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PHYSICAL EDUCATION IN A STUDENT'S LIFE

Annotation: This article is devoted to the study of how maintaining a healthy lifestyle and playing sports affects students' health and personality formation during their studies. The paper touches upon the need to involve students in physical education in order to improve and maintain their health.

Keywords: health, sports, students, physical education.

Аннотация. Данная статья посвящена изучению того, как влияет поддержание здорового образа жизни и занятия спортом на сохранение здоровья и формирование личности у студентов в процессе учебы. В работе затронута тема необходимости привлечения студенческой молодежи к занятиям физической культурой, чтобы улучшить и поддержать здоровье.

Ключевые слова: здоровье, спорт, студенты, физическая культура.

Since childhood, everyone knows about the benefits of a healthy lifestyle. This is inevitably associated with physical activity and sports. Those who have a well-developed motivation for physical education remain physically active throughout their lives. Why, knowing about the benefits of a healthy lifestyle since childhood, do many people neglect sports?

Having analyzed the statistics for recent years, we can safely say that the health indicators among young people are deteriorating. This is the result of the fact that young people do not play sports, lead a wrong lifestyle, do not monitor their health, without thinking about the consequences due to their age. There is an explanation for this. Nowadays, the physical culture of young people is not sufficiently inculcated. The reasons are lack of funding, sedentary lifestyle, low media coverage, etc. All this prevents the motivation and interest of young people in terms of physical development. This problem is especially relevant for students of all educational institutions, since it is at this time and at this age that the foundations of a healthy lifestyle are being developed and laid, and physical education is not always advantageous.

A person who is going to play sports should set a goal for himself – not only to improve his health, but also to achieve athletic results. For example, solving the problem of excess weight. What is the result of playing sports? After reading a number of studies, it can be concluded that students who actively engage in sports develop a certain daily routine, improve vitality, efficiency, motivation, develop strong-willed qualities, and "harden" character. They are more sociable and less afraid of criticism. They have higher stress tolerance and endurance.

There is an opinion that the lack of an appropriate level of development and promotion of sports leads to the spread of diseases such as nicotine addiction, alcoholism, drug addiction, gambling addiction – the most common among young people. This is understandable. A person lives in a society. He needs to realize himself and communicate. Playing sports requires effort and displays of character. It is much easier to follow the path of least resistance – alcohol and drugs do not require any effort of will.

It is not easy to increase the importance of physical culture and sports for human health, development and general well-being. From an early age, parents tell their children about the benefits of physical activity. It is good when at this age, classes are held under the strict supervision of

experienced trainers, professionals who monitor the proper development of the growing body. At school, physical education teachers are responsible for this. By the age of sixteen, a person begins to fully understand the usefulness of sports and enjoy the pleasure that exercise brings him. Sport helps to develop communication skills, gets rid of complexes. We must not forget that, first of all, sports activities are the prevention of various diseases, such as hypertension and coronary heart disease. Which are leading in the ranking of causes of death worldwide. These diseases require long-term treatment, but physical education alone does not lead to full recovery, which means that their prevention has an effect. Indeed, in the process of physical exercise, working capacity increases. A person is able to do a lot of work in a certain period of time. A person begins to work more, while getting less tired.

Physical education and sports give a person not only a sense of physical perfection, but also gives him strength for new achievements. Physical culture is of great importance in the process of personality formation. It influences a person from different sides, it develops moral qualities and affects the physical condition, stimulating a new approach to life and work, nothing more than new achievements in life and work are the result of physical culture. In order to consciously come to the right conclusion and understand the importance of physical culture and sports, a person must first understand its importance in his life. And it's very good if he realizes this not too late, and starts to lead a healthy lifestyle as early as possible.

Sports and physical education are, first of all, a healthy life, which opens up completely different opportunities for realizing one's plans and dreams. This is the path that a sane person takes, so that every day he lives becomes as useful as possible, and brings joy to himself and everyone around him. All the loads that fall on our shoulders throughout our lives require higher physical perfection, which must be achieved through sports.

In conclusion, I would like to say that everyone, including students, should play sports. After all, it is people who are engaged in physical education and sports who have such qualities as a sense of duty, concentration, and many others. Such people are more successful in jobs that require consistency, and they make contacts more freely. Every reasonable person wants to live their life happily ever after, which cannot be without health. But you can't buy or receive health as a gift. Therefore, you need to do everything to save it before it's too late. Usually, due to an incorrect lifestyle, a person develops nervous disorders, various diseases, and then problems at work and at home. But you just need to think about it: are we doing everything possible to preserve our health? After all, trips to the doctor can often be avoided if you build your lifestyle correctly.

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