

Health Human Performance

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Abstract: More than anything, people want good health. Health is the number one issue. Great, but have you tried to define what health really means? And also in this article we will look at various diseases that occur during the activity of a person and his health, how to maintain health and many similar processes.

Key Words: WHO, biosystems, homeostasis, adaptation, reactivity, resistance, medical, biomedical, biosocial, value-social

The Health and Human Performance (HHP) sequence gives you a well-rounded foundation in areas of Exercise Science, including physiology, biomechanics, and sports psychology. HHP also studies how different exercises and fitness programs affect the human body. In 1947, the World Health Organization, founded at the initiative of the United Nations, proposed a concise formulation of the term "health". Health is a state of complete physical, mental and social well-being. It turns out that each person is born into the world with a certain supply of vital energy, which determines his vital role. This stock varies from person to person.

The life energy we were given at birth is like a bank deposit that we can spend as we please, but which we can never replenish. Only constant control over its expenses will help us to use this treasure wisely. In the preamble of the Constitution of the World Health Organization (WHO), health is interpreted as "such a state of a person, which is characterized not only by the absence of disease or physical defects, but by complete physical, mental and social well-being". This definition can be seen as idealized, but it provides an opportunity to see the broad meaning of the concept of "health".

A variation of this approach can be considered the definition of health as biological and social well-being (K. Bayer, L. Sheinberg, 1997). The biological essence lies in the ability of the biosystem to self-organize through the mechanisms of homeostasis, adaptation, reactivity, resistance, etc.

Manifestations of the social function are carried out on a biological basis with the involvement of the highest levels of personality organization - mental and spiritual qualities. (G.A. Apanasenko, 2003).

An analysis of the essential characteristics of health made it possible to identify four main conceptual models for defining the concept of health: medical, biomedical, biosocial and value-social. The medical model assumes a definition of health that contains only medical signs and characteristics of health.

- The biomedical model considers health as the absence of organic disorders and subjective feelings of ill health in a person.
- The biosocial model in the concept of "health" includes biological and social characteristics. These signs are considered in unity, but at the same time, priorities are given to social signs.
- The value-social model recognizes health as a basic human value, a necessary prerequisite for a full life, satisfaction of the spiritual and material needs of the individual. This model is most consistent with the WHO definition of health."

WHO defines health through a synonymous word. Health is well-being. According to the WHO, we consider healthy life expectancy to be the primary parameter of health, and the level of income and education level are secondary in relation to it. Modern natural science considers man as an integral natural and sociocultural phenomenon.

Human health is largely related to the evolutionary and ecological foundations of his psychophysical activity. Rhythms of life, urbanization, migration, modern biospheric-noospheric ecological changes in general impose new requirements on people. Genophenotypic properties are formed that most adequately meet the modern psychophysiological, social needs of life.

More than a hundred years ago, the outstanding French biologist and physician C. Bernard put forward the idea of the unity of health and disease and, in essence, substantiated the doctrine of homeostasis. Asserting the unity of health and disease, the great naturalist wrote: "The physiology of diseases, of course,

includes processes that may be specifically inherent in them, but their laws are absolutely identical with the laws that govern the functions of life in a healthy state.”

IV Davydovsky, apparently, was deeply right in believing that health and illness are two qualitatively different phenomena that can coexist in an individual. In particular, the scientist made a correct statement: the body itself (its central nervous system) can be the organizer of pathological processes. Just as dark thoughts can put you out of action, so bright and kind thoughts will help maintain the best health. A reminder of what to avoid and what to strive for:

- cooperate with nature in its quest to restore the disturbed balance and harmony in the body systems;
- learn everything you can about natural remedies;
- fresh air, sunlight, moderation, rest, exercise, water and proper nutrition are necessary factors for health and longevity; Activity is the law of our entire existence, inactivity is the cause of disease.

What is performance? Usually the answer is the ability to do the job. From a physiological point of view, performance determines the body's ability to maintain the structure and energy reserves at a given level when performing work. In accordance with the two main types of work - physical and mental - physical and mental performance are distinguished.

Efficiency - the ability of a person to perform a specific activity within the specified time limits, reliability and efficiency parameters. Some researchers propose to distinguish two levels of performance:

a) updated - actually existing at the moment;

Actual performance depends on the current level of health, well-being of a person, as well as on the typological properties of the nervous system, individual features of the functioning of mental processes (memory, thinking, attention, perception).

b) reserve. The latter also consists of two parts: the smaller part is the trainable reserve, which can become part of the actual performance, and the larger part is the protective reserve, which a person shows only in extreme situations under stress.

In the process of doing work, a person goes through various phases of working capacity:

- the mobilization phase is characterized by a prelaunch state.
- the phase of optimal performance (or the phase of compensation) is characterized by an optimal, economical mode of operation of the body and good, stable results of work, maximum productivity and labor efficiency.
- when going beyond the limits of actual performance, while working in difficult and extreme conditions, after the phase of unstable compensation, the phase of decompensation begins, accompanied by a progressive decrease in labor productivity, the appearance of errors, pronounced vegetative disorders - increased breathing, heart rate, violation of the accuracy of coordination.

It is curious that during the week the same three stages are observed. On Monday, a person goes through the stage of operation, on Tuesday, Wednesday and Thursday he has a steady working capacity, and on Friday and Saturday he develops fatigue. Seasonal fluctuations in performance have been noticed for a long time. During the transitional season, especially in spring, many people develop lethargy, fatigue, and interest in work decreases. This condition is called spring fatigue.

How does age affect performance? Determined that:

- at the age of 18–29, a person has the highest intensity of intellectual and logical processes;
- by the age of 30, it decreases by 4%;
- by 40 - by 13, by 50 - by 20;
- and at the age of 60 - by 25%.

According to the scientists of the Kyiv Institute of Gerontology, physical performance is maximum at the age of 20 to 30 years, by the age of 50–60 it decreases by 30%, and in the next 10 years it is only about 60% of youth.

Health is one of the most significant foundations of human happiness, joy and well-being, therefore the problem of health is cardinal for all mankind. It has always been and remains the focus of cognitive and creative human activity.

The best minds of mankind have always understood the dependence of health on lifestyle and human behavior. The German philosopher W. Humboldt, who lived in the 19th century, argued that over time,

diseases would be regarded as a result of lack of culture, backwardness, and therefore it would be considered shameful to get sick. It is necessary to encourage people to maintain and improve health. We need a kind of "fashion" for health, which is supported and provided by the state, which is not yet available.

Modern psychology has come to the conclusion that any disease can be considered in particular and as a psychological defense, a person's escape from a traumatic stressful situation. The disease, therefore, is, as it were, subconsciously desirable, and it is impossible to rid a person of it, even if it is possible, without a preliminary worldview and psychological adjustment of consciousness, because the remaining cause will cause a new, even more serious disease.

One of the most profound modern scientists of our Fatherland, Academician Nikita Moiseev, an undoubted rationalist, emphasizes that a worldview can never be reduced to purely scientific, rationalistic worldviews. The mind is not omnipotent. What is "available" is available to him. It is impossible not to listen to this opinion of his, to the position of the author of the book Modern Rationalism. Especially when considering the position of health.

The process of fundamental changes in the ideas of science and philosophy about the world and man is also demonstrated by the publication of the new scientific journal "Consciousness and Physical Reality" (vol. 1. 1996. No. 1–2.) One of the publications says that "in order to it is better to understand the features of the work of the phenomena of consciousness ... the concept of the information-energy space of the Universe is used. It refers to the new scientific direction "Bioenergy informatics", the concept of which contains the idea of the Universe as a living system, moreover, as a whole commensurate organism.

An important condition for the health of every person and society as a whole is their objective need for the development of the planet and the entire Universe, knowledge and submission of oneself to its objective laws. Neither medicines, nor health-improving diets, nor a surgeon's knife or psychic passes can protect oneself from the objective laws of the development of the Universe.

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