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## THE ROLE OF PHYSICAL EDUCATION AND SPORTS FOR STUDENTS IN HIGHER EDUCATION INSTITUTIONS

**Abstract.** The analysis of data from modern scientific literature on the problem of forming the foundations of a healthy lifestyle for students, the role of physical education and sports activities in orienting students toward a healthy lifestyle is carried out. One of the priority tasks of the physical education system is to form students' knowledge and skills of a healthy lifestyle, a meaningful attitude toward maintaining their health.

**Keywords:** health, healthy lifestyle, physical education, sports, students.

### INTRODUCTION

The problem of improving public health has become especially relevant in the last few decades. The reason for this is the influence of lifestyle in a developed industrial or information society on human health. Modern realities in most countries of the world, on the one hand, allow us to practically consider a person as the highest value, to care for his harmonious development and the disclosure of all creative possibilities, and on the other hand, they create a threat to health, which calls into question all other achievements. The spread of chronic non-communicable diseases, fast foods, and a sedentary lifestyle have a negative impact on human health [1].

### MATERIALS AND METHODS

The aim of the work is to analyze data from modern scientific literature on the study of the role of physical education and sports activities in orienting students toward a healthy lifestyle, the need to ensure that an individual makes a conscious choice of social values of a healthy lifestyle and to form, on their basis, a stable, individual system of value orientations capable of ensuring self-regulation of the individual, motivation of his behavior and activities.

A healthy lifestyle, in relation to the concept of "Sport for All" proposed by the Council of Europe, fits quite clearly into the new socio-cultural, economic and political realities that have begun to emerge on the European continent over the past twenty years [2]. Regular sports activity is unthinkable without a commitment to a healthy lifestyle. Interpretation of sport in this sense leads to the formation and dissemination of its positive image in society as a whole, contributes to the establishment of social unity of people and, in addition, increases their vitality by attracting them to regular exercise in the system of physical activity of the population based on a stable increase in the material and spiritual component of human development [3].

### RESULTS AND DISCUSSION

The years of study at a university are an important stage in the formation of the personality of a future specialist. The age range of student youth is an important period for the formation of the main personality traits. Adaptation to new conditions of social life, the formation of an independent worldview leads to the identification of individual character traits of an adult [4]. Physical education is the most important means of social development of students - future specialists in various fields of professional activity [5]. The basis of the state standard of physical education in the education system is the curriculum for physical education.

For higher education institutions, the basic program for physical education, which identifies three main forms of physical education activities for students, is standard.

The first form, implemented during academic classes during school hours, involves a comprehensive solution to three groups of pedagogical tasks: educational, upbringing and health-improving with a predominantly educational focus.

The second form involves active sports outside of school hours. Maximum development of motor abilities, ensuring the achievement of high levels of students' sports and technical skills, is a priority in the joint implementation of educational and upbringing tasks.

The third form - active leisure for students - involves the organization of independent activities outside of school hours, the use of various forms and means of physical education [2].

Unfortunately, many officials have a poor understanding of the level of physical activity necessary to maintain health and improve the physical fitness of student youth.

Today, unfortunately, we can state the fact that safety, attractiveness and control over the implementation of physical activity programs are not always available to students: bicycle and walking routes are, rather, the exception than the rule. At the same time, recreational programs for mass participation are not enough for everyone. The results of studies by a number of scientists [3] indicate that the effectiveness of physical education of students in our country is currently at a clearly unsatisfactory level, physical education classes in universities do not interest, but, on the contrary, cause negative emotions. An important role in optimizing this situation is played by increasing motivation to use physical education in everyday life, including physical education classes, both academic and independent, and the choice of adequate means of compensating for the deficit in everyday physical activity. The inadequacy of regulatory requirements for physical education and their assessments do not contribute to solving the main task of physical education, namely its health-improving focus [3].

### CONCLUSION

The analysis of the received information shows the mosaic structure of students' knowledge, its insufficient orderliness and interconnection. The existing knowledge does not have the necessary functional character for use in everyday life, and students lack search and cognitive activity to replenish and expand it. The main tasks of physical education and health work at the university are to form in students the need for physical education and a healthy lifestyle, which contributes to improving their functional state, developing physical qualities, and forming motor skills and abilities.

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