

**DEVELOPMENT OF PHYSICAL ACTIVITY OF STUDENTS
BASED ON PHYSICAL EDUCATION AND SPORTS CLASSES**

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Annotation. The article examines the features of students' value orientations on physical activity, physical self-improvement and a healthy lifestyle, presents the optimization of socio-pedagogical conditions for the organization of continuous physical education of young people, expanding opportunities for the development of physical activity in accordance with the needs of students.

Keywords: students, formation, motor activity, healthy lifestyle, physical education, stages.

The fact of the usefulness of physical exercises and recreational sports is recognized worldwide as a preventive means of maintaining and strengthening health, contributing to reducing the risk of non-communicable diseases (cardiovascular, coronary heart disease, diabetes, osteoporosis, obesity, etc.), as well as an effective means of preventing deviant behavior, the spread of phenomena such as alcoholism, smoking, drug addiction.

Constant close attention to a healthy lifestyle of a student is associated with public concern about the health of specialists graduating from higher education, the increase in morbidity in the process of professional training, and the subsequent decrease in working capacity. It is necessary to clearly understand that there is no healthy lifestyle as a kind of special form of life activity outside the lifestyle as a whole. Various state social programs aimed at physical education of students set the following goals: ensuring comprehensive harmonious development of personality; preservation and strengthening of health; formation of the need for a healthy lifestyle and regular physical activity; mastering the system of physical culture and sports knowledge, literacy and competence in the field of physical culture as part of the general culture of the individual; education motor skills and abilities, the ability to use the acquired knowledge in further life.

The research of specialists is aimed, first of all, at the formation of students' value orientations on physical activity, physical self-improvement and a healthy lifestyle, as well as at optimizing socio-pedagogical conditions for the organization of continuous physical education of young people, expanding opportunities for the development of traditional and non-traditional types of physical activity in accordance with the needs of students.

The formation of physical activity of students is based on need-motivated processes that allow an individual not only to achieve the goals of physical improvement, but also to strengthen mental and physical health, as well as contributing to the achievement of social well-being and improvement of the emotional state.

Dosed muscle load helps to discharge negative emotions, relieves nervous tension and fatigue, increases vitality and efficiency. In addition, impulses coming from working skeletal muscles stimulate the course of redox processes, the functional activity of various organs and systems. This is

important for maintaining health, increasing life expectancy and increasing the body's resistance to adverse environmental factors. Systematic motor activity improves the functional state of the heart and lungs, dilates arterial blood vessels, enriches the human body with oxygen, calms the excited nervous system, gives a positive emotional stimulus.

One of the mandatory factors of a healthy lifestyle of students is systematic physical activity corresponding to gender, age, and state of health. They are a combination of various motor actions performed in everyday life, in organized and independent physical exercises and sports, united by the term "motor activity". Sports and physical culture are not only a healthy lifestyle, it is generally a normal and healthy life, which opens up new and new opportunities for the realization of their strengths and talents. This is the path that a sensible person takes in order for the life he has lived to be fruitful, bring joy to himself and others.

Students' acquisition of physical culture and sports knowledge should be considered as a means to make their physical activity more effective. Then it becomes isolated in a special field of activity, and physical exercises begin to serve not as a goal, but as a means of acquiring knowledge. The task of physical education is to transform their attitude to the social value of physical culture at the level of human culture, to influence the formation of the position of students.

Understanding the socio-biological inheritance of the health-improving effects of physical culture is of particular importance for the reorientation of public consciousness in the field of physical culture, allowing us to consider the impact of physical exercises on the body not as a temporary, transient phenomenon, but as a large-scale and long-lasting, the beneficial results of which are enjoyed not only by the student, but also by his children, offspring.

In order to form a prestigious image of a sports lifestyle, the value of one's own health, it is necessary to convincingly tell young people about why they should engage in physical culture and sports, what their value is and what significance they have for each person individually and for society as a whole, what is the relationship between physical activity of people and the solution of socio-economic problems, healthy lifestyle, personal well-being. It is necessary to explain to students what a motor mode is, what place it occupies in everyone's life, what it should be and how to achieve its fulfillment. It is necessary to constantly talk about the positive experience (personal, family, collective) of organizing physical education classes using scientifically proven hardening systems, nutrition, breathing, etc. with the obligatory comment of specialists.

It is known that physical exercises and sports have a positive impact on the physical, mental and social health of a person and are of crucial importance throughout his life – from early childhood to old age. Students need to be taught so that they understand that physical activity improves mood, well-being, relieves anxiety, fatigue, depression and psychosocial stress, and can also stimulate cognitive processes.

Preparation of a student for active independent life activity is carried out through his active social actions, conscious transformation of himself and the world around him in the process of purposeful activity and in conditions of physical activity, in particular, through the attitude to physical culture (physical culture and sports knowledge, skills and abilities, as well as needs, motives and interests, regular physical exercises on classes and in the free time mode).

Including scientifically analyzed the development of small business and business, and the legal basis, at this time financially support small business and business, the latter is amended and the rules for this branch of national legislation are added.

Now studying scientific heritage, socio-political activities and acquaintance youth charity of our above-stated ancestors is considered one of the main urgent objectives of the modern intellectuals.

The effectiveness of activities aimed at forming a positive attitude among young people to regular physical exercises also depends on the correct interaction of the pedagogical system and social

infrastructure, the scientific substantiation of new approaches to improving the effectiveness of physical education of students, the development of basic and variable curricula of physical education.

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