PECULIARITIES OF THE MOTOR ACTIVITY ORGANIZATION OF STUDENTS

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Annotation

A continuously increasing flow of information and an increase in the volume of theoretical disciplines studied in higher educational institutions narrows the range of motor activity of students. In this regard, the organization and management of motor activity of those involved in the school day, semester and throughout the entire period of study at the university becomes more and more urgent. Mental ability and student health largely depend on the optimization of motor activity and the management of the process of its implementation. Under the influence of an intense sedentary lifestyle in the human body, typical, regularly repeating changes occur, which, as a rule, indicates fatigue, deterioration number of physiological functions of the body. They lead to imbalance, processes of excitation and inhibition in the central nervous system, resulting reduced mental work capacity.

In order to ensure high human workability in conditions of limited mobility, the functional state of the motor analyzer plays an important role. It is known that its activity creates a favorable background for the work of all systems of the human body.

Inadequate motor activity and lack of muscle tension during work reduce the functional capabilities of the body as a whole and adversely affect a person's working ability. At the same time, the activity of the cardiovascular and respiratory systems worsens, attention and memory decrease. To eliminate subjective factors of fatigue and increase to some extent the person's working ability by increasing physical activity, by introducing physical exercises.

Keywords: physical culture of a person, motor activity, disease, sedentary mobility, environment, features of being, general culture, activities, self-organization, mutual relations, non-communicable disease, state policy, physical inactivity, hyperdynamia, modernity, national tradition, rate of physical activity, self-control, hygienic demand.

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Introduction

The process of physical education opens up wide possibilities for self-development, self-knowledge, self-realization of human resources [12, 18, 26]. With age, motor activity of people decreases noticeably [1, 2, 3, 4, 5, 6, 7]. According to the World Health Organization (WHO), inactivity is the one of the global problems of mankind at level 4. Lack of physical activity is a significant risk factor for noncommunicable diseases (NCDs) such as stroke, diabetes, and cancer. In many countries, young people are less and less engaged in physical activity. Worldwide, 23% of adults and 81% of teenagers attending school lack physical activity [27, 28, 29].

As indicated in the WHO Global Plan of Action for the Prevention and Control of Noncommunicable Diseases 2013–2020, encouraging people to move more is a key strategy to reduce the burden of NCDs. The plan calls for a reduction by 2025 the prevalence of insufficient physical activity by 10%, which will contribute achievement of the Sustainable Development Goals (SDGs) [27, 28, 29].

WHO provides guidance on the minimum level of activity in order to promote health for all age groups, but it is important to know that a low level of physical activity is better than its complete absence. People who lead a passive lifestyle should start with a little physical activity, integrate it into their daily routine, and gradually increase the duration, frequency and intensity of classes over time. In turn, countries and communities should take measures in order to provide people with more opportunities to lead an active lifestyle [27, 28, 29].

A new way of life and a new educational activity, focused on independence, some parts of students on psychological characteristics adapt without difficulty, while others adapt for a long time. This will last from 3 months to half a year. A new environment, a new world-quenching provides opportunities, builds new life plans. One of these increases is sport [15, 17, 23].

Despite the long up to 14 years, physical education and sports training in preschool, school and educational institutions remains ineffective. The reason is not ineffective teaching of this primary subject. Given the long-term subject of the previous stages of training, the number of hours allocated for physical education is sharply reduced in universities.

At present, in universities of Uzbekistan, it is held only in the first year of study. In the curriculum of some universities, this subject is generally absent. Yes, in another

sense, it is considered quite possible when this subject studies for 14 years before university. This period gives a lot of experience and ability for independent study in the health-saving goals of the subject. If for 14 years the subject is not understood, realized and considered as necessary for the health, then the remaining 4 years does not give any effect. This process is effectively carried out in foreign universities. In foreign universities, this subject is not held according to the curriculum. Students themselves attend sports clubs, sections and classes of the health group and others the most convenient time. But, this process is controlled online. Students must complete a certain number of classes (three times a week) and fulfill the physical standards necessary to support the physical activity and gain the necessary points for their academic rating [16].

Despite this, only more than 33-36% of students comply with educational standards. The remaining 64-67% of students do not meet these standards for the social and medical requirement [16].

Studying the problems of motor activity, we can group the basic facts that affect the full health of the population. These may include the following:

lack of physical activity is one of the main risk factors for death in the world;

lack of physical activity is one of the main risk factors for the development of noncommunicable diseases (NCDs), such as cardiovascular disease, cancer and diabetes;

physical activity has important health benefits and contributes prevention of NCDs;

every fourth adult in the world is not active enough;

more than 80% of adolescents worldwide lack physical activity;

lack of physical activity policies in 56% of WHO Member States;

WHO Member States have agreed to reduce the prevalence of physical inactivity by 10% by 2025 [27, 28, 29].

According to the theory and methods of physical education, the term “physical activity” is any movement of the body produced by skeletal muscles, which requires energy consumption, including activity during work, games, homework, travel and recreational activities [12, 18, 26].

However, now the concept of motor activity has acquired the qualities of a modern, having its own theory and practice, scientifically theoretical and methodological substantiated subject. This is before the sociality of the subject is determined. The

social need for motor activity was determined by his theory and methodology, the goals and objectives of his research as a scientific discipline [16].

The term "physical activity" should not be confused with the concept of "exercise" - one of the categories of physical activity that is planned, structured, repeated and aimed at improving or maintaining one or more components of the physical condition [12, 18, 26]. In addition to physical exercises, any other types of physical activity, that are carried out during rest, while traveling to and from places or during work are also good for health. In addition, both moderate and intense physical activity contribute better health.

Everyone should give at least 60 minutes moderate to high intensity physical activity per day. Physical activity lasting more than 60 minutes a day will bring additional benefits to their health. Physical activity aimed at the development of the musculoskeletal system should be practiced at least three times a week [27,28, 29]. It is also recommended that physical activity of moderate intensity should be given at least 150 minutes a week, or physical activity of high intensity at least 75 minutes a week, or time should be given to a similar combination of medium and high intensity physical activity [27,28, 29].

In order to bring additional health benefits for adult classes must increase their average physical activity time to 300 minutes per week or otherwise achieve a similar level of exercise. Strength exercises in which the main muscle groups are involved should be performed twice a week or more often.

Therefore, students should give moderate-intensity physical activity of at least 150 minutes a week or high-intensity physical activity of at least 75 minutes a week, or devote time to a similar combination of moderate and high-intensity physical activity. In order for classes to bring additional health benefits, adults of this age category must increase the duration of moderate-intensity physical activity to 300 minutes per week or otherwise achieve a similar level of exercise [15, 17, 23].

Adults in this age group with limited mobility must be engaged to physical activity, aimed at improving balance and preventing the risk of falls three times a week or more. The intensity of various forms of physical activity varies between people. In order for physical activity to strengthen the cardiovascular and respiratory systems, the entire lesson should be divided into time periods lasting at least 10 minutes.

The benefits of physical activity

Moderate-intensity regular physical activity, such as walking, cycling, or playing sports, has significant health benefits. At any age, the benefits of physical activity outweigh the potential harm, for example as a result of accidents. Leading a more active lifestyle throughout the day thanks to relatively simple methods, people can quite easily reach the recommended levels of activity.

Regular physical activity of appropriate intensity:

improves musculature, as well as the cardiac and respiratory system;

- improves bone condition and functional health;

reduces the risk of hypertension, coronary heart disease, stroke, diabetes, various types of cancer (including breast and colon cancer), as well as depression;

- reduces the risk of falls, as well as fractures of the femoral neck and spine;

physical activity is the basis of energy metabolism and maintaining a normal weight.

Inadequate physical activity is one of the main risk factors for death in the world and its levels in many countries are increasing, which increases the burden of NCDs and affects the general health status around the world. People who are not physically active have a 20% -30% higher risk of death compared to those who devote enough time to physical activity.

Physical inactivity

At the national level in 2018, about 56% of adults of age 18 and older were not physically active enough (30% of men and 26% of women). In high-income megacities, 36% of men and 42% of women were not physically active compared to 12% of men and 24% of women in low-income regions of Central Asia. Low or declining levels of physical activity often correspond to high or increasing gross national product. The decrease in levels of physical activity is partly due to passivity during leisure and a sedentary lifestyle at work and home. In addition to that, the national life in many ways makes women sit at home, spend a sedentary lifestyle, as a housewife. Similarly, the increasing use of “passive” modes of transport also contributes to inadequate physical activity [16].

At the regional scale, in 2018 81% of adolescents aged 11-17 years were not physically active during holidays. Teenage girls were less active than teenage boys — 84% of girls and 78% of boys. The high pace of development of Internet services

by the population is quite associated with the lack of motor activity of this population [16].

A number of environmental factors that are associated with urbanization can prevent people from increasing levels of physical activity. Among them are the following factors:

- intensive traffic;
- poor air quality, air pollution;
-lack of parks, sidewalks and sports recreational facilities;
- national traditions and customs, especially negatively acting girls.

Ways to increase motor activity

To increase the levels of physical activity of the country and the leaders of its regions should make efforts to provide people with more opportunities to lead an active lifestyle.

Key activities aimed at increasing levels of physical activity include:

- comprehensive advertising on the value and benefits (economic, medical, biological, socio-psychological, etc.) of physical activity;
- rejection of normative sports and the distribution of sports shows, various entertaining sports festival;
- promotion of physical activity in daily activities, carried out in collaboration with relevant sectors;
- ensuring access for all people to form active movement, including walking and cycling, and ensuring their safety;
- pursuing policies in the workplace that promote physical activity;
- creation of safe playgrounds and facilities in schools where students could spend their free time actively;
- the formation of “Qualitative Physical Education” (QPE) to support the development of behavioral patterns in children, thanks to which they will remain physically active throughout life;
- the creation of sports and recreational facilities where everyone could do sports;
- improve the quality of physical education;
- diversify support for the commercial development of the sports sector, entrepreneurship in sports and the provision of services.

- The privilege of the initiator, physically and athletically active employees of the enterprise.

Approximately 34% of government sectors have developed policies and action plans for physical inactivity, but only about 20% of ministries and departments have acted on them. National and local governments also adopt policies in a number of sectors to encourage and promote physical activity [7, 8, 9, 10, 11].

Development of a focus on national action strategies

Starting in September 2017, i.e. since the change of power in Uzbekistan, the strategies and tactics in the field of physical culture have changed dramatically. The state administration was improved, the committee of physical culture was separated from the ministry of culture, and instead of the state committee of physical culture and sport, the Ministry of Physical Culture and Sports of the Republic of Uzbekistan was organized. More than 770 physical education workers were assigned. Also, since 1955, the Institute of Physical Culture was the only one, it was reorganized into a university, and a branch of the University of the Uzbek State University of Physical Culture and Sports was opened in Nukus, the capital of the Republic of Karakalpakistan. In addition, a branch of the Russian State University of Physical Culture, Sports, Youth and Tourism (SCOLIPE) was opened in Samarkand. A resolution of the Cabinet of Ministers of the Republic of Uzbekistan was adopted on July 17, 2017 "On the organization of sports clubs in state educational institutions" under number 542. Sports clubs were reorganized on the basis of this regulatory document in 76 universities of the republic. There is a hall and the “Humo” arena for the development of earthly sports. Now the republic has 108 higher education institutions. Of these 14 branches of world-famous universities, such as Moscow State University, the Polytechnic University of Turin, a branch of the Russian University of Oil and Gas named after Gubkin, a branch of the Russian Economic University named after Plekhanova, Singapore Institute of Management Development, a branch of Inha Korea University and many others [7, 8, 9, 10, 11].

Starting September 18, 2018, special attention was paid to the development of mass sports. Under the leadership of the President of the Republic, Sh. Mirziyayev, a national concept for the development of physical culture and mass sports, up to 2030, was developed. The main goal of the concept is to raise to a new level of mass sports among the population and in order to revitalize the nation will provide the necessary level of physical activity at all levels of education, production and culture.

With the opening of branches of foreign universities, teachers of local universities closely cooperated and held joint sports and recreational activities. This largely contributed to the development of motor activity of students.

The national policy of Uzbekistan for the development and promotion of physical activity should be aimed at achieving changes in a number of sectors. Governments should review their national physical activity policies to ensure they are in line with best practices in using population-based approaches to increase physical activity.

The countries of Central Asia are very close in culture, including sporting values. Also, national sports are not much different from each other.

Local government should determine appropriate policies and ensure that walking, cycling and other forms of physical activity are accessible and safe;

transport policy should provide for non-motorized types of vehicles;

production and workplace policies should promote physical activity;

sports facilities and places of mass recreation should become the embodiment of the principle of "mass sport".

Public Policy in Central Asia and legislation have an impact on opportunities for physical activity in the sphere of transport, urban planning, education, labor, social inclusion, and financing of a medical sanitary measures.

Features the organization of physical activity and sports training of students in higher educational institutions

In addition to personal and professional qualities, university graduate needs to have good health and physical fitness. The main role in solving this problem is played by the formation of a healthy lifestyle among students, aimed at ensuring sufficient physical activity [15, 16].

The familiarization of students with physical education is an important component in the formation of a healthy lifestyle. Along with the broad development and further improvement of organized forms of physical education, independent exercise is crucial: Health and student learning are interconnected and interdependent. The stronger the student’s health, the more productive the training, otherwise the ultimate goal of training loses its true meaning and value. For students successfully adapt to the conditions of study at the university, maintain and strengthen their health during the course of their studies, a healthy lifestyle and regular optimal physical activity are necessary [12, 18, 26].

Modern difficult living conditions dictate higher requirements for the biological and social capabilities of man. The comprehensive development of physical abilities of people with the help of organized physical activity (physical training) helps to focus all the internal resources of the body on achieving its goals, improves working capacity, improves health, and allows you to complete all the tasks within a short working day.

Muscles make up 40–45% of a person's body weight. During the evolutionary development, the function of muscle movement subordinated to itself the structure, functions and all the vital functions of other organs, body systems, therefore it very sensitively reacts both to a decrease in physical activity and to heavy, excessive physical exertion.

The systematic use of physical activity, corresponding to gender, age, and state of health, is one of the essential factors for a healthy lifestyle. Physical activity is a combination of a variety of motor actions performed in daily life, as well as organized or self pendent physical culture and sports, the combined term "physical activity". A large number of people engaged in mental activity, there is a restriction of motor activity [1, 2, 3, 4, 5, 6].

A specialist who completed training in the discipline "Physical Culture" should find a motivational-value attitude to physical culture, a formed need for regular physical exercises and sports, physical self-improvement [12,18, 26].

Forms of independent exercise and sports are determined by their goals and objectives. There are three forms of self-study: morning hygienic gymnastics, exercises during the school day, independent training sessions.

Morning hygienic gymnastics are included in the daily routine in the morning after waking up from sleep. The complexes of morning hygienic gymnastics should include exercises for all muscle groups, flexibility exercises and breathing exercises. It is not recommended to perform exercises of a static nature, with significant weights, for endurance (for example, a long run until fatigue). You can include exercises with a skipping rope, an expander and a rubber band, with a ball (elements of a game of volleyball, basketball, soccer with a small load).

In the preparation of the complexes and their implementation, it is recommended to increase the physical load on the body gradually, with a maximum in the middle and in the second half of the complex. By the end of the complex exercise, the load is reduced and the body is brought into a relatively calm state.

The increase and decrease in load should be undulating. Each exercise should be started at a slow pace and with a small amplitude of movements and gradually increase it to average values.

Between a series of 2-3 exercises (and for power exercises - after each), an exercise for relaxation or slow running (20-30 s) is performed.

Exercise dosage, i.e. an increase or decrease of their intensity and volume is ensured by: changing the initial positions (for example, tilting the body forward and down, without bending the legs at the knees, with the hands reaching the floor it is easier to do “legs apart” in the initial position and it is more difficult to do “legs together in the initial position”); a change in the amplitude of motion; acceleration or deceleration of pace; increase or decrease in the number of repetitions of exercises; the inclusion in the work of more or fewer muscle groups; increase or decrease pauses for rest.

Morning hygienic gymnastics should be combined with self-massage and hardening of the body. Immediately after completing the morning gymnastics complex, it is recommended to do self-massage of the main muscle groups of the legs, trunk and arms (5-7 minutes) and perform water procedures taking into account the rules and principles of hardening.

Exercises during the school day are performed between training or independent classes. Such exercises prevent the onset of fatigue, contribute to maintaining high performance for a long time without overvoltage. Performing physical exercises for 10-15 minutes every 1 to 1.5 hours of work has a double stimulating effect on improving performance than passive rest twice as long. This is especially important in the computer and Internet dependence of young people, without taking into account the overstrain of the body.

Exercise should be carried out in well-ventilated areas. It is very useful to perform exercises outdoors.

Independent training sessions can be carried out individually or in a group of 3-5 people or more. Group training is more effective than individual training. Independent individual lessons on the ground or in the forest outside the settlements in order to avoid accidents are not allowed. Departure or exit for training outside the community can be carried out in groups of 3-5 people or more. In this case, all necessary precautions must be taken to prevent sports injuries, frostbite, etc. Also it is not allowed to lag behind a group of individual students. It is recommended to

practice 2–7 times a week for 1–1.5 hours. It is impractical to do less than 2 times a week, since this does not help to increase the level of fitness of the body. The best time for training is in the afternoon, 2-3 hours after lunch. You can train at other times, but not earlier than 2 hours after eating and no later than an hour before eating or before going to bed. It is not recommended to train in the morning immediately after sleeping on an empty stomach (at this time it is necessary to perform hygienic gymnastics). Training sessions should be comprehensive, i.e. contribute to development of a whole host of physical qualities, as well as strengthen health and increase the overall performance of the body. The specialized nature of the classes, i.e. engaging in a chosen sport is allowed only for qualified athletes. Independent training sessions are held on a generally accepted structure [15, 17, 23].

Self-study content

The most common means of independent study at universities are walking and running, cross, health paths, swimming, walking and skiing, cycling, rhythmic gymnastics, athletic gymnastics, sports and outdoor games, orienteering, hiking, trainings on simulators.

Walking and running. The most accessible and useful means of physical training are walking and running outdoors in a forest park. **Walking** is a natural type of movement in which most muscles, ligaments, and joints are involved. Walking improves metabolism in the body and activates the activity of the cardiovascular, respiratory and other body systems. The intensity of physical activity when walking is easily regulated in accordance with the state of health, physical fitness and fitness of the body. The effectiveness of the impact of walking on the human body depends on the stride length, walking speed and its duration. Before training, you need to do a short workout.

When determining physical activity, heart rate (pulse) should be taken into account. The pulse is calculated during short stops during walking and immediately after training.

When you finish walking, you must gradually reduce the speed so that in the last 5-10 minutes of walking the heart rate is 10-15 beats / min less than indicated in the table. 8-10 minutes after the end of the workout (after rest), the heart rate should

return to the original level that was before the workout. The increase in distance and walking speed should increase gradually.

Alternating walking with running. With good health and the free implementation of training loads while walking, you can proceed to alternate between running and walking, which provides a gradual increase in load and makes it possible to control it in strict accordance with your individual capabilities.
After running in alternation with walking and in the presence of good health, you can proceed to continuous running.

Running is the most effective way to improve health and increase physical fitness. Wise nature in the course of evolution has programmed for the human body high reliability and durability, calculated, according to experts, not less than 120-150 years of a healthy life. But it is not so easy to implement this tempting program. This is most often prevented by unwanted abnormalities that occur in the cardiovascular system. There are many ways to strengthen the cardiovascular system and health. Running is becoming more and more confident in the leading place among them.
With systematic training in the future, men can bring continuous running time to 50–70 minutes (8–10 km) or more, women to 40–50 minutes (5–6 km) or more. You can recommend the following modes of intensity when running on health and heart rate. The choice of running duration depends on the preparedness of the students.

Mode I. The zone is comfortable. It is used as the main mode for beginners with experience of up to one year. The runner is accompanied by a feeling of pleasant warmth, legs work easily and freely, breathing through the nose, the runner easily maintains the selected speed, nothing prevents him, there is a desire to run faster. Athletes use this mode to recover from in the conjugate training. Heart rate immediately after running 20-22, after 1 min 13-15 strokes in 10 s.

Mode II. Zone of comfort and small effort. For runners with experience of 2 years. The runner feels pleasant warmth, legs continue to work easily and freely, deep breathing mixed through the nose and mouth, slight fatigue interferes, the speed of

running is maintained with little effort. Heart rate immediately after running 24–26, after 1 min 18–20 strokes in 10 s.

Mode III. A zone of intense training. For runners with an experience of 3 years, for athletes as a training regimen. It's hot for the runner, his legs are especially heavy, especially for the hips, when breathing, there is not enough air to inhale, the lightness has disappeared, it is difficult to keep pace, speed is kept by the willpower. Heart rate immediately after running 27–29, after 1 min 23–26 strokes in 10 s.

IV mode. The zone is competitive. For runners participating in running competitions. Runner is very hot, legs grow heavy and "sinking", breathing stress at a high frequency, prevents excessive voltage muscles of the neck, arms, legs, running is done with difficulty, despite the efforts, the running speed at the finish falls. Heart rate immediately after running 30–35, after 1 min 27–29 beats per 10 s. Classes can be held in groups and independently, individually. Depending on the tasks to be solved, rhythmic gymnastics complexes of different orientations are compiled, which can be carried out in the form of morning gymnastics, a physical break at work, sports warm-up or special exercises. Having a set of ordinary gymnastic exercises, everyone can independently make up such a complex for himself. Music determines the rhythm and pace of movement. It is necessary to select music for certain sets of exercises or, conversely, to the existing phonogram, record, select exercises with the appropriate rhythm and pace. The most convenient for performing exercises is the musical size 2/3 and 4/4; 3/4 size is mainly used for exercises performed at a slow pace. The greatest effect is given by daily classes in various forms of rhythmic gymnastics. Classes less often 2-3 times a week are ineffective.

Sports and outdoor games are of great health importance. They are distinguished by a variety of motor activity and positive emotions, they effectively relieve fatigue, tone the nervous system, improve the emotional state, increase mental and physical performance. Collective actions during the game bring up moral qualities: sociability, a sense of fellowship, the ability to sacrifice personal interests for the sake of the interests of the team. Outdoor games are especially useful. Outdoor games are characterized by simple rules, and teams for their conduct can be

completed arbitrarily. We can recommend the following outdoor games: “Third Extra”, “Ball in a circle”, “Ball in the basket”, “Pionerball”, “Disk on ice”.

Sports games in comparison with mobile games require a higher knowledge of the techniques of a particular type of game and knowledge of the rules of refereeing that determine the relationships and behavior of the players.

The most common sports games in universities are: volleyball, basketball, handball, soccer, hockey, tennis, table tennis, towns, etc. Sports games require specially equipped standard sports fields or gyms.

For the most part, for recreational purposes and outdoor activities, games are held according to simplified rules.

Hiking weekend. The organizational center for weekend trips in educational institutions is the tourist section (tourist club) at the sports club. The tourist sections of faculties and other departments of the university are subordinate to her.

Members of the section help to choose a route, staff a tourist group, give recommendations on equipment and the correct mode on the road, conduct conversations with novice tourists and determine the readiness of the group for the trip. Before the hike, the whole group studies the features of the route on the map: terrain, natural barriers, forest, rivers, nearby settlements, attractions, historical monuments, museums, construction sites. Responsibilities are distributed between the participants of the campaign, appointed: manager, orderly, chef, photographer, correspondent, directing and closing.

The trip leader should investigate the proposed route in advance. When calculating the length of the route, it is necessary to take into account the conditions of the terrain on which the hike will be carried out, the presence or absence of a ski track, estimated air temperature, daylight hours and other factors.

Participants and the leader of the trip should pay great attention to the selection and testing of equipment: the quality of skis, mounts, boots, poles. To repair equipment and skis on the way, you need to have a set of repair tools and materials with you.

The team leader is required to strictly monitor the correct behavior of students on a camping trip and their attitude to natural resources. Tourists should in no case allow spoilage and felling of trees, the place of a halt and bivouac must be carefully cleaned, dry garbage should be burnt, and tins can be buried in the ground.

Age features of the content of classes. Features for women

Taking into account age-related changes, for people 17–29 years old (partially up to 49 years old) who have a high level of physical fitness, we recommend to choose a sport; with average physical fitness - general physical training; for people with low physical fitness - classes with a wellness focus.

With many years of regular exercise or a system of physical exercises with optimal physical exertion, a relative stabilization of motor function is observed, a sufficient level of physical fitness and working capacity of the body is maintained up to 70 years and older. The amount of motor activity for people of different ages, hours per week:

1. Preschoolers 21–28
2. Schoolchildren 14-21
3. Students of vocational schools and secondary specialized educational institutions 10-14
4. University students 10-14
5. Workers 6-10

The choice of the number of lessons per week depends on the purpose of independent studies. To maintain physical condition at the achieved level, it is enough to engage 2 times a week. To increase it - 3 times, and to achieve noticeable sports results 4-5 times a week.

Conclusions:

The development and implementation of evidence-based national and regional guidelines for physical activity can:

- Development and implementation of information programs to increase the physical activity of students in the main social Internet networks (“ Facebook ”, “In Contact”, “Classmates”, etc.);
- inform about national principles on physical activity and other preventive measures of general health care;
- determine the value-oriented starting point of physical education and mass sport for the development of goals and objectives for the promotion of physical activity at the national level;
- promote between departmental cooperation and the development of national goals and objectives for the promotion of physical activity;

- identify the main reference points for the development of physical culture and mass sport for initiatives to promote physical activity;
- substantiate the distribution of resources for preventive measures for promotion of physical activity;
- create a structure for joint actions for all interested parties around one goal;
- provide a science-based document that will allow all interested parties to transform the policy into actions with an appropriate allocation of resources;
- provide national and international physical culture and sports ties with other regions and countries of the world
- contribute the development of national mechanisms for the supervision and monitoring of recommended levels of physical activity for different population groups.

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