

MOTIVATION OF STUDENTS TO SPORTS ACTIVITIES IN THE FRAMEWORK OF PHYSICAL EDUCATION CLASSES

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Annotation. This article discusses methods of motivating students to engage in sports as part of training. The purpose of this article is to show students the importance of sports motivation in their lives, as well as how important motivation is for those involved in sports.

Keywords: sport, physical education, motivation, student, entry.

From the moment of birth, a person is subjected to physical stress, and such stress is an integral part of our lives. Slightly less than half of our body (40%) is made up of muscles that are supported every day in our daily lives. The concept of things, body balance control, breathing, head turning, etc. all this is done thanks to muscle mass.

Since ancient times, people have adapted to high loads, hunting, construction, agriculture, etc.

But in the age of technology, sport has unfortunately faded into the background, because now the main thing is knowledge, and not a well-developed body. Many routine tasks, such as lifting large beams in construction, plowing vast areas of land, etc., have fallen into the hands of technology, people's lives have become easier and better, but many still lack physical activity. Due to the lack of stress, people have health problems: the functioning of organs and systems deteriorates, the motor apparatus loses its functions, the body becomes decrepit, weakens and becomes more vulnerable to diseases.

Sport, like bodybuilding, is necessary for a person, because it is not only a “pumping” of the body, but also emotional unloading, and as you know: a good body condition affects the brain. No wonder they say: “The body is our temple.” Training helps us improve many aspects of our lives.

Relevance. Health in our lives plays too big a role, and if you do not monitor your health from the first years of our lives, you can pay a bitter price. This article encourages you to start taking care of your health, and the sooner the better.

In all educational institutions, sport is an integral part and is included in the curriculum of students. When training, you can not push the workout into the background. Simply put, the brain is physically located in the body. And if the body is decrepit or diseased, then how in this case can the brain be healthy, as an integral part

of the body? The answer suggests itself. However, it is important not to go to extremes. Therefore, for good learning, students need physical activity.

However, academic institutions value education much more than physical education because it requires educational organizations. There is nothing to be done about it, students should give their best in the classroom, as well as play sports in their free time. "Physical culture" as a subject in institutions of higher professional education should perform: educational, social, developmental and educational functions. The implementation of these functions occurs through the solution of some problems:

- Gaining experience in the creative use of physical culture and sports to achieve life and professional goals.

- provision of general and professional-applied physical fitness, which determines the psychophysical readiness of students for their future profession;

- formation of students' motivational and value attitude to physical education, attitudes towards a healthy lifestyle, physical self-improvement and self-education, the need for regular physical exercises and sports;

- mastering the scientific and practical foundations of a healthy lifestyle and physical education;

- mastering the system of practical skills and abilities that ensure the preservation and strengthening of health, mental well-being, development and improvement of psychophysical abilities and personal qualities, self-determination in physical culture;

- formation of students' understanding of the role of physical culture in personal development and preparation for professional activities; personal development and preparation for professional activities;

Motivation is an impulse to a certain action; that is, a psychophysiological process that controls a person's behavior, sets the direction of activity, the organization of his further actions, stability and activity; as well as the ability of a person to satisfy his needs through his actions.

It is rather difficult to imagine today's world without motivation. Every day people try to make their lives better, and every day these tasks become more and more difficult, but what drives them in these aspirations? Each person has their own motivation for a particular cause. So what needs to happen in a person's life to get a push in the form of motivation?

As the leading Soviet psychologist A. Leontiev wrote: "Motive is an objectified need", that is, a person relies on motivation to satisfy his needs, for example, a person is very thirsty (need), he has a desire to quench this thirst (goal), and he reaches for the water bottle (motive). With the help of motive and motivation, a person develops, in addition to everyday things (eating, drinking, going to the toilet, personal hygiene), people are still fond of deeper things (work, art, science), and all this is the merit of

motivation - a thing without which there is no there would be peace in its present manifestation.

Vanity is an integral part of student life. Studying, part-time work, personal affairs - all this takes a significant amount of time from a student's life. It is very difficult to find at least an hour in your free time to devote time to sports, and then physical education comes to the rescue. The time allotted for self-development in the field of sports, which is mandatory included in the curriculum. But due to great worries, students do not pay due attention to their own health, to say nothing about sports. Every day, students suffer from overwork due to study or personal affairs, and fatigue does not allow them to think about learning.

So how do you show students the importance of physical activity? To answer this question, you need to delve into the problem itself. Many scientists have identified 3 groups of causes of these problems: organizational, methodological and personal. Basically, the methodological nature is the problem of the discrepancy between physical capabilities and the proposed loads, the personal nature allows us to see that the level of physical fitness of a person is quite low, and from the organizational side, this is the lack of interest groups. There are also many factors that play an active role in physical culture and sports in everyday life: the direction of the educational process, the content of classes, the availability of material sports facilities, the level of requirements for physical fitness, the teacher, the frequency of classes, their duration and atmosphere. You can also note the desires of students: just pass the session or improve the level of health and physical development.

No wonder it is believed that the attitude of young people to physical education is one of the urgent socio-pedagogical problems. Many scientific articles have already been written, and no less studies have been conducted that show that physical education and sports have not taken root among students as an urgent need and have not turned into a personal interest.

Getting young people into sports requires a careful approach. At a minimum, good pedagogical conditions are needed to promote the transfer of the value potential of students' consciousness to a higher, civilized level, as well as the formation of positive motivation among young people, which will affect the physical culture of consciousness.

It is difficult for students to motivate themselves to play sports under the huge burden of their duties. To do this, they need a high-quality teacher, the modern education system imposes certain requirements on the selection of personnel for the position of a teacher: they must form a subjective-personal, as well as value attitude to the subject being taught. The teacher must have a sufficiently large set of personal qualities that complement the ability to teach physical exercises through the formation of an internal position of confidence in the need for a healthy lifestyle. In this regard,

the problem of physical education passes into the plane of scientific substantiation, the formation and development of qualitatively new, more subtle and flexible relations of communication between the student and the teacher.

Pretty harsh requirements, but under the guidance of such a mentor, it will be easier for students to understand the importance of this discipline for themselves. It is necessary to use a differentiated and individual approach to the physical abilities and preparedness of students, based on the following types of motives:

Improving motives - the strongest motivation for students to go in for sports is to improve their health. After all, everyone gets a little happier when they feel good.

The motive and motives of activity - the implementation of mental activity leads to a decrease in the percentage of perception of information. Performing special physical exercises for the muscles of the whole body and the visual apparatus significantly increases the efficiency of recovery than passive rest and pleasure from the process of physical exercises.

Competitive-competitive motives - This type of motivation is based on the desire of a person to be the best among friends, and because of this, the desire to surpass oneself in sports will increase.

Aesthetic motives - the motivation of students is to improve the appearance and impression made on others.

Psychologically significant motives - sport significantly affects the mental state of young people.

Certain types of exercises are a means of neutralizing negative emotions in a person.

Educational motives - physical education classes develop self-control and self-learning skills in a person.

Communicative motives - it is easier for people who are in the same community and are engaged in the same business to find a common language.

Cognitively developing motives is a motivation that is closely related to the desire of a person to know his body, his abilities, and then improve them with the help of physical culture and sports.

Creative motives - physical culture and sports provide great opportunities for the development and maturation of the creative personality of students.

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