

мість. Ефективність мовної освіти і її відповідність сучасним стандартам визначатиметься її спроможністю дати Українській державі громадян, які вільно володіють державною мовою, забезпечити їх високий інтелектуальний розвиток, виховання духовно-емоційної сфери, національнопатріотичне виховання засобами мови.

## ЛІТЕРАТУРА

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## Vitaly Hayday OBJECTIVE AND BASIC TASKS OF PHYSICAL EDUCATION

Great experience, gained by native and foreign scientists, proves the necessity of systematic physical training for health promotion, increasing person's specific and nonspecific firmness and working ability. According to the analyzed theoretical sources, health should be treated as a socially-biological concept, that includes not only normal structure and functions of various organs and systems, but the level of development of functional working balances, what practically determines successful adaptation of organism to different conditions of outdoor environment [1, p. 18–21].

It is important to say that very often intensive mental activity is conducted in the conditions of the expressed tension, that negatively influences on the dynamics of mental fatigue.

Process of education presupposes hard and tense work, done in the conditions of lack of time against the background of sharp decline of moving activity. The increase of task performance and health protection of youth, to a certain extent, is achieved by the enhancement of motion activity with a help of physical exercises during lessons of physical training and sport activity.

The primary objective of physical education is forming of student's physical culture as an integral part of general culture, who is able to realize it in educational, social and professional activity.

The primary goal of physical education is specified in work with students in the following tasks:

- 1. Strengthening of health, harmonious physical development assistance and working capacity support during the term of study.
- 2. Diversification support, increase of the level of general physical fitness, development of professionally important future specialists physical capabilities.
- 3. Mastering of systematic knowledge, covering philosophical, social, naturally scientific and pedagogical subject area, what is closely connected with theoretical, methodical and organizational grounds of physical culture.
- 4. Forming of students' self-perfection need, support of high health level, the conscious use of all organizational and methodical forms of athletic-sporting activity.
- 5. Forming of skills of leisure independent organization with use of facilities of physical culture and sport.

One of important task of physical education is to teach students to use the gained knowledge in practical activity. Thus physical education as type of education can be considered as a pedagogical process, oriented on comprehensive physical development of students, specificity of their training for their social duty performance in society.

## REFERENCES

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## DAIRY PRODUCTS OF "BILOTSERKIVSKA MILK FACTORY"

Belotserkivskia milk factory was founded in 1960. The priority of the company was and is the production of butter. Consumers and a lot of competition are changing the style of