

Formation of healthy lifestyle of future professionals as an important prerequisite for their occupational health

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Research Methodology: With an integrated approach investigated motivation for care occupational health the future specialists. The method of testing students found practical skills of development of healthy lifestyles.

Results: Investigated the psychological characteristics of the concept of «healthy lifestyle» and its general categories – the level and quality of life. It is noted that the formation of physical training of students in the individual approach to occupational health allows to realize the idea of a healthy lifestyle in the practice of higher education.

Novelty: Embodiment of a healthy lifestyle in the practice of high school would be effective if it is performed in the conditions generated by the conscious attitude of future specialists to their own health, respect for self, as well as improving the aesthetic and ethical views.

The practical significance: The introduction of physical training, which is based on an individual approach and is associated with value-orienting personality will strengthen and preserve the health, to increase the adaptive capacity of the organism. Practical recommendations for the psychophysical training programs that have the greatest impact on the professional working capacity of future specialists.