



## DEVELOPMENT OF SPORTS AMONG YOUTH (IN THE CASE OF MEDICAL CARE)

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### Annotation

The article deals with the development of sports and the promotion of a healthy lifestyle among young people. A number of examples illustrating modern development trends in this area of public life are given. Conclusions are drawn about the need for the growth of sports in order to strengthen and improve the physical health of the younger generation. The purpose of this study is to statistically survey students about the presence of sports facilities in the yard in their areas of residence, as well as their condition, novelty and availability. Recommendations and suggestions are also given on how to increase the performance of sports and involve the younger and rising generation in this.

**Keywords:** physical culture, sports ground, sport, accessibility, state of sports facilities.

The development of sports in the current society is a topical issue of extreme importance. All sorts of sections are being created, which are basically designed to increase the level of youth sports training. Thanks to sports, people can improve physical endurance and motor abilities, improve health and thus resist the negative effects of the environment on the body. The main participants in mass sports are students. With the help of the program on the discipline "Physical Culture", students of higher educational institutions can join mass sports. This opportunity is used both in free time and in school. The student himself determines the sport and the system of physical exercises [1, p. 91-92].

The focus of young people on maintaining a healthy lifestyle is determined by a number of factors. These include socio-economic conditions, a system of value relations that gives young people a certain vector of direction towards a healthy lifestyle.

In the current society, physical culture is the basis for the formation of a quality and healthy life, which helps to work out social roles in the process of physical activity.





Physical culture synthesizes social and biological aspects, serves as an effective device for balancing public and individual health. Maintaining the growth of physical culture is one of the main components of the social policy of the state, which makes it possible to implement values and norms, to activate human potential. The relationship between physical activity and successful personality development, revealed in practice, is also supported at the theoretical level. The significant role of physical exercises in preserving and strengthening the health of the younger generation, maintaining a high level of efficiency has been proven by numerous studies by Russian and foreign scientists. Playful activities allow for the reproduction of participation in social, educational and work environments. An important condition of today's state of youth physical education lies in the fact that our society has not formed a culture of health preservation, a true physical culture. This gave rise, in particular, to the residual principle of financing mass, physical culture, the careless attitude of the population towards their health, physical training. Health and physical education, as a result, have not become a priority for cultural and educational activities with children and adolescents. In connection with all of the above, it is especially important to form a unified system of state measures to maintain health, aimed at involving all young citizens in physical culture [2, p. 437-438].

The lack of physical activity of a modern person, not only in our country, but throughout the world, causes concern. The human body is able not only to improve, increasing the efficiency of its various organs and systems, but also to degrade. This happens as a result of a lack of sufficient physical activity. Health-improving exercises help to increase the body's ability (immunity) to adapt to constantly changing environmental conditions, the development of a person's physical abilities [3, p. 69]. In the current situation, the problem of involving the population in the field of physical culture is becoming more and more acute. The value of spreading a healthy lifestyle and physical culture is increasing. A significant point is the importance of sport in the political sphere of the modern world. Achievements in world competitions serve as confirmation of the vitality and spiritual strength of any nation. Student sports are defined as the basis for the formation of a healthy lifestyle among the youth and the foundation for the growth of sports. The problems of the development of the youth sports movement are: the lack of a legislative basis for the development of student sports; lack of funding; weak degree of development of the material basis; low motivation of university administration in the development of student sports, lack of incentive for young people. Therefore, the most important task of modern universities is the organization and control of mass sports work, maintaining a high level of general physical education of young people. In higher education institutions, students





are engaged in more than 60 sports. The most common among them are basketball, boxing, gymnastics, skiing, athletics, and swimming. They also include certain types of martial arts, fencing, football, table tennis, chess. University sports around the world are supervised by the International University Sports Federation (FISU) [4, p. 484-485]. To restore the training process, it is necessary to improve the performance of the material and technical base. It is necessary to improve the skills of coaching staff who carry out physical culture and sports activities [5, p. 107]. At the moment, many projects developing youth sports are being developed and launched. The projects were created with the support of the State Committee for Physical Culture and Sports. In addition, sport is not the last way to spend leisure time, both for young people and for people of an older age. Many people go in for sports in nature for pleasure. Sport is directly related to health care. One of the most important problems in both elite and amateur sports is the lack of money and funding. Now the necessary number of gyms for classes, specialized playgrounds in the yards have appeared [6, p. 45-46].

**Purpose of the study.** To study how acute is the problem of the presence or absence of sports grounds or other sports simulators for the health of young people among students. **The objectives of the study:** to identify the trend in the development of sports facilities in a particular area of student residence and the availability of sports for free at the expense of the allocation of funds from the federal and regional budgets, as well as to make recommendations and suggestions. **Research methods:** analysis of scientific and educational literature, the abstract method of presenting the material, the method of synthesis and generalizations, the method of comparisons, a survey.

**Organization and results of the study.** The state pays great attention to sports in the form of sports grounds, various sections and special sports equipment. Among students aged 17-18, a survey was conducted to detect the involvement of students in various sections, to identify the interest of students in visiting sports grounds. The survey showed how students are given the opportunity to combine studies and sports. The results showed that 63.6% of respondents have a large number of sports grounds in their yard, while 36.4% experience a shortage of them. As for the condition of the sports grounds, 54.5% of the students answered that the sports grounds are in good condition. 29.1% said they were in bad condition, and 16.4% noted the lack of venues. The most popular sports facility turned out to be outdoor fitness equipment and outdoor gymnastics facilities, according to the survey results, they are available in 70.9% of cases, ball courts and running courts turned out to be no less popular, they were noted by 67.3% and 56.4%, respectively. . The rest of the simulators highlighted by the students surveyed are: ice rink - 30.9%, ski trips - 29.1% and bike paths - 16.4%.





Students also noted that in 61.8% of cases there are several sports facilities in their yard, in 29.1% there is only one, and in 9.1% they are absent.

56.4% of students have free access to sports grounds in their yards, 32.7% can practice only on some of them, and 10.9% do not have access, since the sites are paid. And in the final part, an analysis is given to improve the administration of this environment over the past 5 years. 27.25% percent noted that new structures appeared, the same number answered that they had repaired the old ones. 45.5% say nothing has changed. Therefore, from this we can conclude that everything is not so bad in the development of sports, but it cannot be said that it is good either, because about half of the students and young people in general are forced to work out on old simulators, and about a quarter do not have them at all. access. As recommendations, I can single out that it is necessary to purchase and build new sports facilities, because sport is one of the important components in human life. No wonder there is a concept of "physical health". New sports grounds and simulators would be a great incentive to play sports, and even more so, their efficiency is an order of magnitude higher (can be adjusted according to a person's abilities, more variety)

In conclusion, we can say that the significant development of social sports and sports fields tends to develop, but this is not happening to the fullest. This situation is due to insufficient funding. This is also facilitated by an increase in the demand for special private halls, in which most of the youth are engaged. More and more young people, including students, prefer indoor halls to sports grounds.

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