



HYGIENE OF THE STUDENT IN THE PROCESS BUSY IN SPORTS GAMES

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***Annotation.** The article analyzes the hygienic requirements for uniforms and sports shoes for students while playing sports. The main requirements for sports facilities in which students play sports are considered.*

***Keywords:** hygiene, student, form, sports shoes, sports hall.*

Introduction. The main hygienic principle of the system of physical education, the construction of the educational and training process or the holding of competitions in higher educational institutions is the provision of a health-improving effect, which manifests itself in strengthening the health and increasing the working capacity of students [3, 5].

The hygiene of physical culture and sports as a branch of medical knowledge and physical culture as a branch of pedagogical science and practice solve the common tasks of preserving and improving the health of the country's population, comprehensive physical development of the younger generation, and prolonging active longevity. The physical education teacher's knowledge and observance of the basic hygienic principles, requirements and recommendations for the organization of physical education significantly increase the health-improving effectiveness of physical education [1,2, 6].

The hygiene of physical culture and sports, which studies the interaction of the body with the external environment, plays an important role in the process of physical education. Hygienic provisions, norms and rules are widely used in physical education [4, 7].

Sports games are very popular among student youth. The most common among them are football: volleyball, basketball, futsal. In terms of hygiene, these games have a lot in common. As a rule, all of them are held in the hall or in the open air, they require great mobility and energetic movements that affect the general metabolism. Thus, the study of the student's hygiene while engaged in sports games gains relevance [8, 9].

The main tasks of modern hygiene are the scientific development of the foundations of preventive and ongoing sanitary supervision, sanitary legislation, the substantiation of hygienic measures for the protection and improvement of the environment, working and rest conditions, health care for children and adolescents, participation in the development of hygienic foundations for rational nutrition, as well as sanitary examination of the quality of household items [1, 8]. Ensuring the health-improving focus of physical education is possible only if certain hygienic provisions aimed at optimizing the educational and training processes are observed. An initial medical examination, mandatory for all students starting physical education classes at a university, is of great hygienic importance. Based on a complete examination of the student's health, physical development indicators and functional state, the doctor concludes on the possibility of admission to classes and recommends that he attend classes in the appropriate department for health reasons (basic, preparatory or special medical).

Training in team sports should include general physical training, sprinting, single maximum jumps to develop jumping ability, long-distance running - for general endurance and other exercises. Special training and competitions are held indoors (halls), therefore, to harden and increase endurance, part of the physical and game training should be carried out in the fresh air. Hygienic prevention of student injuries consists of sufficient warm-up, ensuring warming up of muscles and increasing their elasticity, improving technique and general physical training, observing hygienic requirements for places where classes and competitions are held.

To prevent injuries during team sports, the uniform must include special protective devices (shields, knee pads).

In the process of playing sports, valuable moral and volitional qualities are developed: collectivism, determination, endurance, self-control, discipline. Football players, basketball players, volleyball players have a high level of psychophysiological functions associated with movement control, which is important for mastering many modern professions that require instant assessment of circumstances, speed, accuracy and high coordination of movements [2, 6].

Thus, hygienic factors in sports games play an extremely important role. Their correct application allows maintaining a high level of student performance throughout the academic year. Great importance is attached to constant medical control over the process of physical education of students. Students of higher educational institutions undergo medical examination at least once every two years. Sports work helps regulate metabolic processes between the body and the environment. When following the regime, a clear and required rhythm of body functioning is created, which creates optimal conditions for work and rest and helps to strengthen health and increase overall performance.

Halls for classes with students in sports games must meet the general hygienic requirements for sports facilities.

Basic hygienic requirements for sports facilities [2,4,5]:

- the air temperature in the sports hall must be within +15 - +16 ° C;
- relative air humidity - 30-60%;
- exhaust ventilation must provide 2-3 air exchange per hour;
- sports halls should have direct natural lighting if possible, artificial lighting in the halls is carried out by diffused or reflected light lamps, the illumination level of the vertical and horizontal planes is at least 200 lux, the lighting must be uniform, today most sports halls are illuminated by LED lamps.

The interior decoration of the premises is of great hygienic importance. The walls must be smooth, without protrusions and moldings, resistant to ball impacts

and allow wet cleaning. Central heating radiators must be located in niches under windows and covered with a protective grille, and doorways must not have protruding frames.

The floor of the gym must be smooth, without potholes and protrusions, non-slip and easy to clean [4, 6].

The equipment and inventory of gyms must be in good working order and meet certain standards for shape, weight and quality of materials. They are also subject to a number of hygienic requirements aimed at preventing sports injuries to students, eliminating air pollution with dust, and ensuring that the equipment used corresponds to the age of the athletes. All this creates conditions for a normal educational and training process in a higher educational institution. In sports halls, it is necessary to carry out wet cleaning daily, and once a week – general cleaning with washing of floors, walls and cleaning of equipment.

Personal hygiene of an athlete plays an important role in maintaining health and high performance of the body. It includes hygiene of the human body, hygiene of clothing, hygiene of footwear.

Thus, it is necessary to pay attention to the sportswear of students during physical education classes at the university. The very front clothes should be changeable and meet the requirements for sportswear. Sportswear is designed to maintain optimal thermal balance of the body during physical exercise, ensure effective sports activities and protect against injuries and mechanical damage. The fabrics from which it is made must meet hygienic requirements for heat-protective properties, ventilation, and have a high ability to give off moisture through evaporation [4].

Hygienic requirements for equipment, clothing and footwear of highly qualified athletes and physical education workers should be differentiated. For athletes, the equipment should be more specialized, and the mass sports and physical education uniform of students should be more unified [2,4].

Conclusions. Thus, we can highlight the following rules of hygiene for sportswear and shoes for students:

- You need to do physical education and sports in special clothes, underwear and shoes.
- Clothes should match the person's size and not be tight or too big.
- It is best to choose clothes made of natural fabrics.
- After each workout, sportswear and underwear should be washed, and shoes should be aired.
- Currently, there are special shoes for many types of physical activity, such as running shoes, tennis shoes, basketball shoes, and so on, for which special shoes have been developed, it is better to use them. This will reduce the risk of injury, help improve results and ensure comfortable workouts.

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