

sympathetic and parasympathetic divisions. The analogy results were obtained for geometric methods of analysis of NN intervals.

Analysis of frequency-domain methods of heart rhythm the found no significant of differences between both groups wrestlers. Obtained results indicate that the spectral analysis in normalized units eliminates the differences between the studied groups of athletes.

The analysis of study established that the improvement of speed of decision making in wrestlers association with ability of visual perception and forming of special skills with a simultaneous increase of impulsiveness and level of emotional strain. The decision making property determine the capacity of non verbal intelligent to speed and quality information procession in wrestlers. Moreover, the better level of anticipation was observed in wrestlers with high speed of decision making. These it is accompanied with balance between processes of arousal and inhibition. A high speed of decision-making requires a greater strain in the autonomic regulation of the heart rate.

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GENERAL RECOMMENDATIONS FOR A HARMONIOUS PHYSICAL DEVELOPMENT OF STUDENTS IN THE PROCESS OF SELF-STRENGTH TRAINING SESSIONS

One of the important areas of higher education is the search for new forms of health promotion of students in the process of their training and education, introduction of health technologies in the educational process, involvement in health activities, formation of their readiness for independent exercise of physical culture. Of particular importance are targeted actions to preserve the health of students, which is an integral part of the health of the nation as a whole and is of paramount importance for the sustainable development of society. Higher education is the last step of future specialists towards independent life, and it imposes on them a great responsibility for the health and level of physical fitness of students, as well as their readiness to engage in independent physical activity. Modern education in the period of pandemic in higher education is associated with a high level of emotional and intellectual load, puts students in a situation requiring extreme mental stress on the verge of his adaptation capabilities. In addition, all this is accompanied by insufficient physical activity. The situation is further complicated by the fact that many students are not aware of the importance of health as a necessary

condition of life and most often ignore the basic rules of care, which leads to an increase in somatic diseases, functional disorders and mental disorders. To prevent and overcome these undesirable consequences, a great role is assigned to physical exercises and especially to those that have a targeted effect on restoring the physiological functions of the body.

Analysis of the literature on the theory and practice of physical education gives reason to conclude that at the present stage the most effective form of physical development of the student's personality is independent exercise. Thus, according to A.P. Matveev, independent exercise is "the only reliable means of maintaining a satisfactory physical condition.

Strength training is a complex process, the ultimate goal of which is to achieve a certain state of the student's body, which will improve both physical condition and harmonious physical development, increase work capacity, relieve psycho-emotional tension.

Recommendations presented to students for harmonious physical development in the process of independent strength training included methodological support of classes, self-monitoring of the dynamics of physical fitness and health, forms and methods of independent classes, methods of self-evaluation of the effectiveness of these classes and their impact on improving physical development and motor readiness. The criteria presented in the recommendations allowed students to determine at any moment how their results correspond to the training and control standards and whether they evenly develop the necessary physical qualities.

Students were also given knowledge about the rules of personal hygiene which are necessary for everyone, because their strict observance contributes to good health, mental and physical performance, which is important for society. For quality organization of everyday life, we recommended that each student involved in strength training, make a daily routine. It was necessary to consider the duration of sleep at least 8 hours; perform morning hygienic gymnastics and tempering procedures; systematically conduct strength training; daily stay in the air at least 1.2 - 2 hours. Strength training also involved maintaining a balanced diet, balance and proper nutrition. The students' ability to organize a balanced diet was one of the keys to health and well-being, without which it is difficult to achieve the desired results. Without proper nutrition, no amount of exercise and adequate rest will improve health because there is not enough energy for regular exercise.

Implementation of the content of independent strength training implied teaching students the methods of self-monitoring of their health, mental and physical condition and physical fitness.

Self-control makes it possible to detect adverse effects of excessive physical activity on the body in time. The whole system of self-control was based on the use of simple and accessible tests which were recorded in the self-control diary. The expediency of using the self-monitoring diary during the experimental work was in obtaining reliable comprehensive information and objective assessment at all stages of students' independent work. This made it possible to observe the principles of load dosage during individual strength training sessions, as well as to adhere to optimal heart rate regimes during them.

An important step in engaging students in independent strength training was the introduction of an independent exercise program, which included the introduction of an optimal motor regimen for each student. The recommended regimen was necessary in order to compensate for the lack of physical activity that students should receive during

the day. The program of independent physical exercises included three variants of recommendations for the harmonious physical development of students. An important condition for strength training is the gradual preparation of the body for strength exercises. It is dangerous to start training with a heavy load at once.

The first variant of recommendations implied the use of physical exercises, mainly cyclic ones. Various physical exercises and complexes were offered for development of general endurance, which meet the following requirements: relatively simple technique; active functioning of the overwhelming majority of skeletal muscles; possibility of dosing and regulation of training load.

The second variant of recommendations for self-training in physical exercises implied the use of speed and strength exercises. The primary role in the harmonious physical development of students belongs to strength exercises which form not only body movements but also energy production. For this purpose, we recommended using loads of 30-50% of the maximum, which significantly increased the strength capacity up to 18%. Training students with a load of 70-90% of maximum contributed to building muscle mass, significantly increased strength, and improved body proportions. Thus, to increase muscular strength of students with low level of physical development it was recommended to perform physical exercises in 5-6 approaches, loading load 65-75% of maximum weight, each exercise is repeated 6-8 times, the duration of rest between approaches 2-3 min, exercises are performed at medium pace. For students with average level of physical development students are recommended independent exercises with loads of 75-85% of maximum weight in 4-5 approaches, 4-6 repetitions at medium pace with a rest time of 1.5-2.5 minutes. For students with a high level of physical development the methodology of strength development slightly differs from the previous levels. Thus, the weight loadings are increased up to 85-95% of the maximum weight, the number of approaches and reps is reduced to 3-4 times and to 1-3 times. It is recommended to perform physical exercises at a moderate pace with 1-2 minutes pauses between sets. In turn, it is necessary to perform exercises for muscle relaxation and restoration of breathing between approaches.

In the third variant of recommendations for the harmonious physical development of students in the process of independent strength training, we used a comprehensive approach, which involved a combination of different physical exercises and loads. Such a combination involved as many muscles as possible, which ensured comprehensive and harmonious physical development.

Strength training is also an active way of introducing students to a healthy lifestyle, eliminating or overcoming bad habits such as smoking, alcohol, drugs, psychoactive substances. Strength training also affects the psycho-emotional state. They help relieve stress, improve your figure, and add self-confidence. They improve well-being, are used in the treatment of depression and insomnia.

However, you should remember that although strength training is useful for health, but with the wrong choice of exercises, technique, too much strain can lead to overstrain and injury.

Conclusion. The implementation and implementation in practice of recommendations for the harmonious physical development of students in the process of independent physical exercises on strength training promoted greater responsibility for their physical fitness, self-education, self-improvement, formed the students the necessary skills and abilities for regular exercise strength training. I. Regular and properly dosed strength training sessions expanded the functional and adaptive

capabilities of the cardiovascular, respiratory, neuromuscular and other systems. The implementation of the recommendations of independent strength training exercises made the students realize the necessity of regular physical exercises for their harmonious physical development.