

# ТЕОРИЯ И ИСТОРИЯ ФИЗИЧЕСКОЙ КУЛЬТУРЫ, СПОРТА, ТУРИЗМА

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## THE ROLE OF PHYSICAL CULTURE IN SHAPING A SPECIALIST'S PERSONALITY

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**Abstract.** The author examines the influence of physical culture on the formation of a professional's personality. The importance of personal physical education and mass sports in personality development.

**Keywords:** *physical culture, the personality of a specialist, the role of physical culture, the formation of the personality of a professional.*

An important component in the formation of a healthy lifestyle for students is the introduction to physical culture. Along with the widespread development and further improvement of organized forms of physical education, independent physical exercises are crucial. The complex and modern world dictates higher demands on human social and biological capabilities. The comprehensive development of people's physical abilities with the help of organized physical training allows you to focus the internal resources of the body on achieving the set goal, strengthens health and increases human performance.

During the evolutionary process, the function of muscle movement subordinated the structure, functions and entire vital activity of other organs and body systems, so it reacts very sensitively both to a decrease in motor activity and to its increase (heavy and unbearable physical exertion). One of the mandatory factors of a healthy lifestyle is systematic, appropriate to gender, age and health status. Physical activity is a combination of various motor actions performed in everyday life. Most people engaged in scientific activities have a limitation of motor activity.

There are several factors that determine the interests and motives of students involved in physical education and sports. These include: the state of the material base, the content of classes and the orientation of the educational process in physical education, the state of

health of the students, the personality of the teacher, the frequency of classes, their duration and emotional coloring. Depending on the tasks set by the student, various systems of physical exercises can be used to: develop basic physical qualities; master vital skills. It is necessary to achieve the fulfillment of training plans during classes, overcome the complications introduced into classes, and apply elements of competition.

Physical education at the university is mandatory for all specialties and areas of training, it is one of the means of forming a comprehensively developed personality, optimizing the physical and psychophysiological condition of students in the process of professional training. We can find confirmation of this in the article by L.A. Bolshakova, S.Yu. Ivanova's "Professionally applied physical training of students in the system of physical education at the university" [1], in which the central place is given to explaining the importance of physical training for a person, an employee with specific work skills, since it affects the adaptation of a person to a social environment.

To study the influence of physical culture on a person's life and professional activity, it is necessary to take into account both constantly existing factors that have not changed over the years, and the trends of new times, which set a person the task of improving and developing more and more, including improving their physical condition and health. The author of the article

“Formation of the foundations of a healthy lifestyle for young people and the popularization of physical culture and sports as urgent problems of our time” [2] E.V. Matkova pays special attention to the influence of the media on the level of physical culture among young people, expressing the opinion that it is the media that promote the humanistic values of sports, show the full cultural and educational potential of the country, talk about a healthy lifestyle and personality formation through physical culture.

The criteria by which one can judge the formation of a person’s physical culture are objective and subjective indicators. Based on them, it is possible to identify the essential properties and the measure of manifestation of physical culture in activity. This can be done thanks to the article by N.N. Mogilnits and I.O. Lyzar “The effectiveness of functional training in classes with young people of student age” [3]. Functional training as one of the types of human activity allows you to prepare a specialist for the whole variety of physical activities that he will have to face in everyday life. The use of various techniques can significantly increase fitness indicators and improve the overall condition of the cardiovascular system.

Physical exercises, having material (physical) and spiritual (ideal) sides, in addition to education, were aimed at physical development, improving strength, endurance, speed, dexterity. Subsequently, these areas were consolidated as the acquisition of skills and motor qualities. According to L.A. Strogoleva, the author of the article “Physical culture and recreation activities of students” [4], it is necessary to create an atmosphere in the classroom that forms the creative component of a future specialist, versatile sports activities.

The peculiarity of the phenomenon of physical culture, unlike its other spheres, consists primarily in the fact that it most naturally combines the social and biological in a person into a single whole. The process of bodily development of any person is expressed in the improvement of the forms and functions of the body, the realization of its physical capabilities. In the process of playing sports, the most important problem arises — this is the problem of health saving, which is available in the article by E.V. Kozlova “Health saving in the professional training of university students” [5]. According to her, the primary task of teachers is to educate students in the habit of being more balanced, prudent, confident in themselves and their abilities, aware of personal responsibility for their own health and the health of others.

It would be too short-sighted to consider physical culture involved only in the reproduction of the physical essence of a social person or only as a factor modifying the lifestyle of an individual. Therefore, the concepts of “physical development”, “physical education” and “physical education” should not be confused. The meaning of these concepts is distinguished by the authors in the article “Physical culture and sport in the higher education system” [6]. It is here that the bearing role of sport in the educational process is considered.

However, A.V. Kozlov in the article “The importance of the organizational culture of the university in the formation of general cultural competencies of students” [7], considering physical education as one of the types of education, defines it as an educational and educational process characterized by all the common features inherent in the pedagogical process (the leading role of a specialist teacher, the orientation of the educator and those being educated on the implementation of educational tasks, the construction of a system of classes in accordance with didactic and other general pedagogical principles).

Therefore, the main categories of physical education, according to E.V. Tkachev in the work “The connection between student sports and sports of higher achievements” [8], are upbringing, education, training, development.

Yu.M. Pasovets emphasizes that “physical education” orients the entire pedagogical system to a new target approach – the formation of physical culture of the individual. He examines the main conceptual provisions of the development of physical education, defined in the work “On the motivation of physical culture and sports activities of student youth” [9].

The need for physical education and sports exists throughout a person’s life, although the obvious result of their impact may not be immediately noticeable, at least we do not always realize what physical culture and sports give us. Based on R.O. Bezylyagny’s article “Mass sports in the life of student youth” [10], it can be concluded that a person should understand the role of motor activity in his life. And it’s very good if he realizes this not too late, in order to start leading a healthy lifestyle.

Sports and physical education are not only a healthy lifestyle — it is generally a normal and healthy life, which opens up new and new opportunities for the realization of their strengths and talents. This is the path that a sane person takes in order for his life to be fruitful and bring joy to himself and others.

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## Роль физической культуры в формировании личности специалиста

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**Аннотация.** Автор рассматривает влияние физической культуры на становление личности профессионала. Значение персональных занятий физической культуры и массовых видов спорта в становлении личности.

**Ключевые слова:** физическая культура, личность специалиста, роль физической культуры, становление личности профессионала.

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