

METHODS OF HEALTHY STUDENTS IN PHYSICAL EDUCATION LESSONS

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Abstract

This article discusses the methods of health-improving students through physical education lessons, restoring and strengthening their physical and mental health. The author analyzes physical exercises, breathing techniques, active games, methods of supporting mental health and ways to form a healthy lifestyle.

Keywords: Physical education, active games, physical exercises, techniques.

Introduction

Today, the need for a healthy lifestyle is growing. Especially among students studying in higher educational institutions, factors such as lack of physical activity, stress and malnutrition have a negative impact on health. Therefore, physical education lessons are important not only for the formation of sports skills, but also as a means of health-improving. In today's rapidly developing society, the health and physical development of young students is one of the most important social and pedagogical issues. Technological conveniences, prolonged sedentary work, lack of sufficient physical activity, stressful learning environments have a negative impact on the health of young people. Therefore, increasing the health-promoting value of physical education classes in higher education institutions has become an urgent issue.

Objective: To improve the physical, mental and social health of students and increase their overall quality of life by forming a healthy lifestyle.

Analysis of materials:

1. Health improvement through physical exercise

Physical exercise is a natural means of influencing the body, activating muscle activity, strengthening the cardiovascular and respiratory systems. The following types of exercise are recommended for students:

- Light jogging, morning gymnastics;
- Aerobics and stretching exercises;
- Strength exercises (without weights or with light loads).

2. Breathing exercises

Proper breathing is an effective way to reduce stress and activate brain activity. These exercises can be performed before classes or during breaks.

- Diaphragmatic breathing;
- Full breathing techniques;
- Meditative breathing exercises.

3. Active games

Health improvement through game activities increases physical activity, develops teamwork and improves mood. Among the games:

- Volleyball, basketball, mini-football;
- Relay games;
- Interactive games based on sports activities.

4. Mental health methods

The daily life of a modern student is full of stress and tension. Therefore, psychological health also plays an important role:

- Meditation and relaxation exercises;
- Exercises with soothing music;
- Autogenic training and positive imagery techniques.

5. Hygiene and healthy lifestyle culture

It is necessary to ensure health promotion outside the classroom by forming healthy habits in students:

- Proper nutrition and water drinking culture;
- Compliance with sleep and rest regimens;
- Encouragement to give up bad habits.

Analysis and results:

In physical education classes, various methods can be used to improve the health of students, such as games, competitions, rotations and combined methods. It is important to take into account the age characteristics of children, not to overload them and to control the load.

1. Game methods: Games help develop physical qualities, increase interest and enthusiasm for classes.

2. Competition methods: Competitions develop sportsmanship, help test your strength and skills, and also help strengthen team spirit.

3. Circuit methods: Circuit training allows you to make the most of class time, develop various physical qualities, and improve coordination of movements.

4. Combined methods: Combining various methods allows you to develop physical qualities more effectively, increases motivation and interest in the lesson.

Additional methods:

Individual approach:

The teacher should take into account the individual characteristics of each student and select exercises that correspond to his physical condition and level of preparation.

Persuasion and motivation method:

Positive motivation and encouragement for success help increase interest in lessons and improve results.

Hygiene factors:

Special attention should be paid to hygiene (clothing, shoes, personal hygiene rules) during lessons and sports.

The health-improving forces of nature:

For example, walking in the fresh air, playing sports in nature, etc.

Special exercises:

Corrective and corrective exercises for the prevention and treatment of various diseases, for example, climbing stairs to strengthen leg muscles.

Conclusion:

Health promotion of young students through physical education classes not only improves their physical health, but also improves mental stability, social adaptation and quality of life. Educational effectiveness can be increased by

systematically using various health-promoting exercises, games, breathing techniques and hygiene education in these classes.

One of the indicators of the state of physical culture in society. The main means of physical education: physical exercises, physical training, labor and lifestyle hygiene. Physical education is carried out in conjunction with mental, moral, labor and aesthetic education.

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