



## Increasing the Physical Fitness of Students in the System of Higher Pedagogical Education

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### Abstract

The relevance of this issue lies in the fact that introducing students to physical culture is an important component in the formation of a healthy lifestyle. Independent lessons in physical culture, along with further improvement and broad development of organized forms of physical culture lessons, are of decisive importance.

It is impossible to deny the fact that the study and health of students are interdependent and interrelated. The productivity of learning depends on the good health of the student, but if this connection is violated, the ultimate goal of the learning process loses its value and true meaning. In order to successfully adapt to the conditions of study at a university, strengthen and maintain health for the entire period of study, constant physical activity and a healthy lifestyle are necessary.

**Keywords:** determination of the goal of self-study, determination of the individual characteristics of the student, physical culture, physical education, physical activity, health, healthy lifestyle, students.

Complex modern conditions of life require high demands on human social and biological abilities. The complex process of developing people's physical capabilities with the help of physical education helps to concentrate many internal resources of the body to achieve the original goal, as well as to increase efficiency and improve health. "Planning of independent educational work of students is carried out by students under the guidance of instructors and teachers" In accordance with the state of health, medical group, initial level of sports, technical and physical training, students plan to achieve different results in the university and in their future career and life. possible - starting with the curriculum and control tests. ending with category classification standards. "Independent physical exercise planning should be aimed at achieving the only goal facing students of all medical groups - maintaining health, maintaining a high level of physical and mental activity."

To manage the process of self-learning, it is necessary to implement a number of measures: - determine the goal of independent education; - to determine the individual characteristics of the student; - correction of the lesson plan (microcycle, for the semester, annual, prospective); - determining and changing the content, organization, methods and conditions of lessons, as well as the educational tools used.

All of the above is necessary to achieve the greatest effect from training, depending on the results of self-control, as well as taking into account training. Taking into account the completed educational work, it is possible to analyze the educational process and subsequently make adjustments to the training.



The optimal amount of physical activity determined by physiologists for students is 10-14 hours per week. That is why it is impossible to do without additional independent physical exercises outside of the educational program. For students (without deviations in their health), the following regimes are considered the most optimal: - 1-1.5 hours three times a week - heart rate 130-150 beats per minute. - at least 30 minutes every day. - heart rate 140-17 beats per minute.

Describing the independent physical education classes of students, it is recommended to consider the lesson forms: 1. Morning hygienic gymnastics - the time for this form of self-study is the morning hours after waking up from sleep. Exercises for all muscle groups, breathing exercises and flexibility exercises should be included. Static, endurance, weight training should be avoided (for example, long running).

Gymnastics should be combined with hardening and self-massage. "Duration of morning exercises is 15-20 minutes." 2. Exercise during the school day. Performance during breaks between independent or educational sessions. Such exercises include flexibility exercises (bending, stretching, etc.), active movements, simple strength training exercises; individual muscle groups (push-ups, stretching, etc.). "These exercises stimulate blood circulation, help restore mental activity, and prevent blood stagnation in the limbs."

These exercises prevent fatigue; maintain high performance for a long time without overloading. 3. The third form includes independent training. They can be done in a group (3-5 people or more) or individually using different types of sports or exercise systems. It is recommended to exercise from two to seven times a week for an hour and a half. It does not make sense to exercise less than twice a week, because it does not increase the physical fitness of the body. The afternoon is the best time for training, two to three hours after lunch.

You can exercise at other times, two hours before meals and no later than one hour before meals or bedtime. Avoid exercising on an empty stomach immediately after sleep.

Thus, it was determined that independent physical exercises are necessary for students. We emphasize once again that the effectiveness of education depends on the student's health, but if this relationship is violated, the ultimate goal of the educational process will lose its value and true meaning. It hardens. Protection of one's health is one of the direct obligations that every person has no right to transfer to others. Unfortunately, a person with an incorrect lifestyle, bad habits, physical inactivity, and overeating puts himself in a dangerous state by the age of 20-30, and only then remembers medicine.

But no matter how perfect medicine is, it cannot get rid of all diseases. A person is the creator of his own health, he must fight for it.

From an early age, you should teach yourself a healthy lifestyle. After all, protecting and strengthening the health of students is mainly determined by the way of life. Increasing attention to it is manifested at the level of public consciousness, in the spheres of culture, education and upbringing.

A student's lifestyle cannot be forced from outside. A person has a real opportunity to choose forms of vital activity, types of behavior that are important for him. Each person with a certain autonomy and value forms a unique way of acting and thinking. Currently, physical culture is an integral part of the general culture of modern society, because it is a multifaceted comprehensive improvement of the human body through physical exercises, compliance with the correct regime in everyday life and work. Physical culture is the basis of human health and the formation of a healthy lifestyle.

An analysis of factual materials related to student life shows that it is organized irregularly and irregularly. This is reflected in such important components as not eating on time, not sleeping



regularly, little exposure to fresh air, insufficient physical activity, lack of hardening procedures, independent reading at bedtime, smoking, etc. Modern practice shows that most of the students are inactive due to the lack of system-oriented and regular physical education. And this means that all the negative effects of physical inactivity on a growing and developing organism will inevitably affect its health. In recent years, attention to the healthy lifestyle of students has increased. This is related to the public's concern about the health of specialists graduating from higher education institutions, the increase in morbidity during vocational training, and the subsequent decrease in work ability. It should be clearly understood that a healthy lifestyle does not exist as a separate form of life outside the general lifestyle.

Accordingly, the problem of a healthy lifestyle of students is very acute, therefore the question of the meaning and role of physical culture is urgent. Systematic physical training and sports increase the body's natural resistance to the harmful effects of the environment and infections. Scientific studies show that people who exercise regularly are less likely to get sick, work more efficiently, and live longer. A number of studies show that students who do not have any movement activity in their lives are lethargic, their activity and creative activity decrease, they get tired faster, their academic performance deteriorates, attention and mental abilities decrease. That is why it is very important for the student to engage in physical culture to strengthen the body in general, as well as to prevent hypodynamia. I would also like to note the important role of physical culture in the development of a student's personality.

Human physical culture is manifested in three main directions. First of all, it defines the ability of self-development, it reflects the direction of a person "to himself", which, due to his social and spiritual experience, expresses his desire for creative development and self-improvement. Secondly, physical culture is the basis for the amateur, active self-expression of the future specialist, the manifestation of creativity in the use of physical culture methods focused on the subject and process of his professional activity. Thirdly, it reflects the creativity of a person focused on relationships that arise in the course of physical education, sports, professional and social activities, i.e. "to others". In this activity, the richer and wider the sphere of communication of a person, the richer the area of his individual manifestation.

Students are a special social group, they are most prone to "sleeplessness" and, as a result, nervous and psychological overstrain. Physical culture can be considered as a way to fight stress and fatigue, because during physical exertion, the level of cortisol (stress hormone) in the blood decreases and muscle relaxation occurs.

It should be noted that regular training in the chosen sport is of particular importance in the formation of a person's physical culture. It is known that sport is an integral part of physical education, and it includes various physical exercises and games performed in the conditions of competitive activities, with the desire of the participants to achieve the highest results. Sport is characterized by competitiveness, emotion and fun, it satisfies the human need for motor activity. Active sports not only help to increase endurance and improve the performance of the body; they are one of the best ways to maintain and improve human health. That is why it is important to regularly engage in physical exercises and sports aimed at developing the main physical qualities of a person - strength, movement speed (speed), coordination of movements (agility), range of motion (flexibility) and physical qualities in higher educational institutions. endurance, which helps to increase efficiency and increase the confidence of a person in his own strength. That is, sports exercises and games in the process of engaging in a chosen sport are an effective tool to relieve tension and stress; eliminating both physical stress and psychological stress.

Thus, physical culture is a powerful and effective means of physical education and all-round development of personality. In physical education classes, students develop not only physical skills, but also strong will and moral qualities. Therefore, physical culture is one of the aspects of



a person's general culture, and to a large extent determines a person's behavior in studying, everyday life, communication and helps to solve various life tasks.

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