

Table 1 – Results of formation of communicative abilities at children of primary school age (n=28)

Tests	Girls (n=16)			Boys (n=12)		
	χ	σ	$\pm m$	χ	σ	$\pm m$
The child's understanding of the state of peers, scores	3,4	1,11	0,12	3,0	0,92	0,12
Representation of the child about ways of expression of the relation to adults, points	3,2	0,96	0,14	2,8	0,88	0,08
Representation of the child about ways of the relation of the child to peers	3,5	1,21	0,18	3,3	1,08	0,13
"Pictures"	3,1	1,10	0,14	2,9	0,82	0,06

$p \geq 0.05$

Conclusion. Communication skills of the surveyed children of primary school age have insufficient level. The program of development of communicative skills with use of yard and Belarusian national games is offered.

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THE ROLE OF PHYSICAL CULTURE IN MODERN STUDENT'S LIFE

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In universities, physical culture is represented not only as a training discipline, but also as an important component of the education of the student's personality. Students should be motivated for physical exercise and a healthy lifestyle, both inside and outside the university.

In addition to increasing the motor activity of students, physical education classes bring up quality of stamina, commitment, responsibility, self-organization, sociability and etc. Therefore, the involvement of students in physical self-improvement is an important condition for the physical education of future specialists [1].

For conscious attitude to their health and physical culture, it is often simply necessary to wonder whether everything possible is done to preserve their health.

Physical education classes with students in faculties of non-specialized sports disciplines have their own peculiarities, which should be taken into account in planning and conducting training sessions. Greater attention should be paid to conscious attitudes towards health. Regular physical exercises have a

beneficial effect on the respiratory, cardiovascular and nervous body systems. This is greatly influenced by subjective attitudes, so-called health-saving behaviour, which is understood to be actions aimed at establishing and maintaining health, improving physical condition, reducing morbidity. At the same time, the responsibility of the person for his or her health should be increased, which is determined by motivation and leads to improvement of the quality of life.

The purpose of the study to identify the level of students' motivation for physical education at the Faculty of Social Pedagogy and Psychology.

Material and methods. Anonymous questionnaire of students of 1-3 courses of the Faculty of Social Pedagogy and Psychology was carried out.

During the study used an interview method (questionnaire) that included a total of 30 questions, students' attitudes to physical education, the notion of healthy lifestyles and health, their attitudes to health formation, and the study of motivation to exercise.

The questionnaire was conducted in November 2018. It was attended by 50 students from 35 girls and 15 boys from 17 to 22 years of age belonging to health groups: the main one - 18 persons, the preparatory one - 20 persons, a special medical group - 12 persons. The results of the questionnaire were summarized and analysed.

Findings and their discussion. As the study showed, all students possess theoretical information about healthy lifestyles, but in the complex only 27% of students belong to this concept; always monitor nutrition - 9%, try to eat healthy, although it does not always work - 91% of students; like different sections of the program, 30% of students noted volleyball and outdoor games - 20% of athletics and general physical training; exercise independently and in the gym - 83% of students; 86% of students like the existing form of physical education; satisfied with the quality of physical education - 97% of questionnaires, including 22% are satisfied, but it is a pity that they are forced to study; 77% of students feel the need for physical education; all students of special medical groups (100%) and 77% of the main and preparatory groups want to improve their health; do not miss physical education classes - 75% of students; 93% of students of special medical groups want to learn how to control their physical condition; 42% of students do not lead a healthy lifestyle; 80% of questionnaires lack motivation for physical education, 11% are always motivated, and 9% find it difficult to answer; absences of physical classes increase among students of 2-3 courses; only 17% of students are satisfied with their health; 4% do morning exercises; sometimes 42% of the questionnaires; never take part in sports competitions - 53%, constantly take part - 11% of students; 46% of students of special medical groups do not know or find it difficult to answer their limitations due to medical diagnosis.

These data show that only 27% of students possess theoretical information about healthy lifestyle, the remaining 73% do not fully understand this concept.

91% of questionnaires fail to eat healthy and only 9% always lead their diet. It is important that 83% of students deal with independently and in the gym. But at the same time do not lead a healthy way of life, 42% of questionnaires consider so. Also 80% of students lack motivation for physical education, and only 11% of questionnaires are always motivated.

According to the state of health all students of special medical groups (100%) and 77% of the main and preparatory groups want to improve their health. Only 17% of interviewees are completely satisfied with their health.

Lack of time, lack of willpower, inability to organize the regime of the day are the main reasons for neglect of students' health. The most effective means for maintaining health 64% of students consider physical culture and sports, 30% - proper nutrition, 6% - absence of harmful habits.

The conducted research based on questionnaires and pedagogical observation allowed to make the following conclusions:

Students know the importance of physical education in the formation of a healthy lifestyle, but at the same time they lack the time, motivation and willpower. Mainly due to laziness and lack of time most students fail to eat properly.

The main factor that reduces students' motor activity during physical education classes is decline in interest in classes and reluctance to do exercises, and this trend increases among students of 2-3 courses.

Conclusion. Analysis of the data showed that the level of involvement in healthy lifestyles and physical exercise remained low. According to the survey, the main drawbacks of the method of conducting classes in higher educational institutions are: According to the survey, the main shortcomings of the method of conducting classes in higher educational institutions are: organization of physical classes without assessment of academic performance ("pass", "fail"), students indifference to the subject "physical culture" lack of interest in performing certain types of physical exercises.

In order to create motivation for physical exercises during the period of study at the University and later life it is necessary to instill interest in physical culture, to broaden knowledge in theoretical and practical issues using various means and methods of maintaining health, convincing students that physical culture is a major part in every person's life. To take up habits to systematic, deal with independently, self-control the physical condition, it is necessary to teach students a variety of sets of exercises.

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