

EDUCATIONAL IMPORTANCE OF PHYSICAL EDUCATION, SPORTS AND HEALTH MEASURES IN HIGHER EDUCATIONAL INSTITUTIONS

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Annotation: The article describes the main tasks of physical education of students: to promote good health, fitness, comprehensive hormonal and physical development, mental and physical performance.

Key words: physical education, healing, physical education activities, extracurricular activities, healthy lifestyle

One of the important tasks facing educational institutions today is to teach pupils and students to grow physically healthy and maintain their own health. The term health is now gaining a very broad meaning, its modern meaning can be understood not only in the sense of health, but also in the development of comprehensively mature and highly practical and physical performance, rapid adaptation to changing climates. This age of technical progress requires a person to be able to control the movement quickly, to be physically fit. The foundation for all this is laid at an early age. The main tasks of physical education of pupils and students are: To promote health, to strengthen all-round harmonious and physical development, to increase mental and physical performance. The tasks of fitness physical development and the formation of motor skills and abilities come in different forms depending on the age, gender and personal characteristics of those engaged in physical culture and sports. If the physical education of pupils and students is aimed at their proper physical development and strengthening of the organism, it will be aimed at achieving specialization in the sport and showing high results in sports. The main factor in achieving the above goals and objectives of physical education are coaches and organizers. Also, the age, gender, physical fitness, health and interests of those involved in physical education and sports also play a crucial role in the implementation of physical education. It is impossible to achieve positive results in education if the organization of training does not provide for the realization of the goals and objectives of physical education.

Physical education activities. Forms of work on physical education of pupils and students are: Physical education classes; physical education activities on the agenda of the school day: morning physical education, minutes of physical culture in the classroom, movement games during the break; physical training and sports clubs, classes, sports competitions and holidays, hiking and tourism, physical education activities in the family and in the community.

Physical culture activities play an important role in the physical education of pupils and students. The main ones are: morning physical education, organized physical education minutes during the lesson to keep students from getting tired, and movement games during breaks. All of

the above activities are aimed at solving certain tasks of physical education during the school day, preparing students for mental activity in the learning process.

In addition to the forms of organization of physical education, which take place during the educational agenda, extracurricular activities also play an important role. Extracurricular activities related to physical education help to deepen and expand the work of physical education in schools. This work is carried out in physical training and sports clubs, children's groups through the organization of sports entertainment in the form of excursions and tours, games, excursions, competitions, physical culture events and celebrations. To ensure the physical fitness of pupils and students in the living quarters and in the family, physical education classes, games and competitions are organized under the guidance of parents and adults, as well as useful work.

The main purpose of physical education:

1. Health of the country's population.
2. Educate the youth and the population as well-rounded people.
3. Preparation for labor and defense of the Motherland.

In order to achieve this goal, the age, sex, health of the population, taking into account physical fitness and interests tasks are defined. This is common with physical education functions are formed. The educator is only in front of the coaches not to achieve high results in sports, but in all respects the task of educating a competent person must stand. This is the task both theoretically and practically mature and his profession done by loving professionals.

We must not forget that students are not only interested in sports to restore their physical strength and spend their free time in a fun and enjoyable way.

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