

The Use Of Physical Exercises In Order To Improve The Healthy Lifestyle Of Students

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Annotation. The relevance of the problem of forming a healthy lifestyle of students is determined by the fact that most students lose the understanding that self-development, having healthy lifestyle skills is a help not only to themselves, but also to others. Modern conditions of educational activity in universities place increased demands on the state of health of students. Motor activity with a wellness orientation is currently considered as the main, and sometimes the only way to form and maintain health.

Keywords: physical exercises, healthy lifestyle of students, hypokinesia, physical inactivity, sports, physical qualities.

Introduction

Lifestyle as a system consists of three main interrelated elements, a culture of nutrition, a culture of movement and a culture of emotions. Consider the main factors that provide an opportunity for a healthy lifestyle of a particular person, are: the ability to reflect the ability to self-observe, comprehend their actions, the state of the habitat and an acceptable mode of work, rest.

A healthy lifestyle requires a person to make strong-willed efforts and comprehend actions, predict the consequences for himself personally and for other people. A reasonable work and rest regime is an important factor in a healthy lifestyle, since basically a person's life takes place in alternation of work and rest. Thus, the way of life and the creation of conditions for the formation of a healthy life of each person depends on five social factors, specific historical conditions and cultural traditions.

The purpose of physical education in higher education institutions is to promote comprehensive personal development, training of highly qualified specialists.

The physical education program solves the following specific tasks: students acquire a system of knowledge on the basics of theory, methodology, organization of physical education and skills to work as instructors, trainers;

psychophysical preparation for work, taking into account the specifics of their future professional activities.

The tasks of physical education of students listed by us are solved taking into account the state of their health, the level of physical fitness, the interests and abilities of students, as well as their upcoming professional activities.

Physical training of a student is one of the main components of the multifaceted training of a physical education teacher and ensures the implementation of pedagogical skills in the educational process of a specialist, his capacity throughout his professional activity. Physical training is carried out in various forms throughout the entire course of study at the university: in practical classes in sports and pedagogical disciplines, in groups of sports and pedagogical improvement independently in their free time.

The formation of motor skills and the development of physical abilities in the process of mastering the programs of sports and pedagogical disciplines are accompanied by the assimilation of knowledge among students with the formation of professional and pedagogical skills necessary for conducting practical forms of educational work in a secondary school. We consider it necessary to consider didactic

principles that contribute to the increase of students' learning activity.

To what extent it is legitimate to use these definitions to characterize the modern lifestyle of students, we will consider below. After all, it cannot be said that we never get tired, do not feel a decline in vitality, mood, and never feel physically tired. According to many scientists, their lifestyle makes an important contribution to the health of modern youth.

Let's consider what entails a decrease in the volume of movements. The musculoskeletal system accounts for about half of the total body weight. Naturally, a violation in this case, a decrease in the level of functioning of such a part of the body cannot pass for him without a trace. There are a number of adverse changes, of which the following four interrelated groups can be distinguished.

First of all, the intensity of nerve impulses entering the central nervous system decreases. There is a drop in the overall tone of the cerebral cortex and, consequently, the efficiency of the "control and regulation center" of all organs and systems of the body. As a result, there may be a tendency to develop asthenic syndrome with various disorders of the internal organs. This condition is characterized by increased fatigue, extreme mood instability, weakening of self-control, intolerance, restlessness, sleep disturbance, loss of ability to prolonged mental and physical stress. All these symptoms can manifest themselves to varying degrees and adversely affect the effectiveness of the educational activities of future specialists.

Along with changes in the activity of the higher parts of the brain, hypokinesia contributes to a decrease in the level of functioning of subcortical formations responsible for the work of, for example, sensory organs (hearing, balance, taste) or those in charge of vital functions (breathing, blood circulation, digestion). As a consequence, there is a decrease in the overall defenses of the body, an increase in the risk of any diseases.

As a result of reduced loads, various atrophic processes develop, which are expressed in a decrease in the size of organs or tissues, primarily muscle, in a decrease in their functional

abilities. A decrease in muscle mass leads to a loss of strength and muscle tone, endurance. Tendons and joints weaken, the elasticity of ligaments decreases. The phenomenon of atrophy is characteristic not only for skeletal muscles that provide direct human movement, but also for the heart muscle, respiratory muscles, muscle fibers in the walls of blood vessels. A general detraining of the cardiovascular and respiratory system develops, when even a slight physical strain is accompanied by a rapid decline in strength, shortness of breath, and sometimes light dizziness.

With a decrease in the number of movements, there is a decrease in mechanical effects on the body's functions: the motor function of the intestine is disrupted, stagnation in the lower extremities is observed, air circulation in the lungs decreases, etc. As a result, such phenomena as varicose veins, atony (drop in tone) of the intestine, constipation, pasty and other stagnant disorders can progress.

A decrease in mobility leads to a decrease in heat production, a violation of the regulation of the heat transfer system. As a result, the body becomes more susceptible to hypothermia when exposed to conditions with a low ambient temperature.

All these shifts with varying degrees of severity occur in the human body leading a sedentary lifestyle, and if we take into account that students of higher educational institutions are still forming an organism, then the relevance of physical exercises is as high as ever. It is important to understand that these changes accumulate and develop over time. The body can adapt to individual functional shifts only initially. Subsequently developing disorders cause more persistent deviations. However, a negative result is obtained at the level of human performance, a drop in the performance indicators of specialists.

The most effective alternative to hypokinesia in modern conditions can be physical exercises. The main role and importance of active movements as a means of combating hypokinesia is clear to everyone. This is the maintenance or development of the functional state of the cardiovascular and respiratory systems, strengthening muscles, increasing flexibility,

strength of the ligamentous-articular apparatus, the development of physical qualities such as strength, endurance, speed and agility.

However, to dwell on those general mechanisms of the influence of physical exercise on the human body, which are not always taken into account even by specialists in physical culture and sports.

Firstly, physical exercises are a very effective means of influencing the psyche of students. Regularly performed physical exercises cannot radically change the main character traits, temperament properties, but their effect on mood, activity, and well-being can be very noticeable. The results of scientific research indicate that after a single session of sufficiently intense physical exercises for 2-3 hours, the feeling of self-confidence significantly increases, self-esteem increases.

Students who regularly engage in various sports are characterized by a higher level of self-esteem and mood stability; isolation decreases, sociability expands, and the ability to communicate increases. Some psychotherapists recommend courses of physical activity to their patients in the process of treating depression or various neurotic disorders that have been very common recently.

Secondly, by exercising regularly, we maintain or develop the level of self-organization of our body. The metabolism of a sufficiently active person improves or, in any case, undergoes minimal age-related changes. Physical exercises in combination with other factors of a healthy lifestyle are one of the most effective levers of this process.

Thirdly, physical exercises, as a rule, are associated with a visible, formal effect, while the effectiveness of many physical education programs is evaluated primarily by criteria such as the development of strength, endurance, speed, an increase in the volume of skeletal muscles, improvement of its relief. Such a point of view about the role of physical exercises for a modern person, in our opinion, has been mechanically transferred to mass physical culture from "big" sports. Without completely denying the legitimacy of this approach, it can be noted that

the powerful musculature of athletes is of vital importance for a modern person.

The main muscles, on which the state of the body depends, are modest and barely noticeable. These are the heart muscle and diaphragm, which provides respiration, the thin muscles of the vessels and internal organs, as well as the abdominal and pelvic regions, which support very important organs. The orientation of physical culture to the development of only external manifestations of physical abilities is somewhat one-sided. In many cases, this leads to the fact that we seem to pay attention mainly to the surface part of the iceberg, not taking into account that its magnitude is hidden under the water.

Fourth, physical exercise helps to expand our inner and outer world in many ways. There is a whole world of movements, just as there is a "world of music" or a "world of poetry", and those who remain outside this world impoverish their lives. The great Russian physiologist I.P. Pavlov called the human sensations that arose during physical work "muscular joy".

This feeling is characterized by a very rich range of internal sensations. A person who regularly exercises his body knows how to feel it more subtly and, therefore, to a better extent regulate and manage the state of his body. It is known that athletes can very subtly differentiate the feeling of their body. A similar property, on an instinctive level, is inherent in animals. Psychologists write the following about this sense of self and its connection with our well-being, our way of life: "Each of us has a natural self-intuition.

A growing up person, obeying external requirements, hears the inner voice worse and worse. He eats when he doesn't want to, and doesn't sleep when he wants to, his mobility has been clogged since childhood, when he is first pulled down with diapers, and then every now and then they put him down: "don't turn around", "stop talking", "sit still" ... He forgets how to run, jump, climb and climb and soon ceases to be a natural all-rounder. He clogs the windows and breathes the body's garbage instead of air, although all his cells require an influx of fresh ions and oxygen.

A lot of questionable conditioned reflexes completely confuse his desires, there is a foggy swarm of pseudo-desires and pseudo-needs that drown out instinct. Everything harmful or excessive warns about itself with unpleasant sensations, at least slightly perceptible, but, a slave of civilization, heroically raping himself, he achieves that his body agrees to everything. For the time being."

Summing up, it can be noted that the body of a physically active student is more economical and efficient when functioning not only with high, but also with low intensity, it adapts more easily to unusual external influences, has a higher stability of its functions and is able to adequately perceive a wider range of impressions. The role of physical education and sports teachers involves not only conducting physical education classes, but also promoting a healthy lifestyle among students, forming aesthetic ideals, ethical standards of life for future specialists.

Thus, physical education is a pedagogical process that is aimed at the formation of a healthy physically perfect younger generation. Included in the system of education and upbringing, it promotes physical fitness, the acquisition of necessary skills and abilities, the versatile development of physical abilities.

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