



## The Role of Physical Culture in Human Life

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### ABSTRACT

The work examines the importance of physical culture and physical education in human life. Lack of human physical activity is recognized as a global problem of the modern world, as it leads to malfunctions in the work of all systems and the body as a whole, contributing to the occurrence of various diseases.

### Keywords:

Physical Education; Physical Culture; Health; Person; Physical Condition; Psychological Condition.

### Introduction.

In connection with a sharp reduction in physical activity by a person due to the development of technologies that facilitate his daily life, in the modern world the role of strengthening the spiritual and physical health of citizens and the formation of a healthy lifestyle is increasing. In this regard, close attention is now paid to physical culture and sports as a priority direction of the state's social policy. However, despite all the efforts of the state, the adopted normative and legislative acts, the programs being implemented - in the country as a whole, the level of population involvement in mass physical culture and sports is low. In this regard, this topic remains relevant in relation to different segments of the population and different social groups.

The role of physical culture in human life was considered by such researchers as I. V. Blinova, V. A. Bakaeva, A. E. Ilchenko and A. Yu. Polyakov. VN Cherepanova and Yu. P. Savitskaya studied separately the issues of forming a healthy lifestyle of the population through means of PR. The authors agree on the importance of physical culture for human health, however, despite the comprehensive

coverage of the impact of sports on the physical well-being of a person, the relationship between the physical and psychological health of an individual is still insufficiently studied, which determines the relevance of this study.

The purpose of the study is to determine the role and importance of physical culture in human life.

### Research Objectives:

1. To investigate the importance of exercise for human well-being.
2. Consider the impact of physical exercise on the human body.
3. Describe the relationship between improving the physical and psychological health of a person.

### Research results.

It is impossible to underestimate the role of physical culture in human life, since there is no sphere of human activity that would not be associated with it. Sports and physical culture are a spiritual, social and material value, at the same time important for any person. From year to year in our country, they increasingly talk about physical education as a phenomenon of society and personal

characteristics of a person. At the same time, psychologists, teachers and philosophers agree that this phenomenon has not yet been sufficiently studied, despite the attentive attitude of people to physical culture for a long period of time.

The formation of a healthy lifestyle is based on the personal and motivational attitude of a particular person to the embodiment of his social, physical, intellectual and mental abilities and capabilities. A healthy lifestyle is a type of human activity that is aimed at maintaining health and strengthening it. At the same time, a healthy lifestyle is considered as a condition for the existence and development of various aspects of life. Everything that has a positive effect on health can be attributed to a healthy lifestyle, and here physical culture or sports play a special role.

A healthy lifestyle has a beneficial effect on the process of maintaining and strengthening health and is a fundamental component in the prevention of diseases. According to a number of studies conducted by domestic and foreign experts, the health of the population of any country is more than 50% dependent on the way of life [1, p. 102]. Considering the role of physical culture in human life, one should recognize the uniqueness of physical culture as a social phenomenon. In many ways, it is the link between human social development and biological progress. Such a culture is the first to arise in principle from all aspects of culture; it is the base for any member of the human species. One of the main characteristics of physical education is dualism. In many ways, it is for this reason that it is customary to talk about the strong double effect of physical education on a person: both on the individual's body and on his psyche.

Assessing the role of physical culture in human life in a historical context, it is worth noting the fact that physical culture since antiquity has been a reflection of the practical needs of a person and society as a whole. People needed appropriate training, and this is especially evident in the upbringing of children and youth. However, an equally important aspect of physical education is the ability to

teach an adult to work through such activities. The progress of our society is closely related to the development of educational systems and the formation of educational programs. Considering this factor, we can safely talk about physical education as one of the basic phenomena that help to form the skills and abilities of a person (motor, reactions, etc.). No one doubts the role of physical culture in human life in relation to physical well-being. However, at present, an approach is actively developing, which involves considering physical education as an element that affects a person's spirituality.

Moreover, with the help of this tool, as professionals use it correctly, it is possible to correct the morality of a person, develop a person's intellect and form ideas about beauty. The biological nature of a person, as you know, strongly depends on physical education. Exercise affects health, fitness and ability. The fact that physical education affects a person's spiritual well-being is still denied or indifferent, that is, they do not consider such an influence proven. The role of physical culture in the life of a modern person is especially important in many respects because of the desire for education. This is recognized as more significant than centuries ago. According to some, it can even be called "an intense desire to learn," and from year to year the tension only increases [2, p. 89].

Living conditions are such that each person is forced to adapt to the rapid change in the environment around him, and for this you need to have a number of skills. It is important to be able to independently master useful abilities and knowledge related to various spheres of human life. As trainers pay attention, physical education is the basis for the successful functioning of a personality. Without health, a person has significantly lower chances of achieving the intended goal [3, p. 369]. It is also worth noting that many external factors can have a significant impact on the physical culture of a person. Therefore, it is necessary to develop a systematic approach to the formation of the values of a healthy lifestyle, which should take into account the factors affecting the health of the population of the country and its

various social strata. These factors include: social, economic and environmental conditions; risk factors in the workplace during education; formation of kits, habits and rules of behavior. Conclusions. A person constantly interacts with a variety of equipment and lives in a computerized world. Such devices and systems help to simplify work activity. This affects the amount of movement performed by people per day, and, therefore, over time, reduces their functionality.

The lack of energy expenditure is accompanied by a mismatch between the activity of the internal organs and the body with the environment. Overloads, however, are no less harmful. Physical culture allows you to improve the body, strengthen it and prevent the negative impact of living conditions. Thus, physical education should be a part of an individual's life from early years to the very old age, while the level of stress should depend on needs.

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