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THE POSSIBILITIES OF PHYSICAL CULTURE IN THE MODERN YOUTH INTERNET COMMUNITY

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ABSTRACT

The article touches upon the problem of preserving the health of the nation. Including young people. The possibilities of physical culture by means of modern information technology, particularly via the Internet, to create additional motivation and to provide all possible assistance in learning any of the types of physical activities.

KEYWORDS: *Health, Information Technology, Internet Site.*

INTRODUCTION

Physical culture and sports are important factors in promoting and maintaining health. They influence national relations, business life, social status, shape fashion, ethical values, the way of life of people. Politicians have long viewed sport as a national hobby, capable of uniting society with a single national idea, filling it with a kind of ideology, the desire of people to succeed, to win. The active position of the population in relation to sports is formed as a result of good media propaganda. Sociological surveys of the population, especially young people involved in sports, show that sport forms the initial idea of life and the world. It is in sports that such important values for modern society as equality of chances for success, achievement of success, the desire to be the first, to defeat not only an opponent, but also oneself are most clearly manifested. The lessons learned by young athletes on the sports field tend to help them in life.

Physical culture and sports are among those areas of activity in which a person finds himself in a rather complex relationship with people. Having come to a sports section or school, a young athlete finds himself in a new social sphere: coaches, judges, sports collective are new agents of socialization, specific people responsible for upbringing and education, teaching cultural norms and patterns of behavior, ensuring the effective development of a new social role, in which a young athlete finds himself. For each person, primary socialization is especially important, when the basic psychophysical and moral qualities of a person are laid.

In the primary socialization of the athlete, along with the family, the school, the social institute of physical culture and sports is involved. In relation to the child undergoing socialization, the parents take a superior position. For a young athlete, the coach also plays a leading role. Peers, on the other hand, are equal to him. They forgive him a lot of things that their parents and coach do not forgive. In a sense, on the one hand, peers, and on the other, parents and a coach influence the young athlete in opposite directions.

In this case, the coach strengthens the position of the parents in the formation of basic values, and also regulates momentary behavior, orienting the young athlete to a sports lifestyle and achieving high results. The value potential of sport allows solving a number of educational tasks.

Sports activity allows a young athlete to endure the difficulties that often arise in a child at school, in a family, in other life situations. Caring for the development of physical culture and sports is the most important component of the state's social policy, ensuring the implementation of humanistic ideals, values and norms, giving a wide scope for identifying the abilities of 5 people, meeting their interests and needs, activating the human factor.

Physical culture, being one of the facets of general culture, largely determines the behavior of a person in school, at work, in everyday life, in communication, contributes to the solution of socio-economic, educational and health problems. The huge social potential of physical culture and sports must be fully used for the prosperity of the country, since it is the least costly and most effective lever for the forced moral and physical recovery of the nation. The most acute and urgent problem is the low physical fitness of students.

The real volume of physical activity of pupils and students does not ensure the full development and health improvement of the younger generation. The number of pupils and students assigned for health reasons to a special medical group is increasing.

The insufficient number of people who regularly go in for physical culture and sports is largely due to the almost complete lack of promotion of a healthy lifestyle and the values of physical culture and sports in the media, especially on television.

A serious problem for the sphere of physical culture and sports is the outflow of qualified specialists, coaches and athletes abroad. This is due, on the one hand, to the high level of preparedness of our specialists, coaches and athletes, their demand at the world level, and on the other hand, to the lack of conditions for full-fledged work in our country.

One of the main functions of the state is to meet general needs, including the needs for a healthy lifestyle and for physical education and sports. Today it is necessary to develop a unified strategy for the actions of various ministries and departments, public organizations, scientists and specialists. This strategy should be aimed at creating the most favorable conditions for improving the health of people in labor collectives, in educational institutions, at the place of residence, in places of recreation.

Currently, an active interest in a healthy lifestyle is being formed in our country. In fact, we can say that a new social phenomenon is emerging in Russia, expressed in the acute economic interest of citizens in maintaining health as the basis of material well-being. It is necessary to preserve and restore the best traditions of the national physical culture and sports movement and continue the search for new highly effective physical culture and health and sports technologies aimed at maximum involvement of all segments of the population in active physical culture and sports.

Health and a healthy lifestyle are one of the main criteria for the development of modern society. It is well known that systematic training in various types of physical activity has a beneficial effect on both physical and mental performance. Our state, for its part, is also interested in a healthy nation and in this regard is trying to promote the development of the sphere of physical culture and sports. This influence extends to higher education as well.

In accordance with this, in the state educational standard of higher education, the academic discipline "Physical culture" is included in the disciplines that are mandatory. However, such distribution of hours is not enough today. It is necessary to introduce new technologies that attract young people to systematic physical education and sports.

Considering that at the turn of the XX-XXI centuries, modern society entered a new era of technical revolution, such an existence in an "informatized" and "technotized" environment entails the birth of new forms of social life.

Being in the continuous process of global informatization, the society is changing the usual way of life, constant adjustments are being made. Today we can rightfully call ourselves "information society", the main component of which is information technology.

Such technologies occupy leading positions in the management of educational activities. They allow to form a modern structure of educational activity and to influence the development of the needs of student youth for self-realization, self-education by means of physical culture [1].

One of the main information technologies is the Internet. Its use allows you to receive and disseminate both cognitive and entertaining and scientific information. And it is natural that today's youth regards Internet sources as one of the main means of obtaining information. Those young people who decided to go in for sports on their own were no exception.

They start looking for information of this kind on the Internet. With the possibilities offered by the latest technology, it's a snap. Nevertheless, it should be remembered that the "Network" is, first of all, the "World Wide Web", and therefore, in addition to useful information, it contains a lot of unnecessary, unverified information.

Indeed, on the Internet, anyone can give advice or write recommendations in the field of physical culture and sports, not being competent in this or that issue, and a person who decides to use all this in practice may encounter difficulties in the process of playing sports on his own, harm his health.

Therefore, it is necessary to provide high-quality and verified information, and this should be done by specialists. We propose to create a website on the basis of each university, in which specialists from the Department of Physical Culture and Sports, together with active athletes, can help young people who decide to lead a healthy lifestyle, give real advice, and schedule a training program taking into account the characteristics of each. Also, the site will help you find like-minded people.

The purpose of our work is to develop an Internet site for the formation of students' motivation for systematic physical education and online consultation.

In the "question-answer" section, students will be able to ask questions of interest in the field of physical culture and sports, which our specialists will try to answer.

Online consultation is a block where you can get a detailed recommendation, for example, about sports nutrition, training regimen, exercise dosage, etc.

Methodological developments will include approximate plans for training process schedules in various areas, as well as various literature on different categories.

The chat will help students organize their leisure time. For example, get together to play sports or find friends who will run with you in the morning.

Sports at the university it is assumed that anyone can see the results of the competition, receive information about previous events, propose their own sports festival, etc.

Video - here you can visually look at the correct technique for performing various exercises.

Start now - this is a section in which tasks for each day will be published.

Thus, the site will significantly save time. Anyone will be able to receive reliable information in the field of physical culture directly from specialists, eliminating the need to search in low-quality articles and sites.

Constructed in this way, classes, which include personality-correctional techniques, will significantly intensify the independent work of students.

Blocks "chat" and "start now" will help motivate young people to lead a healthy lifestyle, personal meaning arises, as well as find like-minded people and assemble their own sports team.

This project will perform educational, educational and educational functions, create favorable pedagogical conditions for the formation of an integral personality, capable and ready to realize their potential in a healthy lifestyle, professional activity and everyday life.

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