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## **History of Physical Culture and Sports**

### **FEATURES OF PHYSICAL EDUCATION AT THE HIGHER SCHOOL**

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#### **Abstract**

The article discusses various approaches to the implementation of humanistic values in education, in which the personality is the highest social value. Particular attention is paid to an individual approach to teaching and educating students.

This concept should be aimed not only at improving the physical fitness of students and strengthening their health, but also at the formation of a rational structure of classes in their free time. The analysis of scientific and methodological literature on this topic showed that in universities not enough attention is paid to the formation of a healthy lifestyle among students, health promotion and improvement of their physical condition.

**Keywords:** sports, student, institute, society, state.

#### **I. INTRODUCTION**

One of the most promising ways to increase the effectiveness of physical education at a university is independent physical education outside the classroom. The consistency of independent physical culture and health-improving activities with organized physical education lessons can be an effective solution to many problems in the field of physical education of university students, associated with both increasing their physical fitness and improving their health.

However, as the analysis of the works published in this direction shows, the special literature does not actually reflect information concerning the methodology of organization and content of the process of physical education of students of higher educational institutions, there are no clear criteria for the use of health-improving training programs based on monitoring in independent physical culture lessons. In this regard, the undertaken research is relevant from a theoretical and practical point of view.

## II. METHODOLOGY

The methodological basis of the research is modern scientific ideas about the relationship between physical and spiritual development of a person. The priority directions of reorganization of the process of physical education in higher education should be its humanization, intellectualization and implementation of an activity approach in order to form physical culture of a student's personality, taking into account his individual characteristics.

The theoretical foundations of the research are based on the concepts of the theory of individualization of sports training, the main provisions of the modern concept of physical culture, leading psychological and pedagogical concepts of the theory of individualization of training the provisions of the theory of physical education and sports.

## III. DISCUSSION

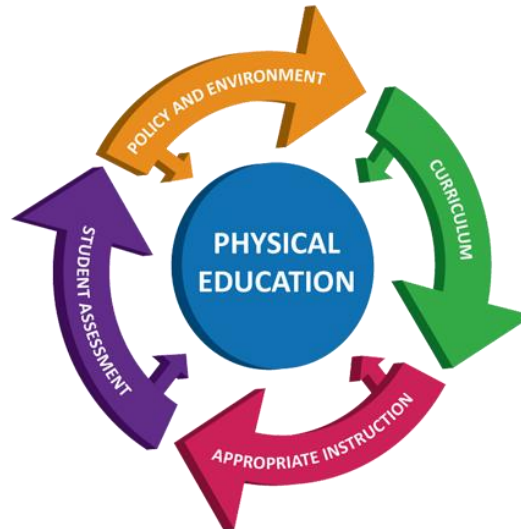
The study of various facets of the phenomenon of physical culture has its own history, established methodology, categorical apparatus. A large volume of publications is devoted to the optimization of conditions for the formation of physical culture and improvement of the process of physical education (V. Ageevets, A.G. Barabanov, P.V. Bundzen, P.A. Vinogradov, M.Ya. Vilensky, Yu.A. Gagin, S.P. Evseev, I.M. Kozlov, V.F. Kostyuchenko, V.I. Lyakh, L.P. Matveev). The greatest interest in the context of this work is acquired by Nikolaev's research, in which physical culture is analyzed in the relationship between biological and social, physical and spiritual in a person, viewed from the standpoint of macrostructure and data from interdisciplinary research. Physical exercises as a kind of activity section of culture from the point of view of their influence on a person are considered by the author as a methodological basis for understanding the multifaceted and integrative essence of physical culture as a whole, the formation of its theory, the most complete realization of its potential in the pedagogical process.

The problem of holistic versatile development of personality has found wide reflection in studies of various aspects of socio-cultural activity (M.A. Ariarskiy, G.M. Birzhenyuk, D.M. Genkin). With all the breadth of development of the problems of physical culture in the studies of recent years, there are significant contradictions between the high objective requirements of society for health, physical development, physical fitness of people and the low level of development of physical culture among the population, an abundance of factual material in this area of human knowledge and an insufficient level of its theoretical understanding and practical use.

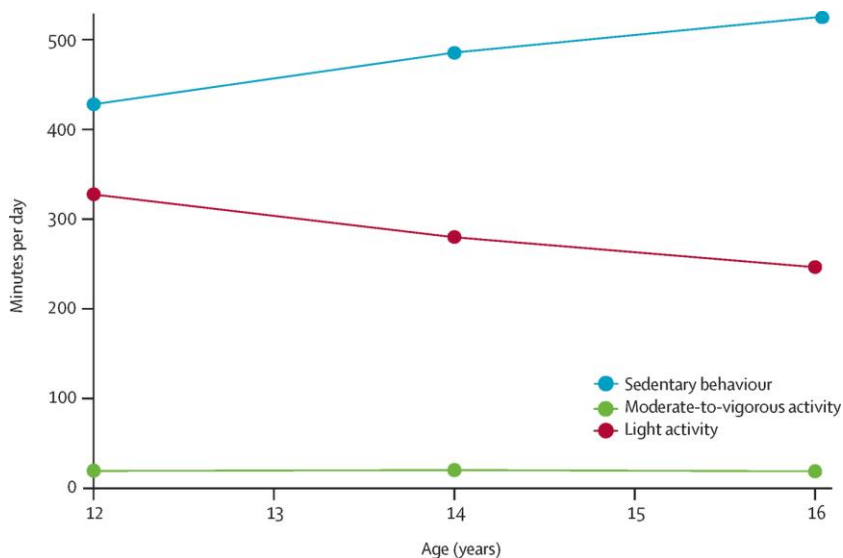
## IV. RESULTS

One of the promising directions for optimizing the physical education of young people in order to form their physical culture is considered a personality-oriented approach in education, which involves building a teaching team in a special communicative environment.

A special role in the formation of a person's physical culture is played by a dialogue, which involves the clarification of their values of physical culture by a teacher and a student by comparing them with the values of others: scientists, athletes, writers, poets, representatives of various cultures (Eastern and Western, ancient and modern, etc.). At the same time, dialogism presupposes equality of partners, and, moreover, not in knowledge, not in experience, not in the level of education, but in their value-semantic relation.



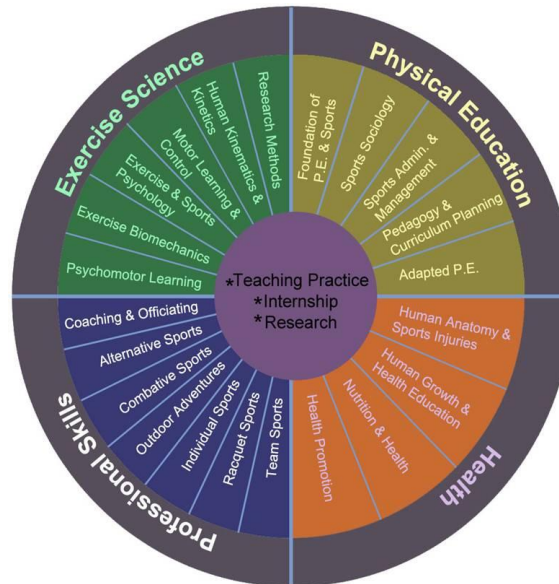
The defining components of the content of the theoretical course of modern physical education, which can be included in its basic basis, can be: internalization by students of universal values of physical culture; dialogue between different physical cultures and peoples; development of material and spiritual values of universal and national physical culture; mastering the main types of physical activity of various world cultures of physical education; formation of experience of civic behavior: participation in various physical culture and sports events, manifestation of civic feelings, counteraction to immoral phenomena, upholding human rights, including in situations of risk, etc., accumulation of experience in experiencing emotionally intense situations of humane behavior in competition, sports competitions, respect for the rights and dignity of other people, etc., mastering situations of real independence: decision-making, free choice of actions, ways of self-regulation of behavior in the process of physical education, organized on the basis of role-playing games.



Physical activity levels at different ages

The content of a theoretical course on physical education in humanitarian universities should be presented in the form of business games, where modeling the conditions of dialogue is most effective. Moreover, the construction of such activities should be carried out on the basis of the principles of constructing socially orienting games, such as social role-playing and innovative (productive) games. One of the most striking examples of the implementation of the dialogue conditions in the process of physical education of students of humanitarian universities is the game "Dialogue of Cultures".

To optimize the technology of physical education of students of humanitarian universities, it is advisable to use models of a person of culture, in which various sections of the cultural origin of the personality are presented: freedom, humanity, spirituality, creativity, adaptability. In this case, it is based on the culturological concept of the formation of a person's physical culture and the concept of personality-oriented education.



The developed methodology of physical education based on the implementation of the provisions and principles of personality-oriented education in the context of its dialogicity is highly effective, since during the time of study at a higher educational institution it allows to form at a sufficiently high level the main components of a person's physical culture, characterizing the real (active) attitude of a person to his own body, their health as values, and allowing them to really use them for self-improvement of their physical development.

## V. CONCLUSION

The system-forming role in the formation of a person's physical culture is played by the individual style of her activity. It should be borne in mind that students can fulfill the same requirements using different techniques and methods. Moreover, each student chooses techniques and methods that optimally correspond to his individual characteristics (needs, abilities, temperament, habits, mood, etc.). The most complete and comprehensive formation of physical culture is manifested in creative activity. A protective attitude towards individuality, its support is a necessary condition for the integrity of the personality, its physical and moral health, emotional well-being.

The first group of tools provides general pedagogical support for all students and creates the necessary emotional background of goodwill, mutual understanding and cooperation. This is an attentive, friendly attitude of the teacher to the students, trust in them, involvement in lesson planning, the creation of mutual learning situations, the use of didactic games, various forms of dramatization, creative work, a positive assessment of achievements, dialogical communication.

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## ОСОБЕННОСТИ ФИЗИЧЕСКОГО ВОСПИТАНИЯ В ВЫСШЕЙ ШКОЛЕ

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### Аннотация

В статье рассматриваются различные подходы к реализации гуманистических ценностей в образовании, в которых личность является высшей социальной ценностью. Особое внимание уделяется индивидуальному подходу к обучению и воспитанию студентов.

Данная концепция должна быть направлена не только на повышение физической подготовленности студентов и укрепление их здоровья, но и на формирование рациональной структуры занятий в свободное время. Анализ научно-методической литературы по данной теме показал, что в вузах недостаточно внимания уделяется формированию здорового образа жизни у студентов, укреплению здоровья и улучшению их физического самочувствия.

**Ключевые слова:** спорт, студент, институт, общество, государство.

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