

## THE ROLE OF SPORTS IN HIGHER EDUCATION

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### АННОТАЦИЯ

В данной статье представлена краткая информация о роли спорта в высшем образовании. Организация здорового образа жизни в каждом образовательном учреждении является одной из важнейших функций.

### АННОТАЦИЯ

This article provides a summary of the role of sport in higher education. The organization of a healthy lifestyle in every educational institution is one of the most important functions.

Consistent measures are being taken to popularize physical education and sports in our country, to create the necessary conditions and infrastructure for promoting a healthy lifestyle among the population, especially among young people, and to ensure the country's proper participation in international sports arenas.

At the same time, the existence of a number of systemic problems and shortcomings in the organization of physical education and sports prevents the effective implementation of state policy in this area and the full use of the country's existing sports potential. In particular:

first of all, the absence of an effective integrated system of physical education and sports management, especially in local areas, does not ensure proper coordination of the activities of state bodies and other organizations in this area, popularization and promotion of a healthy lifestyle;

secondly, the concept of physical education and sports development in the medium-term and long-term perspective has not been developed in our country, setting specific tasks and target indicators in the field of mass sports and high sports achievements;

thirdly, the low level of interaction with the non-state sector on the creation of a modern material and technical base and infrastructure of sports under the conditions of public-private partnership does not allow to effectively solve existing problems in this field;

fourthly, the absence of an efficient and transparent system of selecting (selection) talented athletes from among young people prevents the formation of a sports reserve

and the training of highly qualified athletes to fill the composition of the national teams with quality;

fifthly, the current system of training, retraining and professional development of sports personnel, especially management personnel, does not allow to meet the need for qualified specialists in the field of physical education and sports management;

sixthly, the unreasonable system of supporting the physical education and sports sector, focused only on the development of certain sports, led to the neglect of the development of other mass Olympic sports, first of all, sports games and winter sports;

seventhly, the lack of innovative research and methodical development of training and medical care of athletes, standards that meet modern requirements do not ensure the establishment of a quality training process;

Eighthly, an effective mechanism of control over the reasonableness and truthfulness of the use of financial resources aimed at the development of physical education and sports, and above all internal control, which ensures the rational use of financial resources and aims to eliminate abuses in this area, has not been formed;

ninthly, the production of high-quality local sports equipment and inventory that meets international standards has not been established, and an effective mechanism to support such production has not been provided.

In our educational institution, sports are very important. Various sports competitions are organized for every student and every professor. Every student and professor participates in these competitions with great interest and enthusiasm.

For many people, sport is a noble profession, which shows not only physical ability, but also strength of character in a person. That's why sports quotes encourage people to be stronger and braver, to not be afraid of obstacles and to see the goal that you need to see.

Reading the words of great people about physical education and sports, you will be amazed at their wisdom. Through the thoughts of athletes who share their invaluable experiences, you will understand more that they are all unique people. They, like us, have experienced hardships and disappointments. But their mental and physical efforts removed all obstacles.

For this reason, we need to explain to our children the importance of physical education and sports in human life and teach them the following:

Persistence in achieving the goal;

The role of sports in their aspirations;

The importance of sports for a child to find his place in life;

The importance of a healthy lifestyle.

Yes, and for adults, such lessons will not be superfluous. From time to time it is useful to get advice about sports.

## SUMMARY

In conclusion, we can say that sport plays a very important role in human life. That is why every educational institution has sports classes, i.e. physical culture classes. It is very important for everyone to do sports regularly, because sports are very important for a person's health and mental development.

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