

CONDITIONS FOR FORMATION OF HEALTHY LIFESTYLE OF STUDENTS IN PHYSICAL EDUCATION

This article discusses the problem of organizing physical education in a higher education institution in light of formation of healthy lifestyle of students. External factors influencing the person, methods of education in universities, according to the legislation of the Russian Federation, as well as proper self-organization in this area are analyzed.

Keywords: healthy lifestyle, physical education, problems of organizing physical education in high school, student, sport.

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BATENKO Evgeniy Mikhaylovich, Senior Lecturer of Physical Education and Sport Department.
SPIN-code: 6836-0430
AuthorID (RSCI): 776782
BUGAY Maksim Valerievich, Lecturer of Physical Education and Sport Department.

Address for correspondence: batenko.75@mail.ru

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