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THE ROLE OF PHYSICAL CULTURE IN THE EDUCATIONAL PROCESS OF A UNIVERSITY

Abstract. This article is dedicated to the study of the educational role of physical culture in a university. The work examines key aspects related to the application of methods and the object of study. The article presents an analysis of results and discusses them, concluding the significance of physical culture in education.

Keywords: physical culture, university, education, methodology, results.

Introduction: Physical culture is one of the most important components of education in a university. Its role is not only in promoting a healthy lifestyle but also in the development of a student's personality. In this article, we will examine the main aspects related to the educational role of physical culture in a university. Physical culture in a university is an integral part of the educational program and aims to develop a harmonious personality in students, capable of self-development and self-realization in various areas of life. We will consider key aspects, the applied methodologies, and the results of their use, and conclude the importance of physical culture in education.

One of the main activities of a person is their physical, intellectual, and moral self-improvement, as well as self-education. Physical culture is a necessary and significant social phenomenon in the life of every person. As a pedagogical discipline, physical culture is an essential component of the educational process.

The comprehensive development of a personality, which meets the requirements of modern society's culture, is facilitated by targeted, well-organized physical education. Students who acquire scientific knowledge, labor skills, elements of behavioral culture, and activity during their studies are preparing for work activities to contribute to creating the material and spiritual values of our society.

Object of Study

The educational role of physical culture in a university is multifaceted and includes various aspects: physical health, psychological well-being, social adaptation, and many others. It aims to develop not only physical skills in students but also behavioral culture, self-regulation, and self-control. One of the main tasks of physical culture in a university is to promote a healthy lifestyle and prevent diseases related to a lack of physical activity. Additionally, physical culture activities strengthen the immune system, increase productivity, and improve the psycho-emotional state of students.

Another important task of physical culture in a university is developing students' sports skills and achieving high results in sports. This not only boosts self-esteem and confidence but also creates conditions for a professional career in sports.

During physical culture classes, students also develop qualities such as discipline, perseverance, determination, and team spirit. These qualities are necessary for successful studies and future professional activities.

To achieve these goals, universities use various methods and forms of organizing physical culture activities. These can include traditional sports (football, basketball, volleyball, etc.) and non-traditional activities (fitness, yoga, Pilates, etc.). It is important that the chosen methods meet the

interests and needs of students and contribute to the maximum development of their physical and psychological capabilities.

Thus, physical culture in a university plays a crucial role in developing a harmonious personality in students, capable of successful studies and professional activities. It helps maintain health, develop sports skills and leadership qualities, and increase self-esteem and confidence.

Applied Methodology

Various methodologies are used to achieve the set goals in education. In the context of physical culture in a university, the main methods are sports sections, physical culture events, and classes in sports halls. It is important to note that the methodology should be adapted to the individual needs of students. The applied methodologies of physical culture in a university can also include individual training, outdoor activities, sports events and competitions, and the use of specialized equipment and technologies (e.g., gyms, movement analysis systems). It is essential for the methodologies to be diverse and adapted to different levels of physical fitness of students. It is also important to consider each student's individual characteristics and create conditions for their development and self-realization.

Results and Discussion

The conducted analysis showed that physical culture plays an important role in university education. It contributes to improving the physical and psychological state of students, increasing their activity and productivity. Additionally, physical culture is an effective means of socializing students, helping them adapt to new conditions and interact with others.

The results and discussion of physical culture activities in a university can be varied. It is important to consider not only physical parameters such as improved physical fitness, increased strength, and endurance but also psychological aspects such as improved mood, reduced stress, and increased self-esteem.

Conducting sports events and competitions can promote team spirit, strengthen friendships among students, and increase motivation for physical culture activities. Individual training and the use of specialized equipment can help students achieve more specific goals in physical training, such as improving certain muscle groups or developing specific skills.

Overall, conducting physical culture classes in a university has many positive effects on the health and well-being of students, as well as their academic performance and general adaptation to the educational process.

Conclusions

Thus, it can be concluded that physical culture is of significant importance in university education. Its role lies not only in developing physical skills but also in the overall development of the student's personality. The applied methodologies should be adapted to the needs of students. Physical culture is an effective means of socialization and helps students adapt to new conditions. Additionally, it should be noted that physical culture activities in a university have not only physical and psychological aspects but also social ones. They promote a healthy lifestyle, increase health culture, and prevent many diseases. Furthermore, sports and physical activities in a university can stimulate further development in this field and the choice of a profession in sports and physical culture.

In conclusion, conducting physical culture classes in a university is an integral part of the educational process, which has many positive effects on students' health, psychological state, and social adaptation. Therefore, it is important to continue developing and improving the system of

physical education and sports training in universities to ensure maximum benefits for students and their future health.

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