

## THE IMPACT OF VOLLEYBALL ON THE OVERALL PHYSICAL FITNESS OF STUDENTS

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**Annotation.** Volleyball is a team game with a ball that requires good physical fitness. Participation in this sport has a beneficial effect on the physical fitness of students. In this article, we will mainly look at the aspects that make volleyball an effective way to maintain a high level of physical fitness.

**Keywords:** flexibility, quality, volleyball, efficiency

**Аннотация.** Волейбол – это командная игра с мячом, которая предъявляет требование хорошей физической подготовки. Участие в этом виде спорта имеет благоприятное влияние на физическую подготовку обучающихся. В этой статье мы в основном рассмотрим аспекты, которые делают волейбол эффективным способом поддержания высокого уровня физической формы.

**Ключевые слова:** гибкость, качества, волейбол, работоспособность

Currently, the importance of physical fitness of students has become a very relevant topic. Due to the influence of negative factors such as stress, polluted water, air, poor nutrition, unhealthy lifestyle, the quality of health deteriorates. Physical education and sports are important in maintaining the human body. They provide a constant tone of the body, promote good health. Regular exercise is an important aspect in maintaining the human body and improving its physical and mental condition.

Physical activity helps prevent diseases and reduce the risk of developing chronic diseases. Thus, physical education and sports have an important impact on human well-being. Including regular physical activity in your life is one of the key points to keep your body in peak condition. Volleyball is a team game with a ball that requires good physical fitness. Participation in this sport has a beneficial effect on the physical fitness of students. In this article, we will mainly look at the aspects that make volleyball an effective way to maintain a high level of physical fitness. One of the key elements of volleyball is aerobic activity.

During the game, players perform jumps, runs, stops, turns — this requires significant energy consumption. The constant physical activity of volleyball players in the game ensures a physical condition that allows them to burn calories, strengthen the cardiovascular system, and develop stability and balance. During the game, players must quickly and accurately coordinate the movement of the ball and their teammates.

Volleyball helps to improve coordination abilities, which is useful not only for sports, but also for general physical fitness. Volleyball also promotes the development of strength and flexibility. When performing jumping punches and blocks, players use most of their muscles, which helps build strength. Flexibility is also important for volleyball, especially when doing stretches and defensive moves. The development of flexibility helps to improve physical strength training and reduce the risk of injury.

Regular workouts and volleyball games improve blood circulation, which allows you to carry heavy loads on the body. This increases the energy level of the students. Students involved in this discipline place high demands on their physical fitness and health due to excessive stress on their bodies. Since one of the features of volleyball is the intensity of jumping and training, this sport is aimed at developing endurance. Before you start playing volleyball, you need to strengthen your health and develop physical qualities that will help them during the game.

Volleyball increases performance, reduces the percentage of fatigue and promotes the development of stress tolerance and physical strength. Performance in the context of the learning process means the ability of students to perform technical and tactical techniques in the classroom. One of the important elements of the training process is the ability to effectively distribute the ball, which students must acquire during the school year. To achieve this goal, it is necessary to have developed physical qualities.

It is known that physical activity has a positive effect on the overall level of activity, physical and mental performance, but only for those who do not neglect physical education and sports. The development of endurance, team spirit and physical fitness is achieved only through volleyball training. This sport helps to increase the reaction speed and frequency of movements. Volleyball develops the ability to quickly combine complex options and make decisions in new situations and tasks. Participation in the game also requires solving tactical tasks based on the assessment of a large amount of information.

Therefore, volleyball develops both physical abilities and tactical thinking. Regular volleyball practice has a positive effect on the respiratory, visual and cardiovascular systems. The mobility of the upper and lower extremities is a key factor for a successful volleyball game. In addition, volleyball requires significant mental and intellectual efforts, so psychological preparation plays an important role. In general, volleyball not only stimulates the achievement of athletic results, but also is a manifestation of the physical qualities of participants in this activity. Thus, volleyball is not only a sport, but also a means of general preparation of students.

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