

Some innovative aspects of health-saving technologies in physical training

Person's health, first of all, depends on the lifestyle. This style is personified and defined by socio-economic factors, historical, national and religious traditions, beliefs, personal inclinations. According to the authors, healthy lifestyle includes everything that helps a person to perform professional, public, family and household functions in the optimal health conditions and determines an orientation of a person's efforts in preservation and strengthening of individual and public health. Health-saving technologies are realized on the basis of the person-oriented approach. In training of the students with weakened physical development it is important to choose the proper strategy of physical activities proportioning at the lessons. The idea of dedicated monitoring in physical exercises allows the authors to recommend these systems for the use in training and give specific practical instructions to accomplish such systems. These instructions are aimed at individualization and optimization of the motor activity that is done with the students of special medical groups for health-improving purposes.

Key words: personality, health, physical training, health-saving technology, lifestyle, personal inclination, physical development, sports, student, physical exercise, system, motor activity, individualization.