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NON-TRADITIONAL MEANS OF STUDENTS' HEALTH CARE AS AN IMPORTANT RESERVE FOR THE ORGANIZATION OF PHYSICAL CULTURE IN HIGHER EDUCATIONAL INSTITUTIONS

One of the priorities in organizing the university's educational activities is promoting a healthy lifestyle among students. Like any culture, a culture of health represents the sum of human achievements in such fields as science, education, art, and literature. Non-traditional physical education is a vital factor in the social integration of individuals within society. This is due to its significant potential for self-realization and rehabilitation, owing to its intercultural, value-based, and methodological potential.

It has the ability to stimulate not only physical but also social, intellectual, and psychological development, ensuring the development of a person in the unity of their spiritual and physical nature. This is due to the fact that it is based on various activities: physical education, education, sports, recreation, health, and rehabilitation. Its content encompasses the potential of such forms of personal activity as creative, cognitive, communicative, and value-based. Unconventional health improvement methods include exercises such as breathing exercises, joint exercises, hardening procedures, and the healing power of music during exercise. The source of these exercises are physical education classes at universities. However, one of the key problems with physical education is that it primarily addresses educational rather than health-improving issues. That is, university physical education classes primarily address educational objectives, relegating the subject's health-improving nature to the background.

Physical education generally focuses on basic applied motor exercises (track and field, gymnastics) and the development of physical qualities (strength, agility, flexibility, speed, endurance). Another challenge for the use of non-traditional health improvement methods is the lack of facilities for physical education at universities: exercise machines, equipment, swimming pools, and sports equipment. Non-traditional health improvement methods used in human physical development can be borrowed from various physical education systems and combined in various ways. Thus, we see the first advantage of non-traditional health improvement methods—their flexibility. However, there are a number of requirements that these methods must meet. First, they must be accessible to everyone, both in terms of physical activity and biomechanics. Second, their use should not be economically

costly. Only by adhering to these measures can non-traditional health improvement methods be widely used at universities.

The primary organizational forms for realizing the potential of non-traditional physical education at a university are classes with the main group and with a group of students attending adaptive physical education classes. Teachers can utilize non-traditional health improvement methods in the educational process, incorporating them into the structure of the lesson along with traditional student activities. So what is meant by non-traditional health improvement methods? Firstly, they are a set of exercises used in such areas of physical education as wushu, yoga, aikido, and others. Secondly, these methods and their positive effects have not been scientifically proven. Thirdly, most of the exercises were developed in ancient times (meditation, yoga). Fourthly, they incorporate centuries of experience in folk remedies for physical health, both Western and Eastern. To summarize the above, it can be said that alternative health methods represent a vast area of physical culture that has a positive impact on health.

Wushu, a Chinese form of gymnastics, is widely known worldwide. It is a form of gymnastics for the body, mind, and spirit. This form of gymnastics is very popular among society. This popularity stems from its main feature: it can be practiced by people regardless of age, physical ability, gender, or body type. Wushu develops strength, agility, coordination, concentration, reaction time, and flexibility. Many also believe that wushu can treat its users for ailments of the gastrointestinal tract, musculoskeletal and cardiovascular systems, respiratory system, and nervous system. Due to its even load on the body, wushu is comparable to active fitness in terms of calorie burning. It is especially useful for students who, due to their busy academic schedule, have little free time and are unable to lead an active lifestyle. In modern medical practice, one can often encounter a form of alternative medicine. What makes it interesting? It is interesting because it uses unconventional means. and the healing of the human body through physical exercise.

The treatment methods used in traditional medicine are always scientifically substantiated, must be confirmed by research results, and undergo clinical testing. Therefore, their effects are not linked to any external factors. Anything that does not fit within these frameworks is automatically considered unscientific. Currently, alternative medicine is represented by a variety of approaches, the most common of which are homeopathy, naturopathy (which includes herbal medicine), aromatherapy, apitherapy, thalassotherapy, hirudotherapy, hydrotherapy, acupuncture and traditional Chinese medicine, acupressure (acupressure), hypnotherapy, sujok or traditional Eastern medicine, as well as folk medicine. Alternative medicine offers the following advantages: no side effects, relatively low cost, comprehensive health improvement, and disease prevention. Thus, an increasing number of doctors and patients are turning to treatment methods that

achieve the desired therapeutic effect with minimal doses of medications, taking into account the side effects of medications. Central to these methods is alternative medicine, which uses natural minerals, herbs, and non-traditional methods of physical exercise to stimulate the body's natural processes.

It should be emphasized that, to realize the potential of non-traditional physical education at a university, it must be developed with an adequate understanding of its essence, functions, and actual place and role in the process of individual human activity, as well as the goal of developing the individual through the unity of spiritual and physical, intellectual and moral development. By engaging in non-traditional forms of physical education, students enter a world of new sensations and positive emotions; they begin to feel a good mood, cheerfulness, and a surge of energy. However, their capabilities and health status must be taken into account when choosing a specific type of non-traditional physical education. One of the important tasks in the country is to improve the health of student youth. After all, they constantly experience high levels of psycho-emotional and intellectual stress, as well as stress. All this leads to a decrease in productivity, fatigue, and an increased risk of illness. Due to these factors, universities are increasingly incorporating non-traditional health improvement methods into the curriculum.

This allows for expanded opportunities for achieving physical wellness. Such non-traditional health exercises have a beneficial effect on the psyche of those involved, help overcome stress, and improve physical fitness and functional readiness. The emergence of new non-traditional health methods contributes to further progress in the field of physical education. Currently, enhancing the body's adaptive capacity to adverse environmental influences is highly relevant, as is improving the effectiveness of physical education classes by modifying their content and integrating Eastern health exercises with conventional physical exercises, taking into account the climatic, geographical, and environmental conditions of the student's home. With a lack of physical activity, students experience the effects of physical inactivity on the body, which has a detrimental effect on their well-being. What should be done to avoid this? All of this can be avoided if students devote some time to gymnastics with elements of hatha yoga, wushu, do-in, as well as Yoshiro Tsutsumi's hand and palm gymnastics. This set of exercises will help students maintain good physical condition of their arms, legs, eyes, ears, respiratory system, circulatory system, and digestion, as well as improve their concentration and reaction time, which will allow them to maintain a healthy mental state and effectively master knowledge at university.

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