



The Role of Physical Culture and Sports in the Formation of a Healthy Lifestyle of a Student

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ABSTRACT

This article discusses the role of sports and physical education in shaping a healthy lifestyle for students. The factors necessary for a healthy lifestyle are analyzed and explained.

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INTRODUCTION

There is a widespread belief that the concept of a healthy lifestyle originated from the events of recent decades. Indeed, the media have started talking a lot about a healthy lifestyle, and quite persistently in the last 10-15 years. But this does not mean at all that a healthy lifestyle is a purely modern phenomenon. History is compelling evidence that the origins of a healthy lifestyle lie in the days of the gray-haired and extremely distant past.

It is generally known that biological life on Earth has existed for more than 3 billion years, that the basis of the existence of biological (plant and animal) organisms was and remains their adaptive way of life to the surrounding reality. Over the past 3 million years, the process of the formation of a human community has begun on Earth. Human civilization is a qualitatively new era in the development of life on Earth. And the essence of all these qualitative changes lies in the fact that from the first steps of its life, mankind led a creatively transforming way of life.

Humanity has also adapted and continues to adapt to certain factors and whims of the surrounding reality. But these adaptive actions have never been the main, main meaning of human life.

From the first steps of its life, humanity has improved and continues to improve in labor activity, in the creation and creation of material and cultural values. This was and remains the main meaning of human civilization, human existence.

The origin of a healthy lifestyle is directly related to those distant times of antiquity, when primitive man began to create tools of labor, when he began to realize that his life successes are largely determined by his physical abilities, his ability to quickly overtake prey, overcome all kinds of natural barriers, his abilities far and accurately throw stones, spears, darts, etc. ; when he began to use physical exercises in preparation for hunting large and dangerous animals. Life convincingly testifies that a person becomes a person only in the conditions of social life, only in the process of education and training, only in the process of creative labor activity.

A healthy lifestyle is a set of norms and rules of life, historically tested and selected by time and practice, aimed at ensuring that a person

- knew how to work highly efficiently and economically, rationally spend his strength, knowledge and energy in the process of his professional, socially useful activity;

- possessed the knowledge, skills and abilities of restoring and healing the body after strenuous work;

- constantly deepening his moral convictions, enriching himself spiritually, developing and improving his physical qualities and abilities;

- independently supported and strengthened their health.

Voluntary abandonment of bad habits associated with tobacco smoking, drunkenness, drug addiction, substance abuse is an important and absolutely prerequisite for a natural and normal healthy lifestyle of a student.

A healthy lifestyle is a hallmark of human civilization. A healthy lifestyle helped, helps and will continue to help a person to learn and work, create and create, improve and transform the world; rest and recover, strengthen and heal your body; develop and improve their physical qualities and abilities.

Healthy lifestyle is a social category. And then, when we talk about a healthy lifestyle, then of course we mean that we are talking about the life of society (class, social group, individual, etc.). And at the same time, we must never forget that humanity (man) is an integral part of the vast terrestrial and biological universe, that the laws of the biosphere apply to its entire inorganic and organic world.

All biological systems of a person are inherited by him in the process of genesis. They all function on the basis of biological laws and patterns. But since a person is a social being, and a person's social activity is decisive in his life, all biological systems of a person were reoriented mainly to ensure that a person succeeds in social life (created, created, built, transformed, improved, etc. .) so that he would study and work highly efficiently and economically, build and create, create and ennoble, protect and protect.

Biological energy, passing through a human being, through the central nervous system, through consciousness and man-made activity, is transformed into social creations. The biological is transformed by man into the social. Biological energy is the main source of the creation of all human material and spiritual culture.

Health - as defined by the World Health Organization - is a state of complete physical, spiritual and social well-being; and not just the absence of disease and physical defects.

Human health is the most important value in life. It can neither be bought nor acquired for any money, it must be protected and protected, developed and improved, improved and strengthened.

Health depends on many factors. Nowadays, the prevailing opinion is that the health of the people is 50% determined by the coolant, 20% - by environmental; by 20% - by biological (hereditary) factors and by 10% - by medicine. Therefore, if a person leads a healthy lifestyle, then all this

predetermines a 50% high level of his health. And, conversely, a person who leads an unhealthy lifestyle undermines his health, condemns himself to suffering and torment, premature old age and a joyless life.

This structural group includes all those types of life activities in the process of which a person produces material, cultural and spiritual values, maintains peace and stability in society, brings up the younger generation, provides medical care, etc. The younger generation (and in particular, students) master the scientific knowledge and achievements of previous generations.

In the process of creatively transforming activity, a person, as a rule, spends his reserves of strength and energy, qualities and abilities, abilities and skills. It is imperative that this activity is highly productive, efficient and low-cost, so that it is carried out on the basis of the latest, most advanced scientific and practical achievements, on the basis of the norms and rules.

This structural group includes all those types of human life that are aimed at restoring and improving the human body in the post-production (post-educational) period. The nature and direction of recovery and recovery, ultimately, is predetermined by the content and characteristics of labor (industrial, educational, professional) activities.

It is extremely important that a scientifically grounded system of measures is developed in society aimed at restoring and improving a person, so that full (but no frills) nutrition, normal sleep, active rest, adherence to the norms of personal and public hygiene, so that the body receives daily rate of physical movement, etc.

Poverty and unemployment, employment in 2-3 jobs and low wages, underestimation of recreational and recreational activities, passive rest, alcoholism, tobacco smoking, etc. led to a sharp increase in the mortality rate of Russians, a decrease in the birth rate, child homelessness and other negative consequences of our life.

This structural group healthy lifestyle includes all types of human life, which are aimed at the development and improvement of physical strength, qualities, abilities, human health.

Motor activity, physical exercise and sports were and remain the only means of developing and strengthening human strength and energy, his physical qualities and abilities. It is extremely important that each person learns himself consciously, without any coercion, to use these means that are absolutely accessible to all of us.

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