



## **FEATURES OF BUSINESS SPORTS AND PHYSICAL EXERCISES STUDENTS OF HIGHER EDUCATIONAL INSTITUTIONS**

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<b>Received:</b> August 7 <sup>th</sup> 2021 <b>Accepted:</b> September 10 <sup>th</sup> 2021 <b>Published:</b> October 12 <sup>th</sup> 2021	This article is devoted to such a topical topic as the peculiarities of sports and physical exercises among students of higher educational institutions. The article deals with the main motivations of students when choosing sports and systems of physical exercises; about the main reactions of the body to the performed physical work. And also, tests to determine physical fitness.
<b>Keywords:</b> Physical activity, heart rate, motivation, athletic performance.	

### **MAIN PART:**

Life is movement. Each of us must remember that if a person spends little time on physical activity, and spends almost all the time in a sitting position, this will negatively affect the joints and muscles. In childhood, we are very restless, we spend a lot of time in motion, and over time we are less and less physically active. As a result of recent studies, there is a significant deterioration in physical fitness and, in general, the state of health of students studying in higher educational institutions. According to research data, about half of high school students and schoolchildren have chronic diseases. Quite often there are students with diseases of the musculoskeletal and cardiovascular systems, which are caused by a lack of motor activity of student youth, nutrition, unfavorable environmental conditions and a modern way of life. Sport helps everyone to improve and maintain their physical abilities and skills. This is a fun way for the participants. Sports play a big role in everyone's daily life, especially for students. Everyone should participate in sports activities even for a short time during the day. Sport is necessary because it brings physical and mental fitness to the person who is involved in it on a regular basis. People who have a busy schedule in life get tired very easily. Because we all know that in order to live a calm and comfortable life, we need a sound mind and a healthy body. Education is essential to gain name, fame, and money. In the same way, while acquiring mind and body, everyone should engage in physical exercise for which sport is the best way. Movement is the main source of health. The main problem of today's youth is a sedentary lifestyle. In general, a person moves a lot. Directly a number of some movements he makes every day: get out of bed, raise a leg to get on the bus, and this is, whatever you say, movements. However, the problem is that they are monotonous and a person has been performing them for many years. At the same

time, he never makes any movements. For example, the muscles that control the movements of the fingers of students work constantly, but the muscles of the lower body are completely inactive when performing any educational tasks. Therefore, the task of the teacher is to motivate the student for regular physical exercises, and explain how this will positively affect the body. Since exercise pumps more oxygen through your blood and makes your entire system more active, the benefits of exercising actually include more energy to do everything else you need to do to manage your busy college schedule. The most important thing that a student must understand is that a healthy lifestyle cannot be compatible with bad habits. The abuse of tobacco, alcohol, drugs has a negative impact on health, is the cause of many diseases, and categorically cannot be combined with regular sports and exercise. Smoking is one of the most common and most harmful habits. As a result of smoking, the blood becomes saturated with carbon dioxide instead of oxygen. When it enters the brain, it can cause a spasm of its vessels. Even with minimal physical exercise, a person's breathing quickens, there is an intense gas exchange, the lungs open, their throughput increases. If a person smokes at least one cigarette before training, and then goes to the treadmill, his lungs will begin to experience tremendous stress, namely the lack of oxygen that occurs as a result of smoking. Alcohol belongs to a group of substances with a narcotic effect on the human body. During sports, the human heart, therefore, works at full capacity, and alcohol further increases the heart rate, contributing to heart overload. Therefore, you should not drink alcohol, especially before physical education. The process of developing students' interest in physical culture and sports is not a one-step, but a multi-step process. When choosing sports or physical exercises, most students lack clear and well-founded motivation; most often, the choice occurs by chance, less often



there is an interest in a particular sport or an understanding of the need to perform physical exercises. An important condition for a successful pastime in physical culture classes is interest and satisfaction from physical exercises. Therefore, the main task of the teacher is to interest the student in any kind of sport, in order to maintain his certain physical condition.

1. The main types of motivation:
2. Wellness;
3. Motor;
4. Competitive competitive;
5. Cognitive and developing;
6. Educational.

For the normal functioning of the body, as well as strengthening and maintaining health, you should engage in vigorous physical activity. Physical development is closely related to health. If a person is engaged in a particular kind of sport, then this contributes to the development of only certain organs and systems of the body. Therefore, you should also engage in general physical education, to maintain the whole body in good shape. With the help of specially selected physical exercises, many indicators of physical development can be improved. Classes should be selected individually, depending on the physical fitness of a person, but also one should not forget about the psychological mood: - for people who are easily distracted from work, and then quickly join it - playing sports or martial arts; - for diligent students who are focused on work and tend to homogeneous activities - running, skiing, swimming; - closed, uncommunicative, insecure should not be constantly engaged in groups. During physical education classes, a student can develop new skills, as well as improve those already acquired. If a student does not have a desire to engage in a particular sport for physical education, the teacher can offer the student general physical exercises that will warm up his muscles and will also contribute to relaxation. The main thing is not to lose the student's interest in physical activity, but rather to motivate him. Exercise enriches the body with energy, which has a positive effect on the productivity of the working day. But also, do not forget that overly intense training can negatively affect your health. A person must himself understand how strongly his physical abilities are developed and, based on this, load his body when playing sports.

#### **CONCLUSION:**

Thus, everyone should remember that movement is life. And you need to do exercises or play sports as often as possible, as this has a very positive

effect on health. Sports help students use their time constructively. Only study cannot add to the mental and physical fitness of a person. When choosing a sport, a student must take into account his level of physical fitness and health. Also give up bad habits that contribute to poor health during exercise and physical activity.

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