



STUDENTS OF PHYSICAL CULTURE AND SPORTS IMPORTANCE IN LIFE

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Abstract:

The article discusses the concepts of physical culture and sports, the important task of which is strengthening and maintaining health, their importance in the life of students. It is also considered what role physical culture and sports play in student life, how it affects personality development and motivation for a healthy lifestyle of a student.

Keywords: Physical culture, sports, physical exercises, health, students, physical training.

Nowadays, students are required to work more effectively and enthusiastically, but the level of health of entrants has fallen sharply, the number of students with disabilities has increased and, as a result, they are exempted from physical education, so physical training and student health - the state's physical strength. is an important ingredient. Undoubtedly, it is necessary to cultivate in students the motivation and need for physical education classes during adolescence, to increase physical culture literacy.

Physical culture and sports provide not only a healthy lifestyle, but also a healthy lifestyle, that is, endless opportunities to apply all the strength and talent to life. The importance of physical culture and sports stems from an understanding of its role in human life. The earlier consciousness comes, the sooner a person begins to live a healthier lifestyle.

The physical culture of students is an important part of higher education. Physical fitness should be considered as a quality factor influencing the personality of the future specialist, and the results will affect his professional qualifications. Physical culture is a type of human and social culture. These are activities and socially significant outcomes that make people physically ready for life; it is, on the one hand, a peculiar development, and, on the other hand, the result of human activity, as well as a means and method of physical perfection.

Sport is a predominant form of physical culture, and the word is often used as a synonym for the concept of "physical culture". Sport can be seen as a system of physical culture outcomes, as the term refers to the pursuit of physical achievement based on norms and rules, training and competition. With the help of physical culture and sports, a well-rounded person is formed. They use all the capabilities of the body to achieve high goals, as well as increase productivity, help to perform a large number of tasks during the working day. It absorbs a healthy lifestyle into a habit. In physical education classes, the tasks of strengthening and maintaining health are solved through active movement and exercise.

Another task of physical culture is its professional-practical orientation, ie the application of knowledge acquired in the course of professional activity, the formation of the order of work and rest, based on the characteristics of the specialty. It is no secret that physical culture and sports have a positive effect on how much mental activity increases. Mastering modern curricula is associated with great neuropsychological stress of students. It is extremely important that a student of a higher education institution has a high level of physical fitness to ensure mental and active functioning during the academic year.

It turns out that physical education is influenced by learning time. According to the educational programs in higher education institutions, the educational process is planned with 54 hours per week, which leads to the inevitable reduction of free time for the recovery of mental and physical condition of students. Research by scientists in the field of physical culture and sports has shown that some students spend 6-8 hours out of 54 hours per week in gyms. It should be noted that the country's leadership is taking appropriate decisions on the further development of physical culture and sports among young people. Today, there are preferential sports sections for students in higher educational institutions of the country. Currently, most students are involved in sports in their spare time outside of classes. This is evidenced by the competitions held among students in the country: the Universiade, sports

competitions dedicated to International Students' Day, Student Sports Games, etc.

The interrelationship of exercise and sport allows a person to form both an attractive appearance, as well as moral and volitional qualities, behavior and actions in society, which are determined by his inner world. Physical culture and sports also perform an educational function, i.e. they help to develop and strengthen discipline, increase a sense of responsibility, and develop perseverance and aspiration.

Studies by leading scholars have shown that students who are active and regularly engaged in physical culture and sports have increased self-confidence and self-efficacy, formed a stable routine, boosted immunity, and therefore increased vital activity.

The study found that students involved in physical culture and sports developed a high sensitivity, stressful and emotional background to stressful situations, they were open and optimistic about cooperation.

Such students are characterized by a unique character as a leader: perseverance, perseverance, dedication, conscientiousness, purposefulness. They feel more confident at work than others, are creative, easily communicative, resourceful, and self-directed.

Thus, physical education and sports are an integral means of personal growth of future professionals. Physical culture and sports are equally necessary as a means of education during the period of study and during activities. Today's educational conditions and the fact that the labor market is geared towards a market economy require increased physical training of highly qualified professionals.

The reason for this is that physical education is an effective means of moral and voluntary education, which is a priority professional quality of the future specialist, in other cases - it is a periodic moral and voluntary exercise that maintains a high level of professional activity. The business culture and ethics that professionals need is also one of the results of physical fitness. Of course, for physical training to be effective, it must be addressed at the stage of the learning process. This will allow to achieve great results, and it is also important to support a healthy lifestyle in national projects, social policy in the future in terms of sports, moral and cultural development.

From the content of the article it can be concluded that maintaining and strengthening the health of students in higher education is based on the creation of a specially organized environment, which provides a solution to the main task - to strengthen students' understanding and importance of a healthy lifestyle, physical culture and sports. formation

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