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**РОЛЬ ФИЗИЧЕСКОЙ КУЛЬТУРЫ  
В УКРЕПЛЕНИИ ЗДОРОВЬЯ СТУДЕНТОВ  
THE ROLE OF PHYSICAL CULTURE  
IN STRENGTHENING HEALTH OF STUDENTS**

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**Abstract:** *This article deals with the definition of the role of physical culture in shaping the health of students. The article also analyzes the effect of physical exercises on the human body and considers the need for physical education among students.*

**Key words:** *physical education; health promotion; healthy lifestyle; physical exercise; students physical education*

Physical culture is one of the most important elements in the life of each of us. Physical exercises have always had an impact on a person: on his health, mood, performance. Scientists have proved that physical activity not only makes our body athletic and beautiful, but also reduces stress levels, normalizing the psychological functions of the body.

Health is the most important element in the life of any person. It is health that helps a person to carry out his plans, goals, and tasks on a daily basis. Caring for a person's health helps extend his life.

Scientific research leads to the conclusion that the majority of the planet Earth's population is able to live up to 100 years or more, subject to all hygienic rules.

But, unfortunately, many people do not comply with the norms of a healthy lifestyle, including due to the fact that they do not know about them. Some do not know the measures in eating food, which leads to obesity and various other diseases: gastritis, cholecystitis, colitis, and others. Others do not move much, due to their laziness or because of the characteristics of the profession, the result of which is premature aging. Some people smoke, drink a lot of alcohol, which significantly reduces their life expectancy. Also, many people are prone to constant stress, anxiety, do not know how to relax from everyday activities, which leads to nervous breakdowns, weakening of internal organs.

In modern times, the problem of physical education of students is of particular relevance. Now it's quite difficult to imagine our life without doing physical exercises and sports. However, most students prefer to simply watch sporting events. Unfortunately, not everyone is independently engaged in physical education every day, at least, doing morning exercises. Many do not understand that it is physical culture that favorably affects the health status of not only physical, but also psychological. Healthy lifestyle (HLS) is a person's lifestyle aimed at maintaining health, preventing disease and strengthening the human body as a whole.

Understanding the concept of "healthy lifestyle" is individual for each person. A person must take into account both generally accepted rules and norms, and first of all, the characteristics of his body.

Preserving the health of the young generation is one of the most important social tasks of society. To train highly qualified specialists, it is necessary to form a healthy lifestyle. After all, at the moment. Today, this category of the population is exposed to the negative effects of the environment, mental and physical stress, and adaptation to new changing living conditions.

Components of a healthy lifestyle: lack of bad habits, sports and physical activity, established daily routine, normal sleep, balanced nutrition.

Exercise and stress directly affect the health status of students. Studying the influence of physical culture on the human body will allow us to draw certain

conclusions, based on which it will be possible to develop methods for strengthening, maintaining, improving health and increasing life expectancy.

Human health is a complete physical, spiritual and social well-being. And it is physical education that strengthens and maintains our health. Therefore, it is worth promoting and promoting physical education among young people and students in general. Under physical education understand the pedagogical process, focused on the development of the physical culture of the individual. Thus, the sooner students respond to this problem, the faster they will be able to succeed.

There are various methods for promoting and maintaining health. One of the main methods is a student leading a healthy lifestyle (HLS). But the concept of healthy lifestyle does not include only physical exercise. In addition, it is necessary to maintain a balanced diet, healthy sleep, hardening; not have bad habits, etc. However, daily morning exercises play an important role. Only by regularly performing morning exercises can a student achieve the best physical fitness, and later physical excellence. Morning exercise removes lethargy after sleep, invigorates, tones up the nervous system, improves the respiratory and cardiovascular systems. Thanks to charging, both the physical and mental performance of the body increases. It is especially important to draw up an exercise plan depending on the individual characteristics of the person. In no case should you apply too much stress and bring yourself to a state of complete fatigue.

Recently, people have begun to move less. Due to sedentary work, their physical activity is significantly reduced, and their health is rapidly deteriorating. Most forget that when working at a computer, it is imperative to rest the eyes and flex the muscles of the body. Moreover, there are a large number of exercises that can be done even at the workplace in the office or at school. By devoting at least some time to exercise, we can significantly reduce the deterioration of our health.

Another factor adversely affecting health is the car. Even if the distance to the required object is completely surmountable, people still refuse to walk. But walking strengthens the muscles of the body, improves blood circulation, promotes weight loss, reduces the risk of disease and much more.

Each person must take care of their health. Human health directly depends on a number of factors: lifestyle, heredity, environmental ecology, medicine. So the influence of lifestyle is estimated at 50%. Physical education classes relate to this particular factor. Thus, only the person himself has a greater effect on his health, and only he himself can either improve his condition or significantly worsen it.

Unfortunately, to date, statistics show that sick students are becoming more and more. It is quite difficult for such people to cope with standard physical activities. Therefore, based on the results of the medical commission, according to the discipline of physical education, they are identified in a special group of physical therapy (medical-physical culture). This type of physical culture is therapeutic and preventive, helps to quickly and more fully restore human health. In addition, exercise therapy prevents the appearance of complications of various diseases.

Consider how physical activity affects the human body. If we talk about the heart, then the number of beats per minute in a person involved in sports is much less. Thus, the heart wears out less, training gives a chance for a longer and healthier life.

It is worth noting that oxygen is very important for our body. Only through oxygen can we receive energy. With low physical activity, negative changes in the respiratory system are observed.

Exercise also relieves stress. Under the influence of moderate physical exertion, our cheerfulness increases.

Well, of course, physical activity favorably affects the student's immunity. Thanks to physical activity, the immune system is much more effective in combating various bacteria and viruses.

One of the most affordable and effective types of physical education is considered to be running. This is always a great way to be discharged, distract from thoughts and relieve nervous tension. Running helps the process of losing weight, improving blood circulation, brain activity and endurance of the body, increasing its immune forces.

Thus, we can conclude that physical culture plays a huge role in improving the health of people, in particular students. Regular and moderate performance of

physical exercises really has a beneficial effect on the functioning of our body. Low physical activity definitely leads to a deterioration in health, the development of various diseases and a reduction in life expectancy. Students should clearly understand and realize the importance of the discipline "Physical Culture". For this, educational institutions must develop new methods and conduct activities to motivate students to regularly perform physical exercises and increase physical activity. Absolutely everyone should be more serious about physical education. Only getting rid of something harmful and introducing something useful into your life, is there an opportunity to gradually move to a new, more correct and healthy stage.

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***Аннотация:** Данная статья посвящена определению роли физической культуры в формировании здоровья студентов. Также в статье проанализировано влияние физических упражнений на организм человека и рассмотрена необходимость физического воспитания среди студентов.*

***Ключевые слова:** физическая культура; укрепление здоровья; здоровый образ жизни; физические нагрузки; студенты; физическое воспитание*