

**Раздел 4. «Социально-гуманитарные науки Экономика»**

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A.B. Trus<sup>1</sup>, Y.Y.Goncharov<sup>1</sup>*Karaganda Industrial University, Temirtau, Kazakhstan***Physical culture and sports activity in higher education institution.  
Ways of optimization**

The relevance of this topic is that new approaches to the formation of personality in society at the present stage of development of society in general are reflected in the physical education of students in particular.

The necessary conditions for the harmonious development of youth are physical activity and sports activities, which have a positive impact on health and should become an important component of the daily activities of modern man.

The author focuses his attention on the fact that physical activity, complex development of physical and mental qualities contributes to the development and creative use of physical culture means in the organization of daily activities, and the formation of proper attitude of students to their own health - this is the main purpose of physical education.

*Key words:* physical culture and sports activity, student, optimization, self-development.

*Introduction*

One of the significant shortcomings of the modern educational system in the physical education of students is the lack of such levers of stimulation to physical exercise, which contributed to the formation of their desire for self-development, acquisition of knowledge and skills in the field of physical culture, which would turn them into active subjects of activity [1].

Pedagogical experience and practice of physical education in higher educational institutions testify that there are a number of problems of methodological and practical nature in the issue of attracting students to physical culture and sports activities.

The theoretical and real attitude of students to such activity is very different, thus affecting the state of health, physical development and fitness of students, their value orientations, attitude to their own physical and mental well-being.

The existing system of physical education does not fully solve the problem of physical improvement of student youth in the conditions of society renewal and needs to be corrected.

Ensuring the development of general culture of personality and relieving stress after heavy mental loads is realized through physical exercise and is a necessary link in the formation of knowledge on the theory and methodology of physical education for the possibility of its further use, the development of motivation to engage in physical culture and sports activities.

To date, all pedagogical research of leading specialists in this field is aimed at studying and improving the physical education of students in higher educational institutions.

To optimize the physical education and sports process of students' education, this article considers a number of issues directly related to improving the health of each student.

Among the academic disciplines in higher education, only physical education contains the term "education" in its name. The purpose of the subject is not limited to the development of physical conditioning and health promotion. The essence of this subject provides for the formation of students' physical culture, promotes interest in systematic physical exercise and the use of lifelong means and methods of physical culture development.

An obligatory condition of the educational process is the interaction between the teacher and the student. In physical education there are the best conditions for such interaction and absolute concreteness of teaching physical exercises. Availability of motor function for pedagogical influences creates unique opportunities for educational impact [2].

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Thus, physical culture as an educational subject of higher educational institutions does not fully perform its important function, namely the formation of the right attitude of a person to their own physical improvement, which, in turn, is characterized by a decline in interest among most students in physical culture and sports activities.

##### *The main part*

To the problems of reducing the effectiveness of physical education classes can be attributed the reduction in the number of hours allocated to physical education classes, which are engaged in students only 1, 2 course, the discrepancy between the requirements of the curriculum and the state of the material base of universities, the low level of somatic health of students themselves, their low motivation for physical education. In such conditions, the development of professionally important physical and psychophysiological qualities is significantly slowed down.

Also, the curriculum is limited not only by the volume, but also by the content of classes. It should be noted that the existing control and credit standards are not fulfilled by students. A very deplorable situation is observed - running standards are fulfilled by only a few, a similar situation is observed in long jumps from a place, a little better in exercises for abdominal muscles, this is what concerns young men. The fulfillment of control standards by girls is questioned in principle. And, what is the most incredible and incomprehensible - all this does not bother the current students at all. Although students realize the usefulness of physical activity, but they do not try to realize their potential one hundred percent.

To solve this problem it is necessary to consider two tasks related to the preparation of students for professional activity and organization of independent life:

- 1) by all possible methods to promote disclosure in the students' consciousness of the importance of physical activity for their future;
- 2) to induce and support the appropriate attitude to all structural components of physical education activity, which would help to operate freely the acquired physical education knowledge, to realize skills and abilities in real life.

The solution of these problems will facilitate the process of realization of the conceived, namely the realization by students of all the importance and necessity of physical development.

Teachers of physical education should carefully analyze the educational methods that were used previously and that they intend to use today, in order to attract students to work independently on their physical education and stimulate in them the desire to actively develop and participate in the educational process.

During the performance of exercises, a stable positive experience should be formed, because it is this experience that is an effective means of stimulating independent exercise. It should be remembered that the negative attitude of students to exercise is not a property of personality, but the result of factors in the past.

Thus, physical culture and sports activity is a necessary condition for the harmonious development of students. To date, the interaction between teacher and student in the process of physical education is formal, which does not contribute to the development of the latter's desire for independent improvement [3].

The existing approaches aim at the education of an obedient performer, devoid of creativity, - a person focused on compliance and not able to independently initiate and search for ways to improve their own health. As a result, it affects the standard of living, development and formation of professionally important physical and psychophysiological qualities of students.

##### *Conclusion*

The most important conditions for optimizing the process of physical education, contributing to the attraction of students to engage in physical activity, include the actualization of the system of significant needs, motives, interests and a fundamental approach to the didactic content of the content of classes. This is possible in the case of close personal cooperation between the teacher and the student. The instructor should analyze in detail the methods of influence that were used previously and that he uses today, during the involvement of students in physical activity and stimulate in him the ability to actively respond to the educational impact. In the process of performing exercises, a sustainable positive experience should be formed, and this is an effective means of optimizing and stimulating independent exercise [4].

The role of the teacher has an important social function, namely to assist in the spiritual, mental, physical development and education of the individual. His tasks include not only the organization of the educational and cognitive process, but also the organization of health-improving activities of students, systematic solution

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of tasks to form an active life position. It is such activity in physical education that is decisive in solving problems and achieving the goal.

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#### **Университеттегі дене шынықтыру және спорттық іс-шаралар. Оңтайландыру жолдары**

Бұл тақырыптың өзектілігі жалпы қоғам дамуының қазіргі кезеңінде қоғамда тұлғаны қалыптастыруға жаңа көзқарастар, әсіресе, оқушылардың дене тәрбиесінде көрініс табуында.

Жастардың үйлесімді дамуының қажетті шарттары денсаулыққа жағымды әсер ететін дене шынықтыру және спорттық жаттығулар болып табылады және қазіргі заманғы адамның күнделікті қызметінің маңызды құрамдас бөлігі болуы керек.

Автор өз назарын дене шынықтыру жаттығулары, дене және психикалық қасиеттерді жан-жақты дамыту дене тәрбиесін күнделікті іс-әрекетті ұйымдастыруда шығармашылықпен пайдалануға және дамытуға ықпал ететіндігіне, ал оқушылардың өз денсаулығына деген лайықты көзқарасын қалыптастыруға бағытталған. дене тәрбиесінің негізгі мақсаты.

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#### **Физкультурно-спортивная деятельность в ВУЗе. Пути оптимизации**

Актуальность данной темы состоит в том, что новые подходы к формированию личности в обществе на современном этапе развития общества в целом отражаются на и физическом воспитании студентов в частности.

Необходимыми условиями гармоничного развития молодежи являются физическая активность и спортивная деятельность, которые оказывает положительное влияние на здоровье и должны стать важной составляющей повседневной деятельности современного человека.

Автор акцентирует свое внимание на том, что физическая активность, комплексное развитие физических и психических качеств способствует развитию и творческому использованию средств физической культуры в организации повседневной деятельности, формирование надлежащего отношения студентов к своему собственному здоровью - это и есть основная цель физического воспитания.

*Ключевые слова:* физкультурно - спортивная деятельность, студент, оптимизация, саморазвитие.

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