

FORMATION OF A HEALTHY LIFESTYLE AMONG STUDENTS AND TEACHERS IN VARIOUS SECTIONS AT UNIVERSITIES

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Abstract: The article analyzes the basics of student training, the impact of volleyball on the health of university students. It was revealed that physical education is one of the main components of a healthy lifestyle, training contributes to the development of willpower, physical activity activates the central nervous system, develops an immediate response to visual and auditory signals, increases muscle sensation and the ability to quickly switch between muscle tension and relaxation.

Key words: volleyball, student, healthy lifestyle, training, classes, game, health, players, team, requirements.

Introduction

Volleyball is the game of millions of people around the world. It is the game of passion, the game of emotions, the game of development, the game of relaxation, the game of fantasy, the game of dreams, and finally the game of life. Roll volleyball is hard to overestimate.

Playing volleyball also develops an immediate response to visual and auditory cues, increases muscle sensation and the ability to quickly switch between muscle tension and relaxation. Low static forces and tension during the game have a beneficial effect on the growth of young athletes.

Playing volleyball requires a high level of physical performance, willpower and the ability to use acquired skills. During the game, participants show positive emotions: cheerfulness, swiftness, initiative, the will to win.

Due to its emotionality, playing volleyball is not only a means of physical development, but also active recreation.

The mastering of technical and tactical skills by students depends on the level of development of physical qualities and abilities specific to the game of volleyball. The higher the level of development of special qualities and abilities, the faster you can master the basics of the technique and tactics of the game. The influence of volleyball-specific means on the comprehensive development and functional state of the body completely depends on the level of mastering the skills of the game. The indicators of the development of the main physical qualities of the students of the control and experimental groups have a large degree of heterogeneity (endurance, coordination readiness [1].

So, regular volleyball lessons are one of the effective means of physical culture and sports, providing an increase in the level of physical and technical readiness of students, strengthening their health. However, it should be noted that there is no complete research on the development of technologies for using volleyball means in physical education classes with students of technical universities [2].

Each student individually must determine for himself what qualities, in his opinion, he needs to develop, what he does not succeed in and how to achieve greater efficiency in the development of physical abilities. The theoretical part of physical training will help to understand all these issues. Do not forget that due to their professional activities, the employees of the Investigative Committee are regularly exposed to emotional stress, which can lead to stress. Resistance to stressful situations can be improved just with the help of sports games, since their main component is the regulation of muscle tone. Thus, sports games help students to develop sports qualities and deal with stress [3].

Obtaining information about the training system, its elements and results is considered as a control section of the training process. The control system covers all aspects of the preparation process and allows you to purposefully manage it.

In order to obtain reliable and reliable information, methods of objective pedagogical, medical - biological and psychological control are used.

Control is carried out annually in two stages:

- a) in the club team from September to April;
 - b) In the national team from January to April through the club, May-August directly to the national team.
1. Comprehensive examination and development of recommendations for physical, technical, tactical and psychological training.
 2. Implementation of the researched weekly modes of operation (microcycles) between rounds of the championship, as the main factor in controlling the dynamics of the sports form of the players.
 3. Development of recommendations for optimizing the modes of training work.

Implementing recommendations into team work. The integrated scientific group should consist of trainers, biologists, psychologists, engineering and technical workers and doctors. To carry out high-quality work, it is necessary to use modern equipment that provides urgent information for the operational management of the training process.

Approximate model of the men's team. Team building.

There are 12 players in the team, including four setters and eight forwards. Among the setters, it is desirable to have tall players who will be located diagonally with the main setter and carry out intermediate exits. In modern volleyball, the universalization of attackers continues. Obviously, this will lead to further blurring of the lines between the main and auxiliary attackers. The main six are completed according to the 5 + 1 system (i.e. 5 forwards and 1 setter). Depending on the opponent, the course of the game, the score of the game, etc., the team must be armed with sixes, completed according to the principle 4 + 2 or 5 + 1. In the course of meetings with the main opponents, the team must have players with the introduction of which the game could be strengthened in attack or defense. In terms of age, it is advisable to have players of three generations in the team: "veterans" - players aged 26 and older (3-4 people, 1-2 of them must be setters); "middle working link" - players aged 23-26 (4-5 people); and "youth" - players 22 years old and younger (3-4 people). [4]

With this composition, the principle of continuity of generations is preserved. According to the height data, we can expect a further increase in the average height of the players in the team.

The average height of volleyball players of the leading teams will be 192-195 cm. It can be assumed that the extreme indicators in the growth of players of one team will converge. This is due to the requirements of universalization of players. Setters must be 188-193 cm tall, attackers - 192-198 cm. Requirements for players Special physical training. The requirements for speed-strength training, jumping and game

endurance of players, their coordination capabilities will increase. It should be noted that the same requirements for general and special physical training are imposed on tall players [7].

Exemplary model of the women's team. Team building.

It is desirable to have in the team athletes over 25 years old - 2-3 people, 20-25 years old - 6-7 people, 19 years old - 3-4 people. According to the game functions, the composition should be as follows: forwards - 8 people, setters - 2 people, auxiliary setters - 2 people, of which 1 attacker, 1 defender [5].

The requirements for special physical training in modern volleyball for players are very high. Each student individually must determine for himself what qualities, in his opinion, he needs to develop, what he does not get and how to achieve greater efficiency in the development of physical abilities.

The theoretical part of physical training will help to understand all these issues [6]. Do not forget that due to their professional activities, the employees of the Investigative Committee are regularly exposed to emotional stress, which can lead to stress. Resistance to stressful situations can be improved just with the help of sports games, since their main component is the regulation of muscle tone. Thus, sports games help students develop sports qualities and deal with stress. All these factors together have a positive effect on the formation of a healthy lifestyle.

Conclusion

Summing up, I can say that physical education itself is one of the main components of a healthy lifestyle. Due to the lack of movement, the body weakens, namely, physical activity helps to maintain the cardiovascular and musculoskeletal system in working condition. While playing volleyball, students relax their souls and train their bodies. Training contributes to the development of willpower [8].

They teach to overcome various difficulties and achieve their goals. These qualities are most important for adolescents, as well as young people who are passive by nature. Physical activity activates the central nervous system, as a result of which not only metabolic, but also mental processes are accelerated. Students who are engaged in physical education, and in particular volleyball, learn the educational material better. During a couple of physical education, a student can finally forget the formulas from medical or biochemistry, and just enjoy a fun team game.

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