believe that the purpose of physical education of students by means of remote technologies should be directed not only to the formation of a culture of healthy living through the accumulation of knowledge, beliefs, behavioral skills. It should be multifaceted and aimed at improving the level of a healthy lifestyle, combining the acquisition of knowledge with practical activities, ie the ability of students to apply the acquired knowledge by distance learning technologies in practice.

Over the last year, due to changes in the characteristics of the working environment, the role of physical education of students has expanded, beyond individual development, as the use of resources of distance technology has become a valuable tool to ensure the proper level of physical education. The introduction of distance technologies in the physical education of students provides a high level of teaching the discipline to improve the health of young people. According to the data, this is possible by forming a healthy lifestyle among this category of the population, improving the system of their physical education, aimed at improving social, mental, emotional and physical dimensions (Koriahin, V., Blavt, O., Stadnyk, V., & Tsovk, L., 2020).

The goal of physical education of students in forced self-isolation is to create a stable motivation for a healthy lifestyle, the formation of the need for physical self-improvement as an update of the content of physical education, creating a new educational space, implementing forms and methods of organizing this process by remote technologies (Hrebinka, H. Ya., Kuspys, O.V., Kubrak, Ya.D., & Rozhko, O.I. (2020). We consider the latter as a modern educational environment, comfortable, safe and convenient for all participants, which has all the potential to ensure the effectiveness of the process of physical education of students to form the need for a healthy lifestyle. According to the information, this presupposes compliance with certain requirements that ensure the harmonious development, high efficiency, spiritual balance and health of students in quarantine.

Therefore, involving students in a healthy lifestyle begins with the formation of "health motivation". The tasks of physical education classes for students with distance learning technologies should be specific and feasible, which is a guarantee of their achievement. This in turn leads students to understand the need for a healthy lifestyle to improve their fitness and stay healthy in distance learning. The most difficult aspect is the problem of intrinsic motivation and



students' awareness of the need to lead a healthy lifestyle, especially with the introduction of quarantine security measures. Students must clearly understand that it only depends on their desire and will whether they will consciously improve their physical shape and thus "create" their health.

So, based on the study of literary works, we believe that physical education by means of distance technology, allows:

- construction of classes on the basis of personality-oriented approach: taking into account individual psychological features (perception, memory, thinking) and the individual pace of perception of educational material;
- clarity of recommendations for coverage of videos on the organization of a healthy lifestyle of students at home during quarantine;
- ideas about the formation of motivation for physical activity, approaches to the formation of the content of physical activity, taking into account their own characteristics of physical condition;
- the ability to ensure the individual focus of classes, optimizing the content of physical activity and their dosage;
- presentation of a large amount of information along with providing a personality-oriented approach to its use;
- presentation of information in the form of a completed task;
- providing students with the opportunity to monitor indicators of individual development, predict possible changes in health and conduct appropriate psychological, pedagogical, corrective, rehabilitation measures to maintain their health;
- acquisition of skills to improve the valeological culture of nutrition;
- acquisition of skills to increase motor activity during the school day: physical education, games, motor skills, finger exercises, eye exercises, etc .;
- acquisition of skills of observance of a sanitary and hygienic mode: hardening, a thermal and air mode, damp cleaning.

In addition, in our opinion, the application of pedagogical practices that change the teaching methodology and are based on hybrid models of physical education, it is necessary to provide educational work on the transmission and prevention of COVID-19.

Within the framework of our research we will pay special attention to informing students about the organization of their leisure. It is believed that such leisure is of great importance in the formation of a healthy lifestyle of student youth (Parfinenko, T. 2020). Physical and spiritual growth depends on how young people spend their free time. Strengthening the role of active leisure of students through physical education is an important opportunity to optimize their physical activity. There is a belief that a healthy lifestyle for students should become a daily necessity. It is safe to say that only the education of this need during the student years will ensure the preservation of their health in the future.

As a result, we note that in no case claiming the role of the last resort, we believe that the formation of a strategy for physical education by distance technology has a significant place for the effective formation of a healthy lifestyle of students in higher education institutions.

### CONCLUSIONS AND PROSPECTS OF FURTHER RESEARCH

Today in Ukraine, the general problem of maintaining the health of young people on a national scale, improving the health of students and forming a healthy lifestyle has become an acute problem. With the introduction of quarantine security measures, physical education in higher education is undergoing radical changes, which is reflected in the global national realities. The effective assimilation of the content of physical education is facilitated by the use of the latest technologies of distance learning as a means of accumulation, organization, storage, processing, transmission and dissemination of information to expand students' knowledge and develop the need for a healthy lifestyle.

According to the results of scientific research, it is substantiated that the proper organization of physical education of students in the conditions of distance learning ensures the effectiveness of physical education of students, and thus contributes to their health. The idea of integrating a modern educational environment, comfortable, safe and convenient for all participants, and the potential of distance technologies in ensuring the effectiveness of the process of physical education of students to form the need for a healthy lifestyle. This will allow students to stay healthy and spend time in self-isolation not only without negative consequences for the body, but also with the benefit to help identify the main ways to address the issue of forming a need for a healthy lifestyle.

Prospects for further exploration we see in the identification of methodological techniques for implementing the basic principles of a healthy lifestyle in accordance with their personal needs through physical education.

### REFERENCES

- Bublei, Ye.M. (2013). Formuvannya zdorovoho sposobu zhyttia studentiv vyshchykh navchalnykh zakladiv I-II rivnia akredytatsii. [Formation of a healthy lifestyle of students of higher educational institutions of I-II level of accreditation] Rezhym dostupu: [http://ru.osvita.ua/school/lessons\\_summary/education/38457/](http://ru.osvita.ua/school/lessons_summary/education/38457/). (in Ukrainian).
- Vlasii, O., Dudka, O., & Drin, B. (2017) Osoblyvosti orhanizatsii elementiv dystantsiinoho navchannia v suchasni shkoli. [Features of the organization of elements of distance learning in the modern school] *Hirska shkola Ukrainskykh Karpat*, 17, 76–80. doi:10.15330/msuc. 2017.17.76-80. (in Ukrainian).
- Harkusha, S.V. (2013). Suchasni tendentsii u stani zdorovia ditei i molodi v umovakh navchannia [Current trends in the health of children and youth in the educational environment] *Pedagogy, psychology and medical and biological problems of physical education and sport*, 10, 7–11. (in Ukrainian)



- Hrebinka, H. Ya., Kuspys, O.V., Kubrak, Ya.D., & Rozhko, O.I. (2020). Formuvannia informatsiinoho prostoru fizychnoho vykhovannia studentiv tekhnolohiiamy dystantsiinoho navchannia [Formation of information space of physical education of students by technologies of distance learning] *Naukovyi chasopys Natsionalnoho pedahohichnoho universytetu im. M. P. Drahomanova. Serii 15: Naukovo-pedahohichni problemy fizychnoi kultury (fizychna kultura i sport)*, 3(123), 33–37. (in Ukrainian)
- Hryban, H.P. (2014). *Metodychna systema fizychnoho vykhovannia studentiv: monohrafiia* [Methodical system of physical education of students: monograph]. Zhytomyr: Vyd-vo «Ruta». (in Ukrainian)
- Koriahin, V., Blavt, O., Stadnyk, V., & Tsovk, L. (2020). Orhanizatsiia i metodyka pozaakademichnykh zaniat fizychnym vykhovanniam studentiv zakladiv vyshchoi osvity: navch. pos. [Organization and methods of extracurricular physical education classes for students of higher education institutions]. Vydavnytstvo Lvivskoi politekhniki. (in Ukrainian)
- Nosko, M.O., Harkusha, S.V., & Nosko, Yu.M. (2020). Zdoroviazberezhuvalni tekhnolohii: pryntsypy, formy ta metody realizatsii [Health technologies: principles, forms and methods of implementation]. *Visnyk natsionalnoho universytetu «Chernihivskiy kolehium» imeni T. H. Shevchenka*, 10(166), 197–204. doi:10.5281/zenodo.4513837. (in Ukrainian)
- Parfinenko, T. (2020). Vyznachennia rivniv sformovanosti zdorovoho stylu zhyttia studentiv u protsesi navchannia osnov zdorovia [Determining the levels of formation of a healthy lifestyle of students in the process of learning the basics of health]. *Pedahohichni nauky: teoriia, istoriia, innovatsiini tekhnolohii*, 1(95), 256–266. doi:10.24139/2312-5993/2020.01/256-266. (in Ukrainian)
- Slyvka, L. (2018) Problems of health-saving pedagogy in the works of the scientists of the republic of Poland. *Hirska shkola Ukrainskykh Karpat*, 18, 74–78. doi: 10.15330/msuc.2018.18.7883.
- Hryban, H.P. (2014). *Metodychna systema fizychnoho vykhovannia studentiv: monohrafiia*. Zhytomyr: Vyd-vo «Ruta».
- Koriahin, V., Blavt, O., Stadnyk, V., & Tsovk, L. (2020). Orhanizatsiia i metodyka pozaakademichnykh zaniat fizychnym vykhovanniam studentiv zakladiv vyshchoi osvity: navch. pos. Vydavnytstvo Lvivskoi politekhniki.
- Nosko, M.O., Harkusha, S.V., & Nosko, Yu.M. (2020). Zdoroviazberezhuvalni tekhnolohii: pryntsypy, formy ta metody realizatsii. *Visnyk natsionalnoho universytetu «Chernihivskiy kolehium» imeni T. H. Shevchenka*, 10(166), 197–204. doi:10.5281/zenodo.4513837.
- Parfinenko, T. (2020). Vyznachennia rivniv sformovanosti zdorovoho stylu zhyttia studentiv u protsesi navchannia osnov zdorovia. *Pedahohichni nauky: teoriia, istoriia, innovatsiini tekhnolohii*, 1(95), 256–266. doi:10.24139/2312-5993/2020.01/256-266.
- Slyvka, L. (2018) Problems of health-saving pedagogy in the works of the scientists of the republic of Poland. *Hirska shkola Ukrainskykh Karpat*, 18, 74–78. doi: 10.15330/msuc.2018.18.7883.

*Received*

*10.01.2021 p.*

*Accepted*

*31.01.2021 p.*