

STUDY OF THE TASK OF PHYSICAL EDUCATION IN MODERN CONDITIONS

Physical education is a system of socio-pedagogical measures aimed at strengthening health, developing functions and physical capabilities of a person, forming motor skills and abilities.

In our opinion, the purpose of the discipline «Physical education and self-improvement» stems from the main task of education. The meaning of the task lies in the need to prepare comprehensively developed, active and healthy people who organically combine common human personality traits, harmony of physical and mental development.

As for the tasks of physical education, they can be grouped into 3 groups:

- health tasks – consist in strengthening the musculoskeletal system, forming the correct posture, improving the activity of the central nervous system;
- educational tasks – consist in the formation and acquisition of knowledge in the field of theory of physical culture and sports;
- educational tasks – consist in improving motor qualities (strength, speed, endurance, dexterity, etc.), in strengthening willpower (will to win, courage, perseverance, courage, etc.), in improving mental abilities (attention, memory yati, etc.) [1].

In the conditions of martial law, which has been in force in Ukraine since 2022, physical education is a promotion of raising the level of military-patriotic education of pupils and student youth and cadets, who can later fill the ranks of the NPU, SBU, ZSU, NSU. These ranks are relevant, because there is a war going on in our territory, so everyone should have good physical training; the formation of a stable interest among young people in regular classes in Ukrainian martial arts; raising the level of education in the field of physical culture; improving the quality of the process of physical education and education [2].

New perspectives for discovering our own abilities and talents are opening up before us. This is a path chosen with understanding and a healthy approach to make life more productive and joyful both for

yourself and for others. The modern pace of life puts demands on us to increase physical activity and readiness. The increasing amount of loads that we bear during our life requires a higher level of physical fitness, which can be achieved through regular physical education.

References

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3. Стаття «Військово-патріотичне виховання учнівської та студентської молоді, курсантів у спортивному гуртку «Бойовий хортинг» в умовах воєнн огостану» Діхтяренко, З.М.; Єрмоменко, Е.А.;
4. URL: <https://university-edu.science/handle/123456789/37>

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