

PHYSICAL EDUCATION OF STUDENTS IN MODERN CONDITIONS

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ABSTRACT

To date, a significant number of studies are devoted to the problems of physical education of young people and the formation of a healthy lifestyle. Most authors agree on the need to introduce structural changes in the process of physical education of students in order to strengthen their health and develop physical qualities. The article provides various structural forms of organizing the process of physical education of students in modern conditions.

Key words: *students, sports, physical education, motor activity.*

At present, a significant amount of scientific research is devoted to solving actual problems of physical education of students. One of the most important problems is the state of physical health of modern youth. According to special monitoring data, only about 10% of young people have a level of physical development and health close to normal. A sudden increase in cardiovascular and musculoskeletal disorders has been reported, mainly as a result of insufficient levels of physical activity in young people. On average, about 50% of young people with 2-3 different diagnoses enter higher education institutions, and only about 15% of graduates can be considered healthy. Another problem is the decrease in the effectiveness of educational technologies in the system of physical education in secondary schools. Scientific studies conducted in educational institutions have shown that the level of health and physical condition of students is deteriorating dramatically due to the workload that they may face in their future work. It should be noted that today teachers of physical culture, the student section, only take tests in the subject and do not need special knowledge, skills, abilities to form norms, maintain a healthy lifestyle, improve health, etc. Therefore, to correct the situation, qualitative changes are required in the structure and methods of organizing physical education classes in higher educational institutions.

Physical education classes in higher educational institutions are the main link in the organization of mass physical culture and sports work among students. In this regard, the correct organization of classes with university students is of great importance. The formation of qualified specialists ready for highly productive work is helped by physical education, developing in them the skill of maintaining high physical and creative activity for many years. One of the ways to introduce qualitative and structural changes in the process of physical education of students is to increase the level of development of physical qualities, improve health, prepare for future work and culture and educational activities. Similar (modified) modern forms of conducting training sessions in the discipline "Physical Education" include: specialized classes in certain sports (sports specializations), modular training of students, individual programs.

The scientific novelty of the study is a comparative analysis of the effectiveness of conducting training sessions according to these forms in the context of increasing the level of development of physical qualities and functional readiness of students.

The methodology for conducting classes with students in the form of specialists is based on a sports-oriented approach - the educational orientation of the physical activity of students at the university is consistent with the curriculum by practicing one or more sports and using modern technologies for training athletes. They process and contribute to the realization of individual motor needs, the formation of a sports culture, the improvement of the physical and special training of young people in their student years. It involves the transfer of sports technologies into the process of physical education of students.

One of the conditions for the effectiveness of classes is the conscious attitude of students to both compulsory classes and independent classes. To do this, it is necessary that they understand the goals and objectives of the classes, strictly follow all assignments and instructions. Their activity is no less important, since without it is impossible to achieve a certain stimulus.

Many students of the special medical group were previously released from physical education classes and therefore their level of physical fitness is very low. This must be taken into account when determining the general and motor density of self-study.

The practice of physical sciences shows that the power of physical education will be greater when physical activity is distributed individually, taking into account the level of health and well-being of a person. The program of individual physical education is intended for young people who, for health reasons, are in a group of important and prepared, but for reasons (recovery later, illness, insufficient level of physical development, etc.) cannot fully perform physical exercises. It is based on the method of intensive physical and functional training of young people with the obligatory control of the student's level of preparedness. Therefore, the total volume and intensity of physical activity is limited by the functional state of the student, and not by the subjective opinion of the teacher. When conducting a study of the effectiveness of modern teaching methods in the discipline "Physical Culture and Sport", the authors used a set of managerial tests and tests that are widely used to assess the physical and functional state of students. The following were studied: the level of strength development (the number of pull-ups on the bar), the level of speed development (time to cover a distance of 100 m), the level of flexibility development (forward bends in a sitting position).

Preparation for work (time to overcome the distance of 3000 m, tests and squats). The results of these tests are believed to fully and accurately reflect the nature of the human body. Separately, you should talk about the squat test. This test is widely used in the process of control studies and sports medicine to assess the level of functional fitness of those involved.

In the course of the study, data were obtained on increasing the pace of development of physical qualities and readiness for work of students. Students involved in professional sports programs and students of the educational-modular method slightly (according to Student's t-test) increased their level of fitness. The level of working capacity of students involved in individual programs increased statistically (according to Student's criterion).

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