



The importance of physical culture and sports in student life

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ABSTRACT

The article discusses the concepts of physical culture and sports, the important task of which is strengthening and maintaining health, their importance in the life of students. It is also considered what role physical culture and sports play in student life, how it affects personality development and motivation for a healthy lifestyle of a student.

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Талабаларнинг ҳаётида жисмоний маданият ва спортнинг аҳамияти

АННОТАЦИЯ

Калит сўзлар:

Жисмоний маданият

Спорт

Жисмоний машқлар

Соғлиқ

Талабалар

Жисмоний тайёргарлик

Мақолада жисмоний маданият ва спортнинг тушунчаси, уларнинг соғлиқни мустаҳкамлаш ва сақлашдаги муҳим вазифаси ҳамда талабалар турмушидаги аҳамияти кўриб чиқилган. Жисмоний маданият ва спорт билан шуғулланиш талабалар ҳаётида қандай рол ўйнайди, шахсни ривожланишига ва соғлом турмуш тарзда талабалар ҳаёт кечиришига қанчалик таъсир этишини.

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Важность физической культуры и спорта в студенческой жизни

АННОТАЦИЯ

Ключевые слова:

Физическая культура
Спорт
Физические упражнения,
здоровье
Студенты
Физическая подготовка

В статье рассмотрены понятия физической культуры и спорта, важной задачей которых является укрепление и сохранение здоровья, их значение в жизни студентов. Также рассмотрено, какую роль играет физическая культура и занятия спортом в студенческой жизни, как влияет на развитие личности и мотивацию к здоровому образу жизни студента.

Nowadays, students are required to work on themselves more effectively and enthusiastically, but the level of health of entrants has fallen sharply, the number of students with disabilities has increased and, as a result, exempted from physical education, so physical training and student health – the state's physical strength is an important ingredient.

Undoubtedly, it is necessary to cultivate in students the motivation and need for physical culture classes in adolescence, to increase physical culture literacy. Physical culture and sports provide not only a healthy lifestyle, but also a healthy lifestyle, that is, endless opportunities to apply all the strength and talent to life.

The importance of physical culture and sports stems from an understanding of its role in human life. The earlier consciousness comes, the sooner a person begins to live a healthy lifestyle.

The physical culture of students is an important part of higher education. Physical fitness should be considered as a quality factor influencing the personality of the future specialist, and the results will affect his professional qualifications.

Physical culture is a type of human and social culture. These are activities and socially significant outcomes that make people physically ready for life; it is, on the one hand, a peculiar development, and, on the other hand, the result of human activity, as well as a means and method of physical perfection.

Sport is a predominant form of physical culture, and the word is often used as a synonym for the concept of “physical culture”. Sport can be seen as a system of physical culture outcomes, as the term refers to the pursuit of physical achievement based on norms and rules, training and competition.

With the help of physical culture and sports, a well-rounded person is formed. They use all the capabilities of the body to achieve high goals, as well as increase productivity, help to perform a large number of tasks during the working day. It absorbs a healthy lifestyle into a habit. In physical education classes, the tasks of strengthening and maintaining health are solved through active movement and exercise.

Another task of physical culture is its professional-practical orientation, ie the application of knowledge acquired in the course of professional activity, the formation of the order of work and rest, based on the characteristics of the specialty. It is no secret that physical culture and sports have a positive effect on how much mental activity increases. Mastering modern curricula is associated with great neuropsychological stress of students.

It is extremely important that a student of a higher education institution has a high level of physical fitness to ensure mental and active functioning during the academic year.

The interrelationship of exercise and sport allows a person to form both an attractive appearance, as well as moral and volitional qualities, behavior and actions in society, which are determined by his inner world.

Physical culture and sports also perform an educational function, i.e. they help to develop and strengthen discipline, increase a sense of responsibility, and develop perseverance and aspiration.

Studies by leading scholars have shown that students who are active and regularly engaged in physical culture and sports have increased self-confidence and self-efficacy, formed a stable routine, boosted immunity, and therefore increased vital activity.

The study found that students involved in physical culture and sports developed a high sensitivity, stressfulness and emotional background to stressful situations, they were open and optimistic about cooperation.

Such students are characterized by a distinctive character as a leader: perseverance, dedication, conscientiousness, purposefulness. They feel more confident at work than others, are creative, easily communicative, resourceful, and self-directed.

From the content of the article it can be concluded that maintaining and strengthening the health of students in higher education is based on the creation of a specially organized environment, which provides a solution to the main task – to strengthen students' understanding and importance of a healthy lifestyle, physical culture and sports.

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