



## THE ROLE OF PHYSICAL EDUCATION AND A HEALTHY LIFESTYLE OF YOUTH

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### ANNOTATION

*The article analyzes the role of physical education, the level of its development in the life of youth. The collective term of physical culture, healthy lifestyle, physical abilities and sports is derived. Various options for updating the derived concepts in the life of youth are considered.*

**KEY WORDS:** *physical culture, healthy lifestyle, student, physical abilities, health, sports activity.*

## РОЛЬ ФИЗИЧЕСКОГО ВОСПИТАНИЯ И ЗДОРОВОГО ОБРАЗА ЖИЗНИ МОЛОДЁЖИ

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### Аннотация

*В статье анализируется роль физического воспитания, уровня ее развития в жизни молодёжи. Выводится собирательный термин физической культуры, здорового образа жизни, физических способностей и спорта. Рассматриваются различные варианты актуализации выведенных понятий в жизни молодёжи.*

**Ключевые слова:** *физическая культура, здоровый образ жизни, студент, физические способности, здоровье, спортивная деятельность.*

### DISCUSSION

At present, the understanding of physical culture as a social and individual value has increased, which allows us to form new trends in the development of public opinion and personal motivations for the development of the values of physical culture by everyone.

Physical culture is part of universal culture, its special independent life. Physical culture uses in its influence on the human body the vital aspects obtained in the form of inclinations and abilities that develop under this influence. Considering the concept of physical culture already, we can derive its definition as “appropriate motor activity in the form of physical exercises that can effectively form the



necessary physical abilities, optimize the state of health” [4].

In the system of education, upbringing and recreation, physical culture manifests itself in a healing value. “Health is a normal psychosomatic state of a person, reflecting his full physical, mental and social well-being and ensuring the full implementation of labor, social and biological functions” [8, p. 166]. The result of health-improving sports activities is physical fitness, with the help of which the perfection of certain skills and makings of a person is achieved.

Physical culture and sports activity with a set of exercises carried out in it, which are an integral part of students engaged in physical education, is one of the most effective mechanisms for increasing the working capacity and concentration of students. The introduction of students to physical education and sports, based on taking into account the individual abilities of each, is a necessary part of an organized educational process.

Today, the connection between physical education and study at the university is especially acute, as they directly interact with each other. In turn, physical education is one of the fundamental factors for achieving success in educational activities. The subject of "physical education" requires the inclusion of students from all universities, starting with the first year in all training programs.

Interest in physical education is based on the emergence of natural needs for sports implementation. This is how the guiding and regulating force of personality behavior is developed. Needs cover a fairly wide range: for the normal development of the body there is a need for movements and physical activity. Physical culture also promotes communication, acquiring new contacts, spending free time with friends, emotional relaxation, self-affirmation, strengthening the position of one's self, which is important for a student. Otherwise, interest in physical education and sports education prompts the emergence of positive emotions, emotions of satisfaction, pleasure. The higher the level of interest becomes, the more important is objective significance. Interest encourages students to become more familiar with physical education; it is aimed at meeting the needs to possess this subject [2].

Based on the functions that physical education performs in a university, it can be concluded that physical education is beneficial for a student. In physical education classes, students achieve a certain level of physical development, and also strengthen their health. All this directly affects the general preparation of the student.

Any development, training is aimed at the study of personality-value orientation. There is no exception to physical education. Definitions for student personal ideals helps ensure professional self-

development and individual improvement. But it would be erroneous to consider that physical education in particular helps the student to develop individually, as if in separation from society.

In the process of uniting young people into collectives, clubs, organizations, unions, an integrative and organizational function is formed that allows you to learn and develop existing teamwork skills. Collective, teamwork also allows you to identify your creative potential, which is the basis for the comprehensive development of the individual. Also, teamwork contributes to the development of a communicative and regulatory function that reflects the process of behavior, communication, interaction of participants in physical culture and sports activities.

Ultimately, physical education is one of the components of the process of organizing student leisure. It not only satisfies the natural needs of the individual, but also helps to relieve emotional and psychological stress.

Speaking about the student's sports and physical life, we are focusing on such a concept as a healthy lifestyle. This attention to healthy lifestyle is caused by the achieved level of health of specialists graduated from higher education.

“A healthy lifestyle is an active activity of people aimed at maintaining and improving health, as conditions and prerequisites for the implementation and development of other aspects and aspects of lifestyle, to overcome the “ risk factors ” for the emergence and development of diseases, and to use them optimally in the interests of protecting and improving health social and natural conditions and lifestyle factors ”[3, p. 282].

A healthy lifestyle reflects the structure of students' life forms, which are characterized by such concepts as self-organization and self-discipline, self-regulation, self-development. Assignment of these concepts helps the student to reach the highest level of self-realization in professional and everyday activities. A healthy lifestyle lays for the student such qualities that help to achieve the highest level of creative and social development, labor activity and self-improvement. Strict adherence to the principles of healthy lifestyles lays in the student a part of general cultural development, the ability to “build” himself as a person in accordance with his moral and ethical ideas. In general, a healthy lifestyle helps the student to become a spiritual person, developed both morally and physically [6, p. 177].

The main components of a healthy lifestyle are:

1. Compliance with the regime of work and rest, nutrition, sleep.
2. Organization of an individual regime of physical activity.
3. Refusal of bad habits.



4. The communicative aspect, allowing you to build the right student relationship in the team.

5. The development of leisure activities that have a developing effect on the person [7, p. 167].

These characteristics form a kind of barriers protecting the student from the need to constantly react to the variety of judgments, opinions, assessments, requirements existing around him.

Within these boundaries, the student can regulate his actions and try out new patterns of behavior. The components of a healthy lifestyle are not new, but for each student they add up individually and are acquired in the process of communicating with people in the course of everyday practice.

The most important factor for the development of the motivational-value component, which, in turn, reflects a positive attitude towards physical education, is knowledge: theoretical, methodological and practical. Knowledge, turning into a system, helps to shape the volitional efforts of the individual, cognitive and practical activities for mastering the values of physical culture, focus on healthy lifestyle, physical improvement.

The formation of a knowledge system is necessary for self-identification of a person in the process of physical culture and sports activities. Thus, the self-identity of the person. The experience of various emotions accompanying self-knowledge forms an attitude towards oneself and forms a self-esteem of a person. [8, p. 169].

Physical education is an integral part of the educational process. When developing standards for physical education in a university, first of all, the goal should be set to strengthen health and physical well-being, and then to achieve a sports result [9, p. 578].

One of the main criteria for assessing physical education in a university is the dynamics of the level of students' physical fitness, which can be tracked through the adoption of the same control standards [1, p. 92].

Physical culture is an organic part of human culture, its special independent area. This is a specific process, which is necessarily followed by a result, means and method of physical improvement of a person.

Physical culture exerts its effect on the vital aspects of the student's life, which are manifested in the form of inclinations and abilities. Physical culture satisfies both the physical and social needs of the individual.

The formation of a conscious attitude to their own health and teaching the basics of a healthy lifestyle of students is a goal that justifies all the funds spent on its implementation. [1, p. 93].

Today, the connection between physical culture and health, working capacity and labor productivity is felt especially clearly. The modern process of

teaching students requires a new physical world from them. As study becomes the main factor in the student's life, so physical education turns into an integral attribute of student life.

Thus, physical education for a student:

- 1) creates the conditions for comfortable physical activity;
- 2) explains to students the main points of a healthy lifestyle;
- 3) strengthens health and improves normative indicators in students;
- 4) forms a responsible attitude to one's own health;
- 5) popularizes sports, outdoor activities, tourism.

It follows from this that, as students develop personal physical culture, they perceive it both as an academic discipline and as an important step on the path to a healthy lifestyle [5].

Summarizing the above, we can say that physical education for a student is one of the most important components of his usual life. It is in this context that the students' attitude to physical education, sports and a healthy lifestyle should be formed. Physical education is not just one of the fundamental components of a student's life, but also forms its comprehensive development and improvement. Physical education at the university helps the student to correctly assess their abilities and develop them in the right direction, thereby strengthening their health.

There are many problems associated with students' attitudes toward physical education, for example, such as re-evaluating their own abilities or lack of motivation for playing sports. Physical education at a university is aimed at solving these and other problems.

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