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## **PHYSICAL ACTIVITY IN EVERYDAY LIFE OF STUDENTS**

*Annotation.* The value of physical activity in a student's life as parts of their healthy lifestyle is great. In this regard, there was a need to study the relation of students to this kind of activity.

*Keywords:* students, health, physical activity, motivation

The modern student is the most vulnerable part of the population regarding the preservation and promotion of health, because intensive and highly informative educational work places high demands on the functional state of the organism. At the same time there is not a high enough interest in physical training. Thus, there is a need to find out what affects the motivation to participate in active physical training.

Research objective is studying of motive activity in everyday life of students as parts of a healthy lifestyle.

Methods and organization of research are studying of modern literature, questioning of students. Questionnaires were made according to a research objective. Students took part in questioning with 1 to 3 courses of the Ural state University of Railway Transport (USURT), young men and young women aged 18–21 years.

Analysis of research. Intensive educational activity has a strong psychophysical impact on the young and yet the organism of students did not get stronger. For preservation and promotion of health of young people, their full development requires modern forms of stimulation of physical activity, physiological requirements are necessary for harmonious development and realization of intellectual and physical potential of youth in the course of training in a higher education institution [2, 3].

According to the conducted survey, it is revealed that 86 % of first-year students, 82 % of second-year students and 78 % of third-year students regularly attend classes on physical culture at university. It is interesting that practically all respondents feel desire to move, remove stress.

However, only 19 % of first-year students, 16 % of second-year students and 12 % of third-year students do morning exercises. Students explain it with high workload, impossibility to rise a bit earlier, plus many don't consider it important to be engaged in physical exercises after sleep. Thus the value of charging the functional spirit of an organism for the whole day is known.

Poll showed that practically all students like active recreation, but thus 72 % of first-year students, 76 % of second-year students and 81 % of third-year students spend free time

behind a computer screen. Such pastimes increase considerably the risk of over fatigue and deterioration of functional condition of students.

Besides, questioning revealed that only 24% of first-year students, 18 % of second-year students and 16 % of third-year students do special physical exercises whilst working at the computer at home or at university, for example, in the library anybody doesn't even reflect on it. Such organization of educational work can lead to serious problems in the state of health of students.

The analysis of questioning showed that students seek to be engaged independently. It is interesting that 22 % of respondents would like to skate, but thus only 8 % ride. 25 % would like to be engaged in running, but only 6 % of respondents run. It is revealed that of great importance is the fact that for students they would like to be engaged in physical activity with friends, but it isn't always possible.

Conclusions. Thus, it is revealed that students do have a desire to be engaged in motive activity, but thus not many it do. Results of the research conducted by us testifies to the need for an introductory process of physical training of students in higher education institutions of evidence-based programs of the occupations by physical culture directed on optimization of physical activity, development in students of interest in systematic occupations by physical culture and instilling in them the desire for a healthy lifestyle.

It is also defined that students don't reflect on a role of physical exercises in their everyday life therefore treat physical activity only as entertainment, in free time, if it is available. In our opinion, there is a need for theoretical training of students about the importance of physical activity during training as parts of a healthy lifestyle.

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