

National outdoor games as a means of formation of value attitude to a healthy lifestyle

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Национальные подвижные игры как средство формирования ценностного отношения к здоровому образу жизни

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Abstract: the article describes the formation of valueological values, to analyze the structure of a healthy lifestyle, the importance of national active games in physical training of students.

Аннотация: в статье рассматривается формирование валеологических ценностей, анализируется структура здорового образа жизни, важность национальных подвижных игр в физической подготовке учащихся.

Keywords: sport, activity, national games, health, value.

Ключевые слова: спорт, активность, национальные игры, здоровье, ценность.

Currently, the formation of value attitude to a healthy lifestyle is becoming increasingly important in the development of physical culture and sports.

According to M. Weber, the value is a term widely used in philosophical and sociological literature to refer to human, social, cultural significance of certain phenomena of reality. In the philosophical dictionary is given the following definition: «Values are specifically social definitions of the objects of the world, revealing their positive and a negative value for the individual and society» [1, p. 534].

The analysis of researches in the field of axiology (Z. I. Ravkin, V. P. Tugarinov, O. G. Drobnitsky, T. V. Lyubimov etc.) allows us to identify the following groups of values: intellectual, social, religious, aesthetic, material, valeological.

Valeological: life, health, food, water, air, sleep, and work. Valeological values are designed to provide individual and specific human existence [2].

For our study it is important to determine the nature and characteristics of valeological in the value system of relations. Most gently relationship between lifestyle and health is expressed in the concept of «Healthy lifestyle». A healthy lifestyle can be regarded as a form of life, promote health and its conservation.

The healthy lifestyle combines everything that contributes to the performance of a man professional, social and household functions in the optimal conditions and expresses the orientation of the individual in the direction of the formation, preservation and strengthening of individual and public health. The image of the person and family life does not develop by itself, depending on the circumstances, but is formed during the life purposefully and consistently.

The structure of a healthy lifestyle, by E. N. Weiner should include the following factors: optimal motor mode, rational nutrition, rational mode of life, psychophysiological regulation, sexual culture, hardening, absence of bad habits and valeological education [3].

In the transition to a healthy lifestyle:

- changes the worldview, spiritual values become a priority, finds the meaning of life;
- disappears physiological and psychological dependence on alcohol, tobacco, drugs (the good mood is formed by the «happy hormones» - endorphins, which are formed in the human body);
- teenage puberty occurs later, which promotes convergence in time of sexual and social maturity [4].

The way to a healthy lifestyle of every man is noted its peculiarities, both in time and in trajectory. Centuries-old experience of mankind in the development of the individual is transmitted by way of the national traditions, customs, folklore and games.

On the way of independence, in the conditions of nomadic life of the Kazakh people has developed a original system of physical education. In its core lay the national sports and outdoor games. Competitive nature of the games contributed to the development of youth strength, agility and endurance, raising of bravery, courage and other qualities necessary for nomad-sharua and warrior-sarbaz.

National sports, physical exercises and folk games, as a major instrument of harmonious physical and spiritual development, has evolved over many millennia, transmitted from generation to generation. A characteristic feature of national sports is their dynamism, accessibility, practicality and simplicity in application.

The equestrian games were especially popular. The horse was moving-based nomadic economy and was the epitome of beauty, purity, and speed. In the equestrian sport games together with a rider-jigit it participated in active physical process.

Application of national outdoor games (such as «Pick up a coin», «Shooting in the ring», «Baiga», «Tug of war», «Kazan» and other) in physical education students develop not only physical qualities, also moral and volitional qualities, raising moral and aesthetic values of man.

The use of national outdoor games in physical training of students is realized with the adaptation to educational process in the classroom and extracurricular activities. The selection of games is carried out in accordance with the following key criteria: target, age, content and learning outcome.

National sports and outdoor games are the means of promoting students to lead healthy lifestyles, active physical culture and sports.

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