

THE STUDY OF STUDENTS' READINESS FOR HEALTH-SAVING ACTIVITY

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Annotation. *Today's liberal education in the view of the circumstances of changeable world outlook and moral principles of the society in the whole is urged to create a space for rising generation to feel its own worthiness, uniqueness, to make efforts to physical, psychical and social well-being, personal creative self-actualization. Higher schools should create appropriate conditions for physical, psychical and social well-being of the students. At the same time, students themselves should aim not only at personal self-realization, but also at saving and improving their own health.*

Keywords: students' health, health-saving activity, students' physical, psychical and social well-being, adaptation

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