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## HEALTH-PROMOTING AND RECREATIONAL ACTIVITIES WITHIN THE CONDITIONS OF DISTANCE LEARNING

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### Abstract

The *relevance* of the work is determined by the need of searching the ways of intensifying health-promoting and recreational activities in the context of reducing motion activity and health indicators among students within the conditions of distance learning upon demands of quarantine manner restrictions.

The *aim* of the work consists in scientific substantiation of the significance of health-promoting and recreational activities within the conditions of distance teaching/learning among future specialists in physical education and sport and classifying the means for physical recreation based on using regional recreational conditions.

*Material and methods* are based on using competence, synergetic, systemic and axiological approaches to creating the principles of health-promoting and recreational activities within the conditions of distance learning. In our research a set of philosophic, pedagogical and sociological methods and theories were used, notably the issues of a personality's socialization and adaptation of people with disabilities to social environment, etc. Health-promoting and recreational events conducted among the higher education institutions students of Poltava oblast (using natural-reserved fund) as well as their impact on improving the indicators of the youth's physical and mental health became the material of the research.

*Results.* In the research there were first distinguished and scientifically substantiated the conditions of optimizing health-promoting and recreational activities in the system of training future specialists in physical education and sport, revealed the ways of realizing the objectives of physical recreation within the conditions of quarantine restrictions; instructional regulations of organizing healthy lifestyle among youth got further research.

*Conclusions.* The system of health-promoting and recreational activities covers two main structure sets: independent organization of the session via physical exercises (morning hygienic gymnastics, walks, short-range tourism) outdoors; organizational group sessions in motion activities at the recreational objects in the allowed quarantine zones with following all the rules and norms of health safety. The system human-nature is observed by us as a set of components interacting with each other to reach the set goal – implementation of healthy lifestyle and recovery of all body's functional systems.



**Key words:** recreation, health-promoting and recreational activities, tourism, healthy lifestyle, physical education and sport, specialist.

**Introduction.** The issues of health-promoting and recreational activities, development of sports and health-promoting tourism as an important factor of forming and strengthening health, professional training of future specialists in physical education and sport are extremely relevant within the conditions of quarantine restrictions and distance learning.

The history of emergence of recreational sphere goes back to the years 1970-1980 when a set of terms and recreation methodology were developed. The founders of physical recreation are specialists in recreational geography having initiated the development of knowledge on leisure and rest. These are the scientists: Y. Viedienina, I. Zorina, V. Kvartalnova, M. Myronenko, V. Preobrazhenskyi.

Nowadays in Ukraine the issue of physical recreation is studied by O. Beidyk, V. Yevdokymenko, M. Krachylo, O. Liubitseva, V. Matsola, Y. Oliinyk, V. Pavlov, I. Smal, A. Stepanenko and others.

Recreational activity in scientific literature is interpreted as such being accomplished from the recreants aimed to meet their own needs (recreation and development of physical, spiritual, mental and intellectual strengths) [5, p. 254]. Some of the authors call this process «realization of recreational needs» [8, p. 6] used contrary to the term «recreational activity» which the researchers use to denote «the system of events, phenomena and concerns related to providing recreational services».

V. Pavlov and L. Cherchyk interpret recreational activities not only as activities of providing recreational services and realizing recreational needs but also as activities of the recreants themselves in a single recreational process which is meant as a process of the recreants' recreation, rehabilitation, rest, health-promotion and development [8, p. 6].

There are almost 20 known definitions of the term «recreation» used depending on the aim and subjective perception of this phenomenon. For example, using it in terms of national economy (R. Huseinov), for defining one of the kinds of natural management (V. Pavlov, L. Cherchyk), for the process of resting (M. Nudelman) [8, p. 5], economic operations (P. Hudz) [1, p. 11], tourism function (I. Zorin) [4, p. 53], etc.

The analysis and generalization of scientific literature approves that the essence and content of the term «recreation» is interpreted as «such being related to recreation of physical, mental, spiritual, and intellectual strengths of a human occurring in the course of health-promoting, cognitive, sporting, cultural and entertaining activities taking a part of spare time» by most scientists [8; 7; 5; 6].

Adaptive recreation is a substantial factor in recreating health of the people having forced restrictions in communication, participation in various mass events, attending sport clubs, fitness centers and other venues.

Intensification of health-promoting and recreational activities



can become a good platform for strengthening physical and mental health among students.

It is possible to make comparisons with opportunities in rehabilitation of people with different nosologies and healthy youth within the conditions of quarantine restrictions. We should remember the people with physical disabilities requiring various methods and forms of rehabilitation, notably walks and tourism conducted at natural landscape objects and include a possibility of free communication at secure distances from each other outdoors [3].

Distance learning is a firmly organized and controlled education and self-education using computer equipment and communication networks. At the same time along with positive features there are also negative ones having a harmful impact on human health: sedentary lifestyle, spending time in front of computer equipment during a long period of time, communication and walking restrictions, etc.

Creating optimal conditions for the lives of people in need of recreation of the lost contact with the environment within the conditions of quarantine restrictions, of correction and further psychological rehabilitation by means of health-promoting and recreational activities belong to the priority state objectives.

**Connection of the work with important research programs or practical tasks.** The issue of maintaining motion activity among youth is relevant nowadays. The National doctrine in physical education and sport defines raising national traditions, appealing to health-

promoting motion activities as an important component of healthy lifestyle and a personality's realizing their needs in rest and entertainment the priority objectives within the strategy of physical education and sport development.

At the level of global («Declaration on Primary Health Care»), European («Health-21: The health for all policy framework for the WHO European Region») and national («National strategy of education development in Ukraine for the period up to the year 2021» and others) regulatory documents the idea of organizing and conducting physical education and health-promoting activities, notably health-promoting recreation was declared.

The **aim** of the work is to report on health-promoting and recreational activities organization basics within the conditions of distance learning.

**Material and methods of the research** are based on using competence, synergetic, systemic and axiological approaches to creating the principles of health-promoting and recreational activities within the conditions of distance learning. In our research a set of philosophic, pedagogical and sociological methods and theories were used, notably the issues of a personality's socialization and adaptation of people with disabilities to social environment, etc.

Health-promoting and recreational events conducted among the higher education institutions students of Poltava oblast (using natural-reserved fund) as well as their impact on improving the indicators of the youth's physical and mental health became the *material of the research*.



**Results of the research and discussion.** The main forms of physical education within the conditions of distance learning are:

1) independent exercising (morning hygienic gymnastics, walks, short-range tourism);

2) organizational group and class sessions in physical education and sport since some sports clubs and classes go on working and conduct competitive activities in safe quarantine zones following all the rules and norms of health safety.

Independent exercising in domestic conditions is worth including in the students' motion activity routine. During the day, it is advisable to have 3-4 sessions 15-30 min. long. To increase the efficiency of physical exercises' impact on functional development and level of physical fitness it is recommended to use different training systems, appliances and equipment in the course of individual sessions (dumbbells, elastic rubber wraps, resistance bands, block systems, etc.) making it possible to make it easier to norm physical workloads and create programs of local impact on specific muscle groups and body systems.

Morning hygienic gymnastics is done daily for 15-20 min. regardless of where a student is.

Walks and short-range tourism are forms of physical education not requiring motion training or using complex equipment or appliances but they belong to health-promoting recreation. Walks are included in daily motion routine whose duration depends on the temperature outside and a possibility to use this kind of independent exercising in domestic

conditions.

Short-range tourism can be organized by a group of people exercising in one class or consolidated by territorial principle (district club, class or friends) as well as independently during the day. Including short-range tourism in weekly motion routine letting provide a combination of active perception of the environment with dosed physical workloads promotes lowering nervous system tension, improving functional state of the main body systems, and improving the level of the students' physical fitness.

The objectives of health-promoting and recreational activities are:

a) normalizing psychological and emotional state;

b) getting positive emotions by virtue of the natural environment's impact;

б) intensifying and normalizing motion functions and skills;

г) opportunity to communicate on safe distance.

Poltava oblast has a considerable natural potential to develop physical recreation and organization of corresponding activities, notably river network and natural recreation territories.

A recreation zone is a territory with natural and climatic resources and social and economic infrastructure present there aimed to recover human health and meet their needs in rest.

Recreational resources include a part of natural and cultural resources providing rest as a way of supporting and recovering physical qualities of a human body and its health-promotion.

The development of nature



reserve management, providing environmental protection, and creating healthy and comfortable conditions for the population's living and rest are important aspects of human life and activities since clean environment has a positive impact on people and promotes their health and longevity.

Poltava oblast belongs to the places of Ukraine amazing for their beauty. Forests, clean air, flora and fauna of Poltava oblast have specific attraction for potential investors, for successful development of green tourism, rest and health-promotion of people. That is why at the current stage of nature protection activities in our oblast conducting complex studies, scientific substantiation and further optimization of natural-reserved fund as a basis for preserving biological and landscape variety at the national and regional levels is one of the priority focuses.

In the list of territories and objects of natural-reserved fund of Poltava oblast (they account for more than 350) there are two memorial parks of garden art of all-state importance «Ustymivskiy» and «Kryvorudskiy» as well as dendrological parks, four regional landscape parks including a regional landscape park «Dykanskyi» known for Lilac grove, Khomutetskyi and Berezovorudskiy parks and others.

Dividing the area of natural-reserved fund of the oblast is quite irregular. The lowest indicators are in Hrebinka (0.36%), Myrhorod (0.87%), and Zinkivka (1.02%) regions, and the highest – in Dykanka (17.92%), Pyriatyn (14.80%) and Kobeliaky (13.80%) regions.

Poltava oblast has unique natural plots worth being included in the

natural-reserved fund. The government leads natural activities so works in creating new reserved territories for preserving natural objects, flora and fauna are conducted permanently. The territories and objects, which will be included in the reserved fund, can be used with natural protection, scientific-research, health-promoting and other recreational objectives as well as the educational ones.

In Poltava considered one of the greenest towns of Ukraine there is the Poltava town park «Peremoha», I. Kotliarevskiy dendrological park and more than 20 objects of garden art of local importance. These specific town objects are magnets of health-promoting and recreational activities aimed to meet aesthetical, health-promoting, motion and rest population needs.

Health-promoting traditions of physical recreation are cultivated also in the National University «Yuri Kondratyuk Poltava Polytechnic» on the physical education and sport faculty: bike rides, tourist gatherings, movement times, «Eco fitness days» and lots of others. It is also caused by territorial proximity of the town recreational objects where they take place since health recovery in Poltava oblast using recreational potential is extremely efficient.

In Ukraine in general and in Poltava oblast notably sports and health-promoting tourism as an efficient means for health-promoting and recreational activities has an intensive development. The Sports Tourism Federation of Ukraine and oblast federations, All-Ukrainian and oblast tourism and regional studies' centers for student youth patronize



sports tourism as a sport.

The analysis of touristic work with student youth approves that under sedentary lifestyle and minor physical workloads health-promoting and sports tourism has an important role in strengthening health and organizing meaningful leisure for students. In the tourist classes' work those students take part the most often that did tourism at school. The main forms of tourist work are; tourism class sessions, hiking trips, journeys, tourist gatherings and competitions.

In most higher education institutions, all organizational and methodological work is realized by a tourist club in accordance with the regulations submitted to the administration's approval and approved at the general meeting of the club members.

The experience in working with the students of the National University «Yuri Kondratyuk Poltava Polytechnic» affirmed the students' interest and positive results of organizing the students' physical education exactly in the focus of sports and health-promoting tourism. A tourist gathering has been conducted for the students of the physical education and sport faculty for six years in a row on the occasion of the International tourism day and the Tourism day in Ukraine celebrated yearly on September, 27.

Teaching tourism as one of the kinds of health-promoting and physical education activities should provide: acquiring the technique of travelling over terrains with further mastering practical skills and abilities necessary for organizing everyday life under field conditions and forming the mapping

and topography, regional and environmental studies and tourist equipment knowledge basics. The first aid basics and safety instructions play an important role.

Tourism constitutes a part of physical education and sport as it stimulates to healthy lifestyle, development, preserving physical functionality and comprehensive training. In tourism activity emphasis is placed on various forms of consistent and organized tourist hiking trips, cycling tourism, boat rides and skiing trips.

Travels of a sports manner are divided into five categories of complexity. Their complexity is determined by the route length, number and manner of impediments as well as other factors common for this type of tourism.

Sports and health-promoting tourism based on using natural resources has the following main types: hiking, skiing, water, mountain, cycling, speleology, road and motorcycling. In practice, sports and health-promoting tourism a few types can be combined in one route (for example, a part of the trip is canoeing and the other part is cycling). Such mixed type of tourism is called combined (for example, cycling-canoeing). From the whole variety of tourism types, the ones most available for students are cycling, hiking and skiing. [2, p. 67].

The sporting content of a tourist hiking trip consists of the tourists' overcoming natural impediments on the route through their own efforts and by different means; also the difficulties and workloads of a hiking trip are preliminarily intended. This



overcoming should be previously calculated, be adequate and compulsorily successful. It is also necessary to mention that it is completed by each participant directly but under collective interaction.

You should strictly follow all the safety regulations in the hiking trip. In Ukraine, there are current international standards on tourist and excursion services: AUST 28681.1-95. «Tourist and excursion services. Tourist services project development» [9].; AUST 28681.3-95. «Tourist and excursion services. Requirements in providing safety for tourists and excursionists» [10]. The mentioned standards set requirements to tourist excursion services, providing health safety for tourists, and methods of their control.

A wide spectrum of impressions and acquired useful results of tourism can be characterized in the following way:

- joyful experience (emotionality);
- useful information (cognition);
- health strengthening,
- physical development;
- bright impressions (perception);
- useful practical skills and abilities.

As for adaptive reaction, it is worth noting that it is a component of adaptive physical education making it possible to meet the demands for impediments in health state (notably, people with disabilities) in rest, entertainment, interesting leisure time, changing activities, and getting delight from communication.

For people with impediments in health state adaptive reaction is not only a motion activity supporting emotional state, health, and functionality but also the way to overcome locked space, mental

protection, opportunity for communication, meeting their own interests, tastes, and desires in choosing types and forms of activities.

Physical education and sport as to long-term practical foreign and national experience is one of the main means for physical, mental and social rehabilitation. Adaptive reaction brings self-confidence and self-respect back to people and integrates them in the society.

**Conclusions.** Using means for health-promoting and recreational activities in professional emergence of future specialists in physical education and sport provides positive results since socialization improves, group bodies' emergence provides an additional resource for the students' professional support to each other, and they acquire professional skills of direct organization of sporting events.

Sports and health-promoting tourism has all conditions for development in Poltava oblast and has a positive impact on the development of growing generation. In the course of health-promoting and recreational activities, youth acquires physical fitness necessary for overcoming physical workloads, nervous and mental tension, and other unfavorable factors of life. To get positive results a firmly defined system of events being financially available is needed for their intensive introduction into the system of training future specialists in physical education and sport.

**Prospects for further research.** This issue requires further research under quarantine restrictions in our society. Working on new forms and methods of health-promoting and recreational activities and their positive



impact on recovering mental and physical health can become an efficient

mechanism and an important component of distance learning.

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