

Motivation for the Optimal Ratio of Motor Activity and Nutrition of Students**Olena KHANIKIANTS**

Lviv State University of Physical Culture, Lviv, UKRAINE

Abstract

The research considers the actual issue of motivation of modern youth to optimal ratio of motor activity and rational nutrition as interconnected processes. Despite the fact that today there is a large number of scientific studies on healthy, rational nutrition and motor activity, we have found that the question of their optimal ratio for young people should be studied in-deep.

The basic notions of rational nutrition, "useful" and "useless" foods, and method of calculating the caloric content of food products that are available in the modern market of the food industry were determined and established. The analysis of the obtained questionnaire results taken from the students of the Lviv higher educational institutions has revealed that the motivational factor for choosing the products of the appropriate quality and engaging in motor activity is the subjective perception of the young person's understanding of the need for a healthy lifestyle. The level of knowledge and interests of young people in relation to this problem, as well as the number of students of higher educational institutions who are interested in the formation and implementation of these factors in their way of life is determined.

The program of optimal ratio of rational nutrition and motor activity is developed; it contains well-defined recommendations, periodicity of meals, the most optimal food products, taking into account the glycemic index, and forms and means of motor activity.

Keywords: Students, Youth interests, Rational nutrition, Motor activity