

ELECTIVE COURSES IN PHYSICAL CULTURE AND SPORTS

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Abstract: This article examines some innovative and effective approaches to adult education in the modern age, and modern adult education methods that prioritize individual learning experiences, active participation, and real-life application of concepts.

Key words: teaching, methods, methodology, modern technologies, motivation, innovations, innovative methods, traditional education, teachers, educational programs, educational process, professional pedagogical competence.

Training sessions in the discipline "Elective courses in physical culture and sports" in high school prepare students for life and contribute to his harmonious physical development. They train the body, make health stronger, improve physical qualities, abilities and skills, thereby, improve physical fitness and sports achievements; create favorable conditions for a long and active life. In addition, they contribute to the education of such necessary moral personality traits as morality, aesthetics, hard work, and also forms intellectual development. All this is necessary for future specialists in their professional work in the field of education, medicine, law, agriculture, military Affairs, etc. Therefore, physical culture and sports is a special complex social phenomenon, which is not limited to the solution of physical development, and implements all kinds of social activities of society, shows its health, cultural importance both in social life and in the system of education, education and recreation. The purpose of the scientific article is to determine the problems of physical education in higher educational institutions, as well as, on the basis of the results of the sociological survey of students of leading universities to determine the attitude to the discipline "Elective courses in physical culture and sports" in high school and to physical culture in general. Materials and methods: the paper uses the main methods used in the pedagogical and social sciences and humanities, first of all, analytical and systematic approaches, a secondary analysis of empirical research data. The study is based on the analysis of literature on the issues of interest to us and sociological survey of students. Results: the article reflects a number of problems that exist in the system of physical education, the causes of negative aspects –professional and domestic stress, nervous and physical overload. It is concluded that the influence of physical training and sports have a positive impact on physical fitness, performance, psychological stability and health in General. In addition, it is the prevention of so-called "sedentary diseases" and computer addiction.

The attitude of students of higher educational institutions to physical training and sports. Discussion and conclusions : today's society is deeply interested in ensuring that the younger generation is physically developed and healthy. The great influence of physical culture and sports on health, moral and volitional qualities and spiritual world of man is undeniable. Numerous studies and experience of the use of means and methods of physical culture and sports in the process of physical education in universities prove their effectiveness in the formation of students ' physical fitness, spiritual and moral education, contribute to successful socialization and professional self-determination, health, personal safety, which, in the end, contributes to the strengthening of the student, to increase the level of unification of the society to address issues of national security and further stable development of the state. Data of sociological research shows stereotypic representations of students on physical training as a way of improvement of muscles work and increase its weight. The research show total imperception of the fact that muscles activity is

reflected in emotionally-shaped thinking; successful mastering of modern scientific knowledge, active ability to live, successful implementation of personal and professional plans are impossible without such activities. Low valeological competence of parents, school teachers, tutors and teachers of higher schools is revealed as the main reason of an absence of students' organisation skills of a healthy way of life, and upkeeping the state of health. Practical significance. Research materials justify that the system of mass physical training requires conceptual reforming; it is required to include reconsideration of a place and role of the so-named discipline in the higher school. Introduction: physical health of a person is a natural state of an organism caused by normal functioning of all its organs and systems. It is an invaluable asset for the entire community.

Physical education, also known as Phys Ed., PE, gym, or gym class, and in some Commonwealth countries as physical training or PT is a class that pupils are required to take at school. It is taken during primary and secondary education and encourages psychomotor learning in a play or movement exploration setting to promote health.

In addition, physical literacy is a 21st-century term that first emerged in the sport literature before also being applied to physical education. The concept of physical literacy covers a variety of conditions for a student. Whether its motivation, confidence, physical competence, knowledge and understanding for student. Teachers implement these different concepts into their lesson plans to teach and develop students accordingly and appropriately for their individual success and education.

Whether the class produces positive effects on students' health, behavior, and academic performance depends upon the kind of program that is taught.^[4] Physical Education programs vary all over the world. However, there are worldwide organizations that allow for a better understanding on how much exercise a child should be getting daily. Popular games in PE include football, netball, hockey, rounders, athletics and cricket.

Physical Education (PE) develops students' competence and confidence to take part in a range of physical activities that become a central part of their lives, both in and out of school.

A high-quality PE curriculum enables all students to enjoy and succeed in many kinds of physical activity. They develop a wide range of skills and the ability to use tactics, strategies and compositional ideas to perform successfully. When they are performing, they think about what they are doing, they analyse the situation

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