

## **THEORETICAL AND APPLIED ASPECTS OF PHYSICAL CULTURE, SPORT AND TOURISM**

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### **THE ROLE OF PHYSICAL EDUCATION IN DEVELOPMENT, FORMATION AND IMPROVEMENT OF STUDENT PERSONALITY**

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Last century science has been developing very rapidly. Currently the amount of scientific knowledge doubles every 10 to 15 years. The production of knowledge in society is not self-sufficient, it is necessary for the maintenance and development of human life. It interacts with other types of cognitive activity, builds an unbreakable bond between them. Discoveries in one field lead to the formation of new knowledge in another, i.e. the main quality of science is to constantly generate the growth of new knowledge [1].

At the present stage of development of society, science affects all spheres of life. Of course, scientific discoveries do not bypass physical culture and sports. Development in this area arises from practical needs and regulates it in a special way. Intensive research is determined, first of all, by increased value of its public functions – educational, health, integrative, ideological. Physical conditions of the body plays a huge role in the implementation of industrial, social and cultural activities. Their implementation is directly dependent on motional capabilities of a human being.

Many scientific disciplines have become part of the system of special knowledge in the field of physical culture and sports: sports psychology, biochemistry, physiology. This gave impetus to the development of such separate disciplines like sports physiology, sports medicine, valeology, functional anatomy, biomechanics, biochemistry, etc. [2].

It must be noted that scientific discoveries in the field of technology has allowed everyone to become engaged in physical culture and sports regardless of geographic location, climate and body's physical condition. Medical research and development in physical culture and sports allow getting readings of functioning of individual organs or systems and the whole organism faster and more precise.

Nowadays, science is becoming more and more important and essential part of reality. Science has made a breakthrough in the field of physical culture and sports. However, we have to keep in mind that physical and mental health are the basis for everything.

The goal of the research is to study the role of physical education in formation of personality of a student.

**Material and methods.** The research involved 38 students of the Belarusian Trade and Economic University. During the research, a survey of female students was conducted, scientific- and methodological literature and internet sources on the research problem were studied. Survey results were analyzed and processed by mathematical statistics.

**Results and their discussion.** The educational process of health-improving orientation contributes to the gradual and consistent strengthening of health, strengthening of body's adaptive mechanisms, providing social, biological and psychological adaptation and as a consequence increased level of students' physical capacity.

The survey was conducted among students to determine the students' attitude to health, its functionality and the functioning of the organism in general.

Questions were open-ended to encourage elaboration. Students' survey showed that 14.1% of the students define their health as "excellent", 47.8% of the students identified their health as "good", 34.9% of the students believe that they have satisfactory health and 3.2% of the students identified their health as "bad". The largest share of responses accounts for the option "good". However, it is necessary to take into account the fact that self-assessment of one's own health is a subjective indicator.

In this reach, the respondents were asked to identify the most relevant risk factors contributing to the deterioration of health. The most popular answers were: "bad habits", "eating disorders", "violation of work and rest regime" and "insufficient physical activity".

According to students, the obstacle to an active lifestyle is: "laziness", "lack of time", "prevailing way of life in the family", "lifestyle of the immediate environment".

Human body is designed in a way that physical exertion makes it stronger, more enduring and able to resist external environmental influences. This is not always the case for psychological workload.

**Conclusion.** In the process of learning, undergraduate students must form a health-oriented mindset. Their preparation for future professional activities requires a lot of mental and physical efforts. Therefore, formation of a conscious attitude of students to their health, confidence in their abilities is an integral part of it. Practical experience is also acquired therein.

Science moves forward, however, only the preservation of health is more dependent on us.

Reference list:

1. Methods and forms of scientific knowledge [Electronic resource] – Mode of access: <http://www.philosophyday.ru/philos-996-1.html>
2. The health of modern human as value [Electronic resource] – Mode of access: <http://genmir.ru/b/dok/lar2.htm>