

## Physical Culture and Sport in the Development of Physical Performance

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<p><b>Received</b> 18-01-2023</p> <p><b>Accepted</b> 10-02-2023</p> <p><b>Published</b> 19-02-2023</p>	<p><b>Abstract.</b>The article discusses the importance and necessity of physical education classes for both a student and an adult. The relationship between physical activity and work ability, which is composed of various psychological qualities, which in turn can be developed by sports, is being investigated. The article also discusses the impact of sports on human cognitive functions, proves the positive impact of an active lifestyle on the psycho-emotional state of a person. Considerable attention is paid to the analysis of the influence of physical culture in the life of a student. The relationship between an active lifestyle and brain activity, and, consequently, academic success, is proved.</p>	<p><b>Keywords:</b> physical culture, physical exercises, working capacity, mental activity, brain activity.</p>
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### INTRODUCTION.

Modern man needs to it is possible to develop, because the world does not stand still, even after acquiring any specialty, one must continue to learn new things, to study. A person who leads an active lifestyle copes with both mental and physical stress many times better than a person who leads a sedentary lifestyle. It has been proven that if physical activity was optimal: that is, in such a way that the body felt the load, and there was no overwork, then a jump in mental activity and working capacity is observed. But if, there was an overwork of the body, then the reverse situation should be observed.

what, a person is able to better remember and assimilate information, which is not unimportant in learning. Physical activity has a beneficial effect on brain activity by activating the processes of creating neurons in the hippocampus; physical activity increases endurance, which helps the brain cope with fatigue and fatigue.

Sports activities have a positive effect on only on the state of the body, which is also not unimportant, but also improve the emotional and psychological state of a person. With regular loads, the body changes not only in aesthetic terms. A person needs to devote time to physical exercises primarily for their own health. [1] Human activity is curled from a number of factors: concentration, attention, emotional stability and many others, and all this directly affects performance. [2] All these factors develop in different ways, but every psychological quality can be improved through physical culture.

The distribution of attention is the maintenance of concentration when performing several actions that are similar in nature, performed in somepace.

Exercises aimed at acquiring attention and concentration: switching attention from object to object, exercises for highlighting more important objects from secondary ones, exercises for the speed of switching attention. A variety of games in ball.

Emotional resilience can also be developed through physical training. As training, tasks can be considered in a stressful situation, emotional tension, or in conditions where a high pace of work is required. Exercises aimed at gaining experience in volitional behavior: relay races along a difficult route, uphill running in conjunction with various exercises (running with an overlap of the lower leg, running with a set step, running backwards), performing exercises at a height (on a rope, on a gymnastic beam), skiing. [3] Thus, attention, memory, concentration and other psychological qualities directly depend on the physical data of a person. Properly selected physical activity directly affects the quality of work to change the tasks performed. And not from the mental to the mental, but from the mental to the physical and vice versa. With prolonged intense mental activity, it is recommended to carry out dynamic exercises every 2-3 hours, for example, running in place with deep rhythmic breathing. If there is no opportunity for a warm-up or a full-fledged workout, you can just walk around and stretch, do breathing exercises or gymnastics for the eyes. One way or another, it is necessary to interrupt in the process of engaging

in mental activity.

When engaging in physical activity, the impulses generated in the musculoskeletal system significantly increase the tone of the cells of the cerebral cortex, which in turn increases the hormones of the endocrine system, which improve metabolic processes in the body. In the course of research, it has been proven that students who are engaged in physical activity in the first half of the day (the first or second training pair) are better off keeping their heart rate - heart rate in the range of 110-130 beats / min. Classes with such activity will not create overwork, but will contribute to working capacity. For students who choose physical education in the afternoon, a load with a heart rate of 160 and above beats / min is suitable. [4] With prolonged monotonous work, drowsiness, fatigue and tension in the muscles appear. This is due to a lack of oxygen, since during mental activity the brain consumes almost four times more oxygen than at rest. You can improve your physical and psychological state with the help of active physical exercises. [5] During physical exertion, the heartbeat and blood circulation in the body accelerates, and, consequently, breathing quickens, which means that more oxygen enters the brain cells, which directly affects thought processes. Students who systematically go in for sports unload the nervous system in this way, increase their working capacity, and maintain mental health. Therefore, it is necessary to change activities regularly. So, for example, physical exercises can be given 1-3 days a week, but at the same time do exercises daily in conjunction with walks in the fresh air. Firstly, walking at a high pace is useful, and secondly, oxygen increases brain activity.

As an example of available activity: running, walking at a high pace. Health running is one of the most affordable and effective means of maintaining and improving performance. Running has a beneficial effect on the circulatory and cardiovascular systems, improves endurance, and also has a calming effect. In addition, long-distance running has a meditative effect, helps in getting rid of emotional stress.

Yoga classes, stretching, Pilates are also available activities. To achieve different goals: stretch the body, unload the brain, or improve endurance, you can use a different physical activity each time.

Research results. Even when performing simple physical exercises that affect a sufficient number of muscles, the central nervous system is stimulated. Often, with a long time of mental activity, fatigue, a decrease in concentration and muscle tension appear. A clear understanding of the benefits of sport in human life contributes to comfortable activities, both mental and physical. If regular training is followed, many indicators improve, from working capacity to mental state. [6] Conclusions. Physical exercises have a tonic effect on the body, have a beneficial effect on mental activity, have an anti-stress effect, and also improve performance. Thus, it can be concluded that a sedentary lifestyle and a lack of physical activity significantly stop the rhythm of a person's life due to reduced immunity, possible deterioration in the health of the cardiovascular and supporting systems. Moderate physical exercise is necessary to improve memory, attention, human performance, as well as reduce the risk of various diseases due to more rapid transport of blood to the brain, saturated with oxygen and nutrients properties.

Due to physical activity, a person will not only succeed better in mental activity, but also live his life more fully. Lack of activity is detrimental to human life.

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