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ROLE OF PHYSICAL EDUCATION AND SPORTS IN ORGANIZING A HEALTHY LIFESTYLE

Abstract: *This article discusses the role of physical education and sport in promoting a healthy lifestyle.*

Keywords: *healthy lifestyle, sport, daily routine, physical education*

РОЛЬ ФИЗИЧЕСКОГО ВОСПИТАНИЯ И СПОРТА В ОРГАНИЗАЦИИ ЗДОРОВОГО ОБРАЗА ЖИЗНИ

Аннотация: *В этой статье обсуждается роль физического воспитания и спорта в пропаганде здорового образа жизни.*

Ключевые слова: *здоровый образ жизни, спорт, распорядок дня, физическая культура*

In the XXI century, mankind has entered a radically changed geopolitical environment. Over the past ten years, the bipolar system of international relations has collapsed, which maintained a certain balance of power, which allowed maintaining general international security. Two mutually exclusive trends prevailed in world development: the first tendency is manifested in the strengthening of the economic and political positions of a significant number of states and their integration associations, in improving the mechanisms of multilateral management of international processes, in the formation of a multipolar world; the second tendency is manifested through attempts to create a structure of international relations based on the dominance in the international community of developed Western countries under US leadership and designed for unilateral, primarily military-force, solutions to world politics bypassing the fundamental norms of international law, the formation of a unipolar world that

ensures survival "Golden billion" due to natural resources and the population of other countries.

Sports are characterized by health, educational, cultural, spiritual, law enforcement and defense functions. The physical development of the population contributes to the improvement of production, as a result, the economic potential of the state increases. More and more important is his role in the socialization and education of the younger generation, the formation of the image and lifestyle. It "also affects such seemingly disparate phenomena as social status, racial and national relations, business life, car models, fashion, the concept of heroism and ethical values. The formation of a healthy image of a nation is a paramount task that every state seeks to achieve. The determining factor in this is the social way of life, the affordable standards of human life provided by society and the state to every citizen, which determines the level and quality of life of the country's population. For this, society mobilizes various means that it really has, and first of all, the possibilities of the human factor - the size of the population, demographic dynamics and the state of health of the population. An important role in ensuring the foundations of a decent life for all members of society is played by industrial and agricultural production, education and culture, in particular physical education, sports and sports and recreational tourism, which are structurally functional components of the national security system.

In the modern world, sport is a phenomenon that affects the interests of large groups of people. Sport performs a number of social and political functions, first of all, cultivates a healthy lifestyle, which is very important for the economy and for the defense of any country. That is why the state exercises control over sports through the publication of relevant regulatory legal acts, state programs and the allocation of funding. The relevance of the study is the study of human health as a social value, which makes it possible to find out its political, economic, aesthetic, moral and psychophysiological content. The

priorities of the sociocultural policy of the state are considered. A person is a leading subject and a priority object of the national security system, strengthening the state and ensuring the dignified existence and functioning of society. At the same time, it is people who constitute the fundamental resource of physical culture, sports and tourism: the socio-economic and sociocultural effect of the physical culture and sports movement, the physical education system of the population and tourist sports, health-improving activities appear and materialize only when people are actively engaged in physical education and sports and tourism. There was an urgent need for the introduction of comprehensive innovative technologies based on modern educational and information methods, advanced technical training tools, as well as scientific and technological achievements, where the main goal should be to improve the quality of life and health, increase the life expectancy of the population. Due to the difficult socio-economic situation and a number of social problems in our country: child neglect, drug addiction and crime among young people, the situation is now ripe in the Russian Federation and the adoption of drastic measures to qualitatively improve the health status of the population. The formation of new values of youth (including the rejection of bad habits), a high level of citizenship and patriotism. Oral, print and visual propaganda is one of the most powerful “engines” of mass sports; these are documentary, educational, popular science and feature films aimed at the development of physical culture and the promotion of mass sports. Massive sporting events have a significant impact as a means of propaganda. Attention to mass sport, which becomes the basis for the development of student sports, and subsequently the sport of higher achievements, has become one of the most important conditions for the physical improvement and education of the moral qualities of millions of citizens of our country. One of the main directions in the development of physical culture and sports at present is the physical education of children, adolescents, and youth,

which contributes to the solution of many important problems such as improving public health, increasing life expectancy and quality, and preventing crime.

Summing up, we can derive a formula for the health of the nation and world well-being, the most important component of which will be physical education and sport. The desire to engage in should be cultivated in a person in any society from a very early age. The role of a person's physical activity in the socialization and upbringing of the younger generation, the formation of an image and lifestyle is becoming increasingly important. The sphere of sports activity "also affects such seemingly incomparable phenomena as social position, racial and national relations, business life, car models, fashion, the concept of heroism and ethical values".

Therefore, the study of human health as a social value, which makes it possible to find out its political, economic, aesthetic, moral and psychophysiological content, is of undoubted relevance. Identify the priorities of sociocultural policies of states.

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