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Annotation. The article deals with the problem of increasing the level of interest of students of higher educational institutions by organizing independent physical education classes.

Keywords: physical education, independent studies, students.

Physical culture of students acts as a qualitative and effective measure of the complex impact of various forms, means, methods on the personality of a future specialist in the process of forming his professional competence, and the result of this process is the level of individual physical culture of the student, his spirituality, the level of development and preparedness for professional life.

It has long been known, theoretically proven and confirmed by practice: the lack of optimal motor activity is an obstacle in the development of educational material. By saving on the physical education of students, humanity not only damages the health of these young people, but also deprives them of full-fledged mental, analytical and intellectual development in general. Today, starting with the first-year students of the university, there is an increase in the number of students with preparatory (poor physical development) and special (pathological abnormalities in health) medical groups. At the same time, the number of students of a special medical group in some regions of the country exceeds 60 percent. In those higher educational institutions where the physical education of students is put at the proper level, where the physical education has a wide coverage-mass and sports work outside the grid of the curriculum, where independent classes are practiced and monitored in addition to classroom physical activity, the vast majority of students of preparatory and special medical groups successfully rehabilitate and move into a group of practically healthy people. The introduction of physical culture and sports into the daily life of every student, as required by the physiological laws of the developing organism, is a direct way not only to improve the level of health of students, but also in general to the improvement of the nation both psychophysical and socio-economic terms. We conducted a study among first- and third-year students, the purpose of which was to determine the number of students engaged in self-exercise. All points of the questionnaire are aimed at identifying the attitude of students to a healthy lifestyle and to independent (additional) physical education classes. The method of content analysis was used to process the survey data. Comparative analysis is a method of analyzing objects, in which a new state of an object is compared with an old state or a comparison of the state of one object with another, with which a comparison may be appropriate. Comparative analysis is one of the main methods.

You can associate this with a violation of the regime, as you know, students go to bed late, and many of them get up early. It is possible that the respondents do not exercise due to lack of time, but irresponsibility cannot be excluded, because most of them are aware that even a short morning exercise will help to cheer up in the morning and feel better, but students do not consider this an important part of their lives.

If we compare the answers of first- and third-year students in general, we can conclude that third-year students are less likely to attend physical education classes at the university, but there are more people among them who visit the gym more often, therefore, engage in independent physical exercises, which is perhaps more effective. But among them there are fewer of those who do exercises in the morning.

The attitude of young people to sports and physical exercises leaves much to be desired, unfortunately, for many respondents this is a very unimportant part of life. From the survey it became clear that out of 24 students, only 19 are engaged in additional physical exercises, that is,

independently, visiting the gym or swimming pool. This is more than half, but if we take into account the age of the interviewed students, the result should be better, because it is at such a young age that you need to pay special attention to your body in order to prevent many diseases and ailments in the future.

It is important and necessary to attend physical education classes at the university, especially if the student does not additionally engage in sports. After all, at least minimal physical activity should be present in life. But, even though many students study independently, this does not give them the right to skip physical education classes, because the more days a person studies, the better. For example, you can study independently on other days, thereby establishing a balance: for example, classes at the university are on Mondays and Thursdays, and independent classes are on Tuesdays and Fridays, or on Wednesdays and Saturdays. Also, daily morning exercises cannot be excluded: as mentioned earlier, this contributes to a better awakening.

Due to this, the body is able to respond adequately to external physical and mental stimuli, ultimately, people who do morning exercises experience less stress. But according to the results of the survey, a very small part of the surveyed students are doing exercises. Many students understand the importance of independent physical exercises and devote some time to this. But a considerable part does not deal with them at all, because of this they get tired quickly, do not have sufficient endurance. And this is, in fact, a big problem. To solve it, it is possible to hold lectures at universities where students will be told about the importance of physical exercises, especially independent (additional) ones. After all, if you don't do sports now or at least minimal physical exercises, then in the future your health may no longer allow you to do it. Physical culture and sports are the means of creating a harmoniously developed personality. They help to focus all the internal resources of the body on achieving the goal, increase efficiency, allow you to squeeze into the framework of a short day the fulfillment of all scheduled tasks, develop the need for a healthy lifestyle. Today it is necessary to improve traditional and apply new forms and methods of mass health, physical culture and sports work.

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