

PHYSICAL CULTURE AS A MOTOR FACTOR OF MENTAL PERFORMANCE
OF ADOLESCENTS

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Annotation. There is a close connection between the mental and physical development of a person, which is fully clarified when studying the human body and its functions. Mental growth and development require appropriate development of physical education.

Keywords: physical activity, musculoskeletal system, people, activity, performance, physical development.

The need for movement is one of the general biological needs of the body, which plays an important role in its vital activity and the formation of a person at all stages of its evolutionary development. Development occurs in an inextricable connection with active muscular activity. If this need is not fulfilled, the body begins to weaken, leading to hypokinesia. Due to insufficient physical activity, people develop diseases of the cardiovascular and digestive systems, diseases of the nervous system and musculoskeletal system, weakening of the body's defenses.

Recent studies have convinced us that muscle hunger in children can lead to more pronounced functional disorders, significantly affecting the development of the body, overall physical and mental performance. Prevention of inactivity should be carried out throughout life, starting with intrauterine life. The more diverse the motor activity, the more perfect the structure of the body, the higher the level of functional and physical capabilities, the longer life. Life expectancy is proportional to the degree of motor activity.

Normal functioning of the body is possible only with a certain organization of a variety of muscle load, which is necessary for human health all the time. It is a combination of various motor actions performed in everyday life, movements, organized and independent physical education, sports and united by the term motor activity. Of great importance is the determination of the optimal amount of motor activity, which achieves the best functional state of the body, a high level of efficiency.

Maximum loads can lead to overwork and a sharp decrease in performance. The strengthening of health, the development of physical strength in the process of physical education are a necessary condition for the normal mental development of children. This was also noted by the outstanding scientist P.F. Lesgaft. In his fundamental work Manual on Physical Education of School-age Children, he wrote: There is a close connection between the mental and physical development of a person, which is fully clarified when studying the human body and its functions. Mental growth and development require appropriate development of physical education.

According to Y.M. Pratusевич, mental performance is the functional state of schoolchildren, their ability to master various academic subjects. It is rightly noted that there is currently no generally accepted definition of the term, so many authors, arguing about changes in working capacity, their

causes, methods of measuring it, refrain from defining this concept. The definition seems to be the most impressive.

Mental performance is a certain amount of mental work performed without a decrease, established at the optimal level of functioning of the organism for a given individual. An indicator of a favorable functional state is high mental performance. That is why the level of mental performance serves as one of the main indicators of students' mental health and maintaining its high level. In order for the brain to work without dangerous overstrain, it is necessary to create the best conditions for the vital activity of the body, which is achieved by a reasonable alternation of loads, rest, sleep.

For successful mental and physical performance, you need not only a trained brain, but also a trained body, muscles that help the nervous system cope with intellectual loads. Stability and activity of memory, attention, perception, processing of information is directly proportional to the level of physical fitness. Various mental functions largely depend on certain physical qualities – strength, speed, agility, endurance and flexibility. Of great importance is the optimal amount of motor activity, which achieves the best functional state of the body and a high level of efficiency.

Organized motor activity and optimal physical activity before, during and after the end of work can directly affect the increase in overall performance, which is necessary for optimal adaptation of a person to the conditions of study, work and living environment. The latter can be obtained only with proper physical education. Meanwhile, physical education should, in the same way as mental education, promote a conscious attitude to one's actions, the ability to act persistently, with increasing tension, cope with spatial relationships and distribute one's work over time. The greatest secret of education is that physical and mental exercises serve each other as a rest. If you want to form the mind of your student, exercise his powers, which the mind should control, develop his body persistently, make him strong and healthy so that he becomes wise and reasonable.

Give him the opportunity to work, be active, run, jump, be constantly on the move, so that he is a cheerful person, and he will also become a reasonable person. The assumption that the exercise of the body harms mental activity is a pathetic mistake; as if both these activities should not be in agreement, as if one should not constantly act on the other. It is not uncommon to see a combination of developed mental activity with a very weak body. Such a violation of harmony in the construction and activity of the organism does not go unpunished – it inevitably entails the impotence of external manifestations: there may be thought and understanding, but there will not be the proper energy to consistently test ideas and persistently pursue and apply them in practice.

In such cases, due to the predominant development of some organs to the detriment of others, the general harmony of the activity of the organism is disrupted, the activity of which becomes abnormal. At school, we must teach a young person to own and control himself both mentally and physically. At present, the world, being oversaturated with more and more new ideas, is becoming more and more "intellectual. But the more powerful the intellect, the greater the gap between the brain and the body. Scientists, teachers, doctors pay attention to the fact that "the race on the spot, the rush of sitting threatens not only the adult body, but also the child. Six hours at school at a desk.

Another two to four hours of homework. This is eight to ten hours of immobility... The main form of physical activity at school is physical education lessons. Two or three hours a week of physical education lessons will not make up for the lack of motor activity in which a student spends sitting at a desk. The result of a lack of motor loads is a low level of physical and mental development, a high percentage of morbidity in children and adolescents.

It is known that under the influence of systematic training in various sports, physical and mental development significantly improves, the work of all organs and systems is activated, the body's work to mobilize functional capabilities increases. Teenagers who attend sports clubs are more adapted to the effects of the external environment, process and perform a large amount of information than their peers who limit themselves only to physical education lessons, and even more so than those

who skip such lessons. A very important task remains the organization of classes for as many children and teenagers as possible in various sports sections.

Our empirical study of differences in the academic performance of adolescents with different levels of motor activity convincingly proves that among adolescents with a high level of physical (motor) activity, academic performance at "excellent" and "good" is much more common. Such academic performance indicates that these students have a high level of mental performance. In conclusion, I would like to quote the words of Hippocrates about the role of physical and motor activity for the activity of any person: "Gymnastics, physical exercises, walking should firmly enter into the daily life of everyone who wants to maintain working capacity, health, a full and joyful life."

Including scientifically analyzed the development of small business and business, and the legal basis, at this time financially support small business and business, the latter is amended and the rules for this branch of national legislation are added.

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.

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