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**THEORETICAL BASES OF THE FORMATION OF READINESS OF THE FUTURE TEACHERS OF THE PHYSICAL CULTURE FOR THE PROFESSIONAL SELF-REALIZATION IN THE HEALTH-IMPROVING ACTIVITY.**

An analysis of the work of domestic researchers and own experience of teaching activities testify to the acute need of society in effective training of the future teachers of the physical culture in the higher education institutions. The priority direction of this process is the formation of the readiness of future teachers of physical culture for professional self-realization in the health-improving activity.

The purpose of the article is to characterize the theoretical basis for the formation of the readiness of the future teachers of the physical culture for the professional self-realization in the health-improving activity.

Strengthening and maintaining health is one of the main tasks of the present and the future, because the countries further social and economic development, its defense capability, standard of living, science and culture depends on how young the generation of our society is healthy and efficient.

Unfortunately, in recent years, more and more disturbing information about the adverse impact of the educational process in general education institutions on the health of the schoolchildren. Judging by the latest scientific research and statistical data, it is the school that contributes to the emergence of the chronic diseases in every second child, leading to a significant loss of health reserves.

The author notes that in the modern period the higher sports education, as an integral part of the higher education system in Ukraine fulfills the actual task of staffing the physical culture and sports sector. The article focuses attention on the need for the program for modernization of the higher sports education determined by the internal patterns of higher education and the long-term development needs of the individual, society and the state that have evolved in the system of the professional training of the future teachers of the physical culture in the higher education institutions on the basis of preserving and enhancing the best traditions of the national and world experience.

The author points to the main indicators of professional self-realization of the teachers of the physical culture: satisfaction with the health-improving activity; perception of the health-improving activity; as a value; experiences about the success of the health-improving activity, which is accompanied by a positive psycho-emotional state.

Professional self-realization of the future teachers of the physical culture in the process of studying at the higher education institution has its own specifics. In the student’s years, the personality is developing, its self-development and the formation of a holistic “I”. Professional self-realization of the personality of the future teachers of the physical culture is associated with the desire to become the best in the professional and personal aspects.

**Keywords:** formation of readiness, future teachers of the physical culture, professional self-realization, health-improving activity.

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