

THE ROLE OF PHYSICAL CULTURE AND SPORT IN PERSONALITY DEVELOPMENT

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Annotation: *the article deals with the influence of physical culture on improving well-being, the formation of physical abilities, and the comprehensive development of the individual. Physical culture is considered as a sphere of culture, which allows using its own means and methods to reveal the abilities of a person. The article defines the role of physical culture in the upbringing and self-education of a person, which is achieved only with proper physical education and sports.*

Key words: *Health, healthy lifestyle, physical development, physical education, personality formation, sport.*

The question of the role of physical education in the formation and development of personalities, especially students of educational institutions, is quite relevant in our time. After all, physical education, first of all, is the guarantor of the health of the new growing generation. While the student will be engaged only in mental tasks and is busy solving problems, logical thinking, reading books, his brain is really tired. And then, of course, sports come to the rescue.[1] Lack of movement weakens the body, and it is physical activity that helps to keep it in working condition and unbalance mental stress. The development of the physical form is in no way inferior to the development of the mental, and in vain many people think that mental development is more important. After all, physical education really helps to keep the body in good shape, makes it not only strong and dexterous, but also healthy. And, as they say, a healthy mind in a healthy body.[2] These two concepts should not be separated from each other. Our mental faculties can be fully developed only if the body is healthy, not burdened with ailments.

In order to interest students, an important place is given to the introduction of modern forms and methods of physical education. The most relevant of them are innovative pedagogical technologies. The system for assessing the quality of physical education is innovative. To achieve full academic performance, attendance and increased activity in the classroom a rating system is used. Its essence boils down to the fact that the student for a certain period gains in total a certain number of points, corresponding to one or another assessment of his activity. This approach really allows assessment to play a stimulating role, to adequately assimilate the requirements for students. And also, state educational standards developed on the basis of modern requirements and in accordance with the curricula - teaching aids have been created and are being introduced into practice.[3]

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It is well known that physical culture and sports have always acted before, and act now, as a powerful means of social formation and development of a person's personality, improvement of his

individual personal and professional qualities. In other words, physical culture and sports are the most important condition, and physical education is the most important means of comprehensive and harmonious development of the individual. After all, it is not in vain that people say that “a healthy mind in a healthy body”. People around the world see the role of physical culture and sports in their lives in different ways. Some groups of people are very cool about them, and even consider them a useless activity, a waste of time. Others - see the deep meaning and vital necessity in playing sports, and, fortunately, they are in the vast majority. Moreover, each fan of sports can have both a direct relationship to physical culture, and an indirect one, i.e. someone prefers to just watch sports, and someone directly participates in them or is actively involved in some kind of sport or general physical training. Well, for some, sport is a profession. But in any case, physical culture and sports have the most positive effect on the formation and full development of a person's personality.[5]

Currently, sports are becoming an increasingly necessary and demanded component of the process of personal development and a healthy lifestyle for every person. Society is trying to persistently introduce active motor activity into the daily routine of life. The most important motive for this is the desire to increase the body's resistance to various adverse environmental conditions, preserve and increase human health, its high working capacity, as well as eliminate the manifestations of chronic pathologies. Therefore, the issues of the development of physical culture and sports, and their introduction to the broad masses will always be relevant both in our country and around the world.

The development of man took place in the conditions of the highest motor activity, which was an important condition for his existence, biological and social progress. The process of formation and development of culture, the formation of oneself as a social being, is considered not only the spiritual work of a person, but also knowledge and deepening of physiological culture, its physiological formation and upbringing.

Now studying scientific heritage, socio-political activities and acquaintance youth charity of our above-stated ancestors is considered one of the main urgent objectives of the modern intellectuals.[6]

I believe that a person, first of all, must worry not about improving his own body, but about the development and formation of a personality, which in the future will consciously worry about improving the body. From this we can conclude that playing sports develops a harmonious, multifaceted person, and it is absolutely not so important in what form this sports work will be presented. Improving the personal natural properties of the individual by means of physical culture and sports is considered one of the most promising and promising lines of people's development in the near future. In this article are given the importance, role, types of the family in modern society. Its development from ancient times till present is widely described in this article.[7] Namely, closely related natural data and personal qualities are equally affected by sports. However, the social motivations of sports make it not only a means of personal physiological improvement, but an important "tool" for the formation of a person's core. At present, the perception of physical culture as a social and individual value has sharply increased all over the world. This made it possible to form new trends in the development of both public opinion and personal motivations for further deeper study, development and application in practice of the values of physical culture. Physical culture and sports are an integral part of not only a comprehensive education and a healthy lifestyle, but also a part of the foundation of a highly moral personality. In the last decade, an active interest in a healthy lifestyle has been formed in our country, which plays an important role in the formation of a person's personality. In fact, now we can confidently say that in modern Russia a new social phenomenon has arisen and strengthened, expressed in the acute economic interest of citizens in preserving and increasing their physical health, as one of the foundations of the material and spiritual well-being of society.

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