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PHYSICAL EDUCATION IN THE LIFE OF STUDENTS

Abstract: this article determines the need for physical education of students, which manifests itself as a result of regular physical education classes. The article is supposed to consider: the effects of physical culture on the health of students, as well as the importance of physical culture in the curriculum of higher educational institutions.

Keywords: sport; life; physical education; student life; active lifestyle.

Аннотация: данная статья обуславливает необходимость физического воспитания студентов, которое проявляется вследствие регулярных занятий физической культурой. В статье предполагается рассмотреть: влияния физической культуры на состояния здоровья студентов, а также значимость физической культуры в программе обучения высших учебных заведений.

Ключевые слова: спорт; жизнь; физическая культура; студенчество; активный образ жизни.

Introduction. Today, modern technological processes are becoming particularly relevant, thereby relegating to the background the importance of physical education, especially for students. At first glance, this problem may not seem so global, but a neutral attitude towards this problem can negatively affect the whole generation. Thus, the sooner students realize the importance of physical education in everyday life, the faster they will be able to achieve success in their personal and professional fields. It is worth noting that the relevance of this study lies in the fact that physical culture has an impact throughout the history of human society.

That is why it is worth popularizing and promoting physical education and physical training among young people and students in general. It is worth paying attention to what lies under the definition of physical education and physical training. In the broadest sense of the word, physical training is understood as the process of educating physical qualities and mastering vital movements and (or) basic movements. In the theoretical sense of sports, physical training implies only the process of educating physical qualities.

Physical education is understood as a pedagogical process focused on the development of physical culture of the individual. The purpose of this article is to consider physical culture in the life of students.

To achieve this goal, a number of tasks should be solved:

1. To identify the need for physical education among students;
2. To note the readiness of students for physical education classes;

3. To note the importance of physical culture in the curriculum of higher educational institutions. The main part. Physical education in the curriculum of higher educational institutions is a means of formation of future specialists and (or) professionals. Usually, students engaged in physical education or sports are distinguished by leadership qualities, sociability and sociability. Such students are more active in the learning process and it is they who develop increased stress tolerance, a certain daily routine, confidence, and most importantly, their level of health increases. All of the above together determines the importance of physical culture in higher education institutions and determines the need to popularize physical culture among students.

It is worth noting that for effective physical education classes, functional tests should be conducted among students before classes. These functional tests make it possible to determine and evaluate the physical fitness of students. To date, there are a large number of functional tests that allow students to fully determine their readiness for physical exertion. For example, a functional test with squats.

Before physical education classes, the pulse of students is measured, after which they perform, for example, 20 squats, after which the pulse is measured again. Then the results of the functional test are compared with the standards of the students' age, for example, at the age of 20, the student's heart rate is 70 beats per minute. Based on the conducted functional tests, a conclusion is usually made for a group of students and the state of the cardiovascular system is revealed.

Thus, do not forget about students with disabilities for health reasons. Such students usually engage in physical education in special medical groups and are often less motivated to take classes. Lessons in these special medical groups, as a rule, are conducted without passing standards, competitive games, etc. Thus, students do not have a competitive nature and motivation for physical education classes.

Therefore, for such students it is worthwhile to make individual physical education programs and form a stable motivation, and also do not forget about the distinctive features of such students. Thus, physical education, in a modern environment, acts as a powerful tool for maintaining health, developing the spirit and willpower. Students of higher educational institutions should clearly understand and realize the importance of this subject, and for this purpose motivating and competitive events should be held, new methods should be developed, and demonstration events should be carried out.

During the research in this article, the following tasks were solved:

1. The need for physical education among students has been identified;
2. The readiness of students for physical education classes was noted;
3. The importance of physical culture in the curriculum of higher educational institutions is noted.

Physical education in higher education is an integral part of the formation of the general and professional culture of the personality of a modern specialist, the system of humanistic education of students. As an academic discipline, mandatory for all specialties, it is one of the means of forming a comprehensively developed personality, optimizing the physical and psychophysiological state of students in the process of professional training.

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