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PHYSICAL CULTURE OF THE PERSONALITY OF THE FUTURE PHYSICAL AND SPORTS REHABILITATOR

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Annotation. *The publication reveals the importance and role of physical culture in the professional activities of future physical culture and sports rehabilitators, and also emphasizes the need for training, research and cooperation to solve this problem*

Keywords: *student, physical culture of the individual, physical culture and sports rehabilitation.*

Purpose: Determination of the essence and content of the physical culture of the individual as an aspect of physical culture and sports rehabilitation.

Relevance of the research topic. The physical culture of the personality of the future physical culture and sports rehabilitator" appears in the importance and relevance of a deep understanding and implementation of physical culture in the practice of rehabilitation and sports medicine [2].

This problem unites the following aspects: professional competence: A physical culture and sports rehabilitator must have a deep understanding of physical culture for successful treatment and rehabilitation of sports injuries and physical health disorders; injury prevention: Understanding physical culture for specialists to consider risks in time and provide preventive measures to prevent sports injuries; increasing physical activity: A healthy lifestyle and physical activity are

becoming increasingly important for modern society. Rehabilitation should include physical education to improve the quality of life in the family; education and research: Professionals in this field must continuously study and conduct research to improve approaches to rehabilitation and sports medicine [4]. Therefore, the issue of "Physical culture of the personality of the future physical culture and sports rehabilitator" is relevant and has a wide impact on the field of health care and physical activity, requiring a comprehensive approach and joint means for its solution [1, 3].

Research results. Understanding and solving this problem is of great importance for training high-quality specialists capable of providing highly professional rehabilitation care and promoting physical activity in society, which contributes to general health and well-being [5].

Solving the problem of "Physical culture of the personality of the future physical culture and sports rehabilitator" also involves the creation of favorable conditions for research and innovation in this field. Scientific research aimed at improving methods of rehabilitation and sports medicine is key to the development of this segment of the health care sector [2, 3].

In addition, cooperation between large sectors, including health, sports and education, can contribute to solving this problem. Public education and awareness measures regarding the importance of physical education and physical activity can also help to address this problem at the general level.

This issue also draws attention to the need to integrate physical culture into the educational process for future rehabilitators. This means that students preparing for this profession must receive appropriate education and practical experience in the field of physical education. Overcoming this problem requires the joint efforts of higher education institutions and specialists in the field of physical culture and sports rehabilitation, as well as organizations that regulate the training and practice of rehabilitators [1].

Conclusions. In general, the understanding of physical culture and its importance for the personality of the future

rehabilitator is a key element of successful and competent work in the field of rehabilitation and special education. This topic will help prepare professionals who are able to provide appropriate assistance and support to persons with disabilities and contribute to their final improvement and inclusion in society.

Therefore, "Physical culture of the personality of the future physical culture and sports rehabilitator" considers the importance and role of physical culture in the professional activity of rehabilitation specialists and sports doctors

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REASONS FOR REDUCED STUDENT MOTIVATION IN THE PROCESS OF STUDYING GYMNASTIC EXERCISES

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Abstract. The publication identifies the reasons that reduce schoolchildren's interest in gymnastic exercises in physical education classes.

Keywords: motivation, physical culture teacher, students, gymnastic exercises, lesson.

The analysis of modern pedagogical research shows that the formation of educational motivation is one of the most acute problems of education. It is common knowledge that any activity is more efficient when it is motivated.

In the Ukrainian Pedagogical Dictionary, the concept of "motivation" is defined as "a system of motives or incentives that prompts a person to specific forms of activity or behavior". **Ошибка! Источник ссылки не найден.**, with. 217]. The basis of the motive of a person's activity is his various needs. As a result of awareness and experience of primary (natural) and secondary (material and spiritual) needs, a person has certain urges to act, thanks to which these needs are satisfied.

The objective of this research determine the reasons for the decrease in schoolchildren's motivation to engage in gymnastic exercises.

Researching the motivation to engage in physical exercises based on the analysis of scientific literature, scientists T. Krutsevich and O. Marchenko testify that the