



PHYSICAL CULTURE AND SPORTS IN THE STRUCTURE OF LIFE- STYLE STRATEGIES

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Abstract

In the article, the information on the treatment of various diseases among children through physical exercises and their duration, mild and severe cases of physical activity is explained on a scientific and theoretical basis.

Key words: children, physical, activity, explained, scientific, basis, disease

Physical culture, as the most important component of the social infrastructure, is a relatively stable set of practices that serve to meet social needs, performing a number of socially significant functions. Sport, being a relatively autonomous subsystem of physical culture, is characterized by a special social status in the space of social interactions. A sociological study of physical culture and sports affects both aspects of the organization of society as a whole, and the life-style strategies of individual clusters of society, which act as a context for the development of attitudes and practices regarding physical activity.

The main attention in modern public discussions about the reform of education is occupied by the problems of changing the range of specialties, curricula, and a wider attraction of investments in the educational sector of the economy[1]. At the same time, attention is often not paid to the state of such important components of the educational process as physical education and sports, which are the most important factors in the formation of a modern specialist. Meanwhile, practice shows that higher educational institutions have largely retained their previous experience of integrating physical culture and sports into the educational process. But the educational space in this aspect is characterized by a number of negative phenomena: a decrease in the physical condition of students due to the unsatisfactory attitude towards this factor of a significant part of students; strengthening behavior in the student environment; loss of guidelines in the formation of sports teams of the highest levels of achievement;





inconsistency of educational practices and models with modern realities. All this increases the requirements for the work of teachers of physical culture and sports, requires the introduction of new innovative technologies in this area[2], supported by scientific analysis and methodological recommendations, the formation of new practices that affect the social and physical well-being of young people.

Various aspects of physical culture and sports attract the attention of scientists from both the natural sciences and the social and humanitarian fields. The emergence of the sociology of physical culture and sports is preceded by the development of biomedical, and then psychological and pedagogical knowledge. V. Stolyarov takes a step towards unification of historical, philosophical and sociological views on physical culture and sports[3], N. Kulinko combines the historical and organizational perspectives of physical culture, L. Matveev substantiates the unifying methodology in modern physical culture, however, the sociological perspective of analysis in these works are not sufficiently taken into account [4].

Along with a sufficient degree of elaboration of a number of aspects of physical culture and sports in the pedagogical, philosophical, biomedical and psychological-pedagogical literature, the sociological aspect of this component of the social infrastructure, the most important layer of social life, reflecting the spirit of the era, is far from being fully represented. The dynamic characteristics of physical culture as a social phenomenon have not been practically studied; the problem of physical culture and sports [5] in the field of modern cultural practices needs to be seriously studied. To build the author's model of consumption of physical culture and sports practices, methodological approaches to the study of stratification hierarchies, consumption practices and lifestyles were used,

In the discussion of the role of physical culture and sports, it occupies an important place in aspects of a healthy lifestyle[6]. However, a multicultural modern society is characterized by variability of ideas about healthy and unhealthy, useful and harmful. There are important differences between representatives of different social groups in their attitudes towards health, physical activity, sports and physical education. The critical paradigm of social science emphasizes the role of sport in social stratification, social inequality and social change.

Mass physical culture was defined in terms of industrial-militaristic aspects[7], used for the purposes of political management, industrial development and social integration. The skills of self-discipline, control of one's body, acquired through sports and physical culture, were necessary in the context of accelerated industrialization and modernization of society as a whole.



The tasks of educating a disciplined and controlled citizen, able to correspond to the structure of social relations of the era of industrialization, are being redefined: physical education is no longer understood as a way of educating the workforce, but as a means of mobilizing, raising the level of military physical training of young people. The general context of changes in state policy in the conditions of the political "thaw" is reflected in the fate of physical education as a subject in the educational program of Soviet universities. The physical education program for students is losing its mandatory status, giving way to sports specialization in athletics, gymnastics, swimming and other sports. The general ideology of the physical culture movement continues to be perceived in a militaristic key in addition to the tasks of industrial development.

The social space of physical culture and sports is a structure of social interactions and social differences, includes a number of subspaces, or fields, which owe their structure to the unequal distribution of certain types of capital. Physical culture is an element of lifestyle as a system of practices that are repeated in everyday behavior and determine the position of a person in social space[8]. According to mass surveys, among those who prefer sports and physical activity in the field of practice, the share of people among the representatives of the middle class exceeds the similar share in the stratum with incomes below the average by more than two times, and in the lower class - by ten or more times.

The sociology of sport is the science of social subjects that examines the practices and processes of sport and physical culture in a variety of ways, including, for example, elite and spectator sports, aspects of health, the social problems of sport, and physical education. The sociology of sport takes into account the problems of social stratification, the basic concepts and theoretical explanations of social inequality, social institutions and social change. The sociology of sports covers the sports and physical culture activities of people and the social institutions that contribute to this, thereby emphasizing those social structures and processes that act as conditions and mechanisms for distinguishing physical culture and sports as separate cultural practices.

The formation and development of socio-hygienic[9] medicine contributed to further social practices of body development, while medicine becomes an institution of social control and an instrument of rational policy aimed at the production of healthy, strong and efficient bodies of individuals and the entire social body as a whole. The skills of self-discipline, control of one's body were necessary in the context of accelerated industrialization and modernization of society as a whole, since the dominant system of labor relations directly depended on the bodily practices of workers. This system



subordinated everything to the economic and ideological requirements of a particular period in the development of the Soviet state, regulating the regime of the working day, food and rest, reproductive behavior and sexual life.

To analyze the spatial characteristics of physical culture and sports consumption practices, the concept of lifestyle is used, which is understood as a system of practices, that is, repeated in everyday behavior and determining the position of a person in social space. Lifestyle includes practices in a wide variety of fields, from the point of view of a dissertation research, the following are of particular importance: consumption and leisure, work and income, health, participation in physical education and sports. Thus, the style of life acts as a beginning, a symbol of belonging to a status group, an element that ensures its stability for a certain time, a factor of separation from other groups. Social groups and individuals develop life-style strategies, while it becomes obvious that consumption and leisure practices remain a significant space for the formation of the identity of modern youth.

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