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The role and significance of physical culture and sport in the sphere of education

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Abstract---This article is devoted to the actual problem of physical training in the process of obtaining education. The paper analyzes the peculiarities of preparing students of this category of education, considers ways to overcome individual problems that arise during physical training.

Keywords---physical training, higher education, sports, sociology of sports.

Introduction

The Importance of Sports in Education Sports and exercise can be powerful tools in developing a healthy body and mind. Our article explores all the benefits of sports in education, affecting the physical and mental. While many subjects at school are taught primarily in the classroom, sports and physical education provide a great opportunity for children to get outside, get active and focus on developing different skills. The benefits of sport in education are enormous, and it's not just the physical benefits. This article explores how sport has a positive effect on student achievement and more.

Benefits of Physical Education

Here are just a few of the benefits you will see in your child when they get more physical activity and sports. Keeps in shape and improves health. In fact, physical education can have a range of health benefits for anyone, and children are no exception. Children are bundles of infinite energy, and physical education can be a great way to release it. As we all know, exercise is a great way to improve your fitness levels and stay healthy. For children with disabilities to play sports outside of school, physical education lessons are vital for overall health. As we will detail below, this in turn affects every aspect of their lives.

Increases self-esteem

Sport is success, achievement, teamwork and friendly competition. Physical Education (PE) teachers are trained to use the fun and natural competitiveness of sports to help students enjoy playing together so they can exercise, learn to play together, and build self-esteem. Everything from a short word of encouragement from a coach to a team-winning goal can help build your child's confidence. Strong self-esteem is a vital character trait for children's development. The spirit and tenacity instilled in him through sport can be transferred to the wider academic life.

Reduces stress

Exercise is one of the best stress relievers. Research has shown how being active can reduce stress symptoms in children. If classes in other subjects are putting undue pressure on your child, PE is one of the best ways for them to reduce this. Exercise releases endorphins in the brain, which are key feel-good transmitters for the mind and body. It is also one of the best ways to forget about any external problems. Sport focuses our attention on the task at hand, allowing us to relax and forget about other worries.

Improves sleep

Having used up all this energy running around the sports field during the day, our bodies and minds are tired by the evening. Sleep is a vital part of maintaining our overall health and well-being and plays an important role in our mood and performance throughout the day. Sleep is known to reduce stress and anxiety, improve our mood and increase our ability to concentrate. The Sleep Foundation found a direct relationship between better school performance and earlier or longer sleep. One of the best ways your child can get the sleep they need is with an appropriate amount of sports and exercise at school in PE classes.

Develops team and leadership qualities

Any successful team is made up of people who can work together with others. Teamwork is a vital skill in the work world, and physical education is often the earliest exposure children have to it. Many sports teams support the importance of the team over the individual. Your child will be able to contribute to the team environment and see firsthand how important it is to succeed.

As they progress, they may also take on a leadership position, such as team captain. Decision making is the key to being a good leader. Sports are a great channel to improve this skill when it comes to making decisions and communicating regularly to other team members. In the work world, knowing how to fit into a team environment is one of the first things employers look at. As they progress, their team leadership experience will also be critical to their career progression.

Instills patience, discipline and perseverance

Failure is an underrated part of the sport. It takes perseverance and hard work to succeed in life, and sports are one of the best ways to demonstrate these virtues. The simplistic nature of sports, in which winners and losers can be identified, leads to natural ups and downs - something children should be prepared for at a later age. Sports are a great way to show how hard work pays. To be successful in all areas of life will require perseverance and an unyielding attitude. Through sports, your child will learn about the benefits of hard work to achieve their goals. The positive impact of sport extends far beyond the physical. Exercise and sports activities can have a significant impact on other areas of a child's academic performance.

Involving a child in their work is one of the biggest challenges a school teacher faces. A study by University in the Netherlands showed how exercise can improve the attention span of schoolchildren, and a Pediatrics Journal report shows how students who exercise after school can improve their executive functions. The hippocampus is the part of the brain responsible for learning and memory. A study published in the journal Brain Research found that regular exercise helps develop this part of the brain. Thus, regular cardiovascular exercise is associated with better brain function and improved memory.

In addition to sharper brains and a better ability to remember information, research has also found how our creativity is boosted by simple exercises like leisurely walking. Specifically, an experiment at Stanford University found an improvement in divergent thinking, which is about generating out-of-the-box ideas rather than finding the right answer to a question. Add all of the above together and you will have kids who are capable of doing better in the classroom, backed by science. The University of Illinois has found a strong link between children's physical fitness and their academic performance.

Physical education is an integral part of the upbringing of any child. To find out how your nearest Nord Anglia Education school is taking advantage of physical education for your child's development, visit our schools page. Such as sexual reproductive health, among other topics, can therefore be taken up by other sectors to promote specific learning objectives such as science, technology, engineering and mathematics, which people believe can only be led by brilliant students.

However, if left unchecked, female and male athletes can feel misused and wasted when they spend most of their time traveling from one region to another to

participate in ball games and other organized sporting events. This can lead to limited study time, resulting in poor academic performance. To avoid this in the future, schools can put in place an actionable plan to ensure that students who play sports are given extra time for learning and repetition, allowing them to catch up. You should also conduct mentoring and motivational conversations with athletes to help them realize that sport without education cannot take them further.

The sport of the highest achievements is organically connected with mass sports, although this connection is not contained in the rigid framework of mathematical relations. It is impossible to deduce, say, from every hundred (thousand) people involved in sports, some certain, and even more constant, number of people into big-time sports - there are too many factors that affect this ratio. These include the selection methodology, the degree of actual readiness of the coaching staff for a certain type and level of activity, the provision of bases, inventory and equipment, the number and nature of instruments and simulators, the value orientations of children and parents, the attitude of the administration, the actual state of the management system, organizations and many others factors.

Sport is also one of the most important means of rational use of free time, which, according to K. Marx, is a true measure of the wealth of society, since it is here that the human personality, its bright individual originality, is recreated. The importance of sport in life is multifaceted, and there is no need to talk about many of its well-known functions. However, it is unlawful to assign functions that are unusual for it or to solve some complex social problems with its help. For example, it cannot solve the problem of social contradictions and inequality in capitalist society, although it is widely used as one of the effective means of diverting the attention of the working people from the political struggle. Sport itself does not "deform" the personality and does not revive "aggressive instincts", as some bourgeois sociologists believe. But attempts to "canalize" these "aggressive instincts" through sport are characteristic of modern capitalist society. Physical education at the university is a learning process in the interests of preparing students for an active social life and fruitful work, as well as maintaining and strengthening health, constantly improving the physical, moral, intellectual, aesthetic education of a person, which includes all types and forms of organizational, purposeful and systematic activities carried out by public and private educational institutions in order to acquire vital physical qualities and sports improvement of students. The problem of human health is one of the most complex and relevant in the first half of the twentieth century.

I. I. Brekhman introduces a special concept of "valueology", which he proposes to call the new science of human health. Valeology rightfully refers it to those modern problems that are commonly called global. Valeology is not only a science, but also a lifestyle; it is the art of living and surviving. In the animal world, survival is about adaptation. A person survives in the world not so much through adaptation, but through the transformation of the world, through the creation of such models of the world, in which his connection with the existing must be present.

F. A. Kashapov, O. V. Terentiev, V. E. Zeissler emphasize that only connection with the existent makes a person adapted to the world, socialized and socially healthy. V. P. Kaznacheev reveals the essential links between human health and public health, on the one hand, and education, on the other. Indicates the importance of medical, pedagogical and physical education knowledge to achieve the complex effect of human health and society [2, p. 21] One of the most important tasks that the human sciences must solve is the development of the problem of health as a fundamental right and a special value of the personality of modern civilization. A person's health in the system of his worldview values is the most important personal guideline, since it is a condition for the realization of a person's creative potential.

But, as you know, within the framework of valeology, the goal is not to strengthen the health of the human body and its psycho-emotional health. Here we are only talking about raising the general humanitarian culture of man. The introduction of humanitarian values into the system of strengthening spiritual health is the prerogative of the valeological approach in education. The formation of a responsible attitude to one's own health also depends on the reasonable and spiritual attitude of the individual to the world and to himself. Spiritual health is a necessary condition for human self-realization. And at the same time, it determines the awareness of the realization of one's potential and, in this sense, significantly affects the level of physical health. Spiritual health expresses the state of subjective well-being, which reflects a positive emotional self-assessment of one's life. The health of an individual is measured by the level of well-being of the social structure of society.

At the same time, health is a "good" achieved by the Personality's own efforts. A person to a large extent becomes the subject of his own health. It depends on the will of a person what he is able to create in himself and around him, as well as how he will use the techniques of producing health. The philosophy of health proceeds from the installation of the complex nature of health, takes into account the social and personal aspects of the formation of the need for health. If the social health of an individual is determined by the level of his well-being in a particular social system, then individual health is determined by the ability to independently control one's behavior, the process of self-development and be responsible for one's health. In our opinion, a new branch of modern philosophy, which appeared in the 90s, becomes a necessary link between philosophy and health. 20th century In our country - the philosophy of health. The philosophy of health is a branch philosophy that reveals general knowledge about health as a phenomenon of human existence, more broadly - living natural and social systems, and also studies the scientific and philosophical mechanisms of its knowledge, gives a general definition of this most important property of living systems, including man.

The scientific and philosophical understanding of health provides grounds for understanding a healthy lifestyle (HLS) as a form of human existence in a healthy state for a long time and ways to preserve and strengthen this state (HLS). The problem of a healthy lifestyle, in turn, is also a "transitional" one, it turns out to be a link between philosophical and physical education knowledge. Philosophical culture sets the parameters of a healthy lifestyle culture, an important component

of which is physical culture. In this emerging transitional area of knowledge, various aspects of the understanding of health are being explored. So, Ushakova E.V., Nalivaiko N.V., Vorontsov P.G. They propose to consider health in several main aspects - medical, social and physical education. We are interested in the last two aspects related to the problem under consideration.

Human health in the social aspect, as an organic part of society, is the most general concept. At its core, it contains medical, pedagogical health, but is not limited to them, including also spiritual and moral health, coming from the best traditions of the people, from the culture of religion, art, morality, patriotism; civil (socio-political) health with the organizing idea of the life of the Motherland (native ideology) and the person in it; ecological health, determined by the ability and art to preserve and ennoble the natural environment of Mother Earth. Health in the physical aspect is an integral part of human social health. Physical health is a complex activity: Pedagogical (coaching);

Health-improving (restorative, medical-preventive and hygienic), Specifically health-improving and mass-sports, developing the body and soul with the help of special complexes of physical activity. Health in the physical aspect should stand out, since there is a unique specific method of its formation here - the achievement, strengthening and development of health with the help of special complexes of physical exercises and movements in physical culture and health practices and in various sports, as a result of which not only the body is transformed, but also the psycho-spiritual essence of man. The authors believe, and we agree with them, that health in the physical culture aspect can be considered as a special form and way of achieving, strengthening and developing health with the help of special health-improving and sports-training types of motor activity. These movements constitute the main content of physical culture and health practices and various sports. They generally beneficially transform the body and soul of a person.

These issues at the Altai State Medical University, in the theory and practice of physical education, are dealt with by teachers of the Department of Physical Culture and Healthy Lifestyle under the guidance of the head. Now we can consistently move on to physical culture and sports as applied methods of developing and strengthening the psychophysical health of a person. Physical culture is an integral part of the general culture of society. It is aimed at strengthening health, developing the physical, moral-volitional and intellectual abilities of a person in order to harmoniously form his personality. Physical culture is an effective way to increase the social and labor activity of people. It is able to satisfy a number of important moral, aesthetic and creative needs, the vital needs of mutual communication and the development of friendly relations between peoples and countries. Sport is an organic part of physical culture. It represents a special area of competition between people and their communities for comparing the achievements of athletes in certain types of physical exercises, technical, intellectual and other forms of training. Student sports include general developmental activities, special training in sports sections and teams, collective and organizational work in public sports associations (sports clubs, physical culture groups, etc.), participation in sports competitions. It should be noted that student sports life covers not only young people with a sufficient level of health,

but also students with physical disabilities or experiencing, for one reason or another, certain physical difficulties, including addictive behavior. For such groups of young people, special training is organized, which is carried out in special health-improving medical groups or in special sports institutions for the disabled, at the expense of the institution and social protection authorities. Now let's turn to the practical form of physical education and sports activities represented by tourism.

Tourism is a special applied (practical) means of physical education and a sport. Thanks to him, on the one hand, the strengthening of one's own physical and psycho-spiritual health is achieved, and on the other hand, communication with the beauty of nature takes place and the ability to overcome the difficulties of staying in difficult natural conditions is developed through the education of character and willpower. Sports training of tourists includes motor actions of various form and content, connected with the deliberate overcoming of significant distances in sparsely populated areas, performed in natural conditions by collective efforts. The purpose of such physical and psycho-spiritual loads is the formation of a person's skills and abilities necessary for him in industrial, military and household activities, with the simultaneous solution of educational, educational, recreational and sports tasks. In addition, active tourism, which is both a sport and a way of active recreation, and "natural" behavior. They are also associated with the fulfillment of the mandatory requirements for overcoming routes on hikes, with increasing complexity (route category) , in accordance with the Unified All-Union Sports Classification. Such an increase in effort and skill makes it possible to improve the physical, mental, collectivist and organizational abilities of a person. Educational, educational, recreational and sports tasks in tourism belong to the category of general tasks. Their solution is interconnected and generally does not depend on the age and degree of special physical fitness of those involved. For example, during a hike, educational tasks can be solved by direct influence on each participant by the team, and individual members of the group - on the whole group. As a result, a sense of collectivism is formed, personal interests are subordinated to the public. And the duration of movement in field conditions, the gradual increase in physical activity bring up endurance, strong-willed and collectivist qualities of the participants in the campaign. Simultaneously with the educational tasks in the campaign, educational ones are also solved. Knowledge of local history, natural history, topography, obtained by those involved in theory, is accumulated and consolidated even before the campaign. Here theory is supported by practice. In field conditions, knowledge on the methodology of the formation of motor skills and abilities is also improved.

Thus, physical education for students in higher educational institutions has a program that allows students to develop and strengthen their health, both physically and spiritually. Students have the opportunity to take part in various competitions, both within their own university and in interuniversity, at various levels, from city to all-Russian. This brings up team spirit, willpower and other qualities that are important for a person. Thus, we can say that physical education plays an important role for students. It not only forms physical culture, but also the humanistic values of sports and a healthy lifestyle.

In practice, the possibilities of a positive impact of physical culture and sports on bodily (somatic) health, on the spiritual world, on the will and moral principles of a young person's personality are realized. Physical culture and sports activity is increasingly manifested as a means of improving the quality of life, as a form of creativity, as a creative force of sports, not only in general, but also for oneself personally. So, having studied the social essence of sport, we can state that sport is characterized by creative activity associated with the knowledge of its capabilities by a person, along with the search for ways to realize the growing abilities of people to the maximum. This function of physical culture and sports is most manifested in the league of the highest achievements, because on the way to the coveted podium, the athlete is forced to continuously improve the training system, be in search of the latest means and methods of training, come up with new technical elements and find innovative solutions for direct sports activities. Each athlete needs to strive to maximize their own potential and their capabilities, use them as efficiently as possible at the stages of preparation for competitions in order to climb higher and higher up the ladder of sportsmanship.

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