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DEVELOPMENT OF PHYSICAL CULTURE AND SPORTS IN EDUCATIONAL INSTITUTIONS OF HIGHER EDUCATION

Abstract: The article considers the relevance of the development of physical culture and sports in educational institutions of higher education, defines the main goals and objectives of physical education of university students, identifies the main directions of education in the field of physical culture, concludes the need for the development of physical culture and sports as an integral part of the educational process of universities.

Keywords: physical culture, physical education, sports, students, health, development, higher education.

Аннотация: в статье рассматривается актуальность развития физической культуры и спорта в образовательных организациях высшего образования, определены основные цели и задачи физического воспитания студентов ВУЗов, обозначены основные направления воспитания в области физической культуры, сделан вывод о необходимости развития физической культуры и спорта, как неотъемлемой части образовательного процесса ВУЗов.

Ключевые слова: физическая культура, физическое воспитание, спорт, студенты, здоровье, развитие, высшее образование.

The relevance of the article is primarily due to the fact that physical education and sports are a powerful means of social formation of a student's personality, an active factor in improving individual qualities, a way to relieve psychological stress, raise immunity and preserve health. Physical education and sports are one of the most important conditions, and physical education is one of the most important means of comprehensive and harmonious development of a student's personality.

The current level of socio-economic development of society requires constant improvement of physical fitness of students. In strengthening the health and harmonious development of the individual, in preparing young people for work, the importance of physical culture and sports, their introduction into everyday life, is increasing. It is necessary to organize the process of developing physical qualities so that students take care of their physical development consciously, have knowledge in the field of hygiene and medicine, lead a healthy lifestyle and are fully interested in it.

"The higher education system includes a health-saving environment that corresponds to real time, implements innovations, and new global achievements. The physical culture and sports environment plays a significant role in this process, as it contributes to improving the quality of life, longevity, and motivation for a healthy lifestyle through physical activity." A modern student spends most of his studies at a computer, which leads to an acute deficit of motor activity. In this case, the development of physical culture becomes the most relevant, while it should be aimed at instilling in the student a love of physical activity and sports, understanding the importance of physical culture in the lives of young people and choosing sports, and a healthy lifestyle for the benefit of their health and well-being. The teachers of the Department of Physical Education and Sports are designed to instill in students a deep sense of personal responsibility for their health and physical fitness, the need for constant physical and moral improvement, and to develop strength and endurance. It is most important to instill

in future specialists knowledge about the use of physical education in everyday life, in the family, especially in the upbringing of children.

The following means are used to achieve the goal of physical education:

- physical exercises;
- the healing forces of nature;
- hygienic factors.

Such a wide range of tools makes it possible to effectively solve various health, educational and educational tasks.

The results of sociological research conducted in various regions of the country show that the greatest industrial, educational, and creative activity is observed among people who regularly engage in physical education and sports.

These people are more seasoned, stronger and more resilient, they get less sick and are more efficient. Sport not only has a positive effect on educational and industrial activities, but is also a means of personal self-expression, a way to maximize their abilities. In higher education institutions, physical education has acquired great importance in recent years, through ensuring physical development and strengthening the young body, as well as developing healthy lifestyle skills in everyday life, forming the basis of general physical performance and willpower.

Based on the methodological guidelines, it is possible to determine the purpose of physical education of students at the university, as the formation of physical culture of the individual, manifested in ensuring readiness for future professional activity, one of the conditions of which is knowledge of the socio-biological and psychophysical foundations of mental work.

In the process of students' education in higher education institutions, a number of tasks must be solved:

- education of highly moral and ethical, strong-willed and physical qualities, striving for high-performance work;
- maintaining and strengthening the health of university students, promoting proper and comprehensive physical development for everyone, and maintaining high working capacity during the study period;
- comprehensive physical training of students;
- professional and applied physical training of students , taking into account the specifics of their future work activities and workload;

Fostering students' conviction and commitment to physical education and sports as the main tool for maintaining their health and preventing diseases.

The features of physical education that distinguish it from other types of education are mainly that it is a process that ensures the orderly formation and improvement of motor skills and abilities along with optimizing the development of the so-called physical qualities of a person, the totality of which is crucial. In other words, physical education is the process of teaching motor actions and fostering the physical qualities inherent in a healthy person. This does not limit the entire content of physical education, but most of all characterizes its specifics. Physical education is carried out mainly in three directions:

General "motor education" or basic physical education, which involves the improvement and development of natural and new motor and physical skills. Professional and applied physical education, aimed at the formation and improvement of such specific motor skills that allow a person to effectively and economically perform professional functions, while maintaining high efficiency for a sufficiently long time. The content of this aspect includes means and methods of health promotion, countering the adverse effects of working conditions and nature.

Educational organizations determine the forms of physical education, means of physical education, sports and physical activity, methods and duration of physical education classes independently, taking into account local conditions and the interests of students. In accordance with the Federal State Educational Standard for Higher Education, educational organizations must independently equip the educational process at the expense of allocated budgetary funds and additional financial resources attracted in accordance with the established procedure.

This is the most difficult aspect of the educational program, since it is aimed not only at the assimilation of knowledge, but also at solving the "super-tasks" of human motor activity, in which the manifestation of his higher physical qualities and motor skills is possible only with the presence of intelligence, will, all his mental qualities at the highest, often the highest human level.

Therefore, the complex of sciences that provides this program with information is much broader, and the knowledge itself about the laws of the influence of motor activity on the development of physical qualities, the formation and improvement of the technique of motor actions is deeper. Thus, physical education in higher education institutions is presented as a separate academic discipline, which acts not only as an important component of educational work, but is also the integrity of personal development.

Being an important mechanism of a person's general culture, his psychophysical formation and professional development, physical culture is an obligatory discipline. She has fully implemented her educational and developmental functions through targeted pedagogical techniques and physical education.

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