

THE IMPORTANCE OF PHYSICAL ACTIVITIES

Nudha A.A, student; SSU, Group SP-801

Physical activity can be defined as any activity that includes some form of physical activity and voluntary movements burning calories. These activities make the human body work harder than usual. Examples of physical activity go from gardening, dance, walking with the dog, snow cleaning and leaves. The exercises also include physical effort, voluntary movements and calories. However, this form of physical activity is specially planned, structured and repetitive. This is usually not associated with any competition.

The modern physical education system of students in higher education in Ukraine is not able to provide sufficiently normal means of subsistence, health care and rehabilitation. The reasons are: too old a methodical system of student physical education, lack of government programs of innovative means and physical education technologies. In addition, the direction of rehabilitation of classes of physical culture has been promoted in recent years as a means of improvement and efficiency. Examples of exercises include jogging, background skiing, swimming, cycling and aerobics. Sport also includes physical activities and exercise, but it is different because they also have a set of rules or targets for training and achievement of certain sports skills. Some individual sports like golf and swimming. Others play in teams, like football and hockey. Sport is often, but not always, competitive. When conducting physical exercises, physical exercises or individual sports, it is usually possible to control factors such as speed, duration, intensity and movements necessary to protect muscles and joints.

Important factors in taking physical activity are: 1) The state of health - if the child is overweight or not in good physical form - may be less tense on the joints of the weight to start the activity; 2) Reflection and coordination - if the child has not yet developed good reflexes and coordination, it will have a greater risk of injury; 3) speed: The faster the child, the more likely it is that it is a serious accident and an accident; 4) Level of ability. It's not always easy and easy to decide which exercise and exercise are useful to your child.

In the end, we all have the same objective: help the child enjoy the benefits of the life, enjoy and be as secure as possible.

Language advisor Liashenko I.V.