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## INFLUENCE OF PHYSICAL EDUCATION ON WORKABILITY

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### Abstract:

Physical culture is an important part of human life, because sport improves not only physical condition, but also psychological condition. The learning process creates tension in the sensory apparatus, memory, and activates thought processes and the emotional sphere. For students, the learning process stimulates mental work, memory and mental activity, and sports help to strengthen these processes.

**Keywords:** sports; work; Physical culture

**The purpose of the work** is to consider physical culture as a way to improve human activity.

**Job duties:** analysis of the effectiveness of physical culture; Consider ways to improve performance.

**Research methods and organization** . When writing the work, the authors used special literature on this topic, based on analysis and systematization, the most important points of this problem were collected.

**The scientific innovation** is that this study offers a new look at issues related to the ability of a person to work in the modern world and the need to adhere to certain activities in order to maintain it.

### Introduction:

Efficiency is the position of a person determined by the possibility of physiological and mental functions of the organism, which describes his ability to perform a certain amount of work of a certain quality during the necessary time. The need for movement for a person is a general biological need of the organism, which forms the basis of life and formation at all stages of human evolutionary development. Human development and active muscle work are inextricably linked.



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The overall flexibility of the body is significantly reduced with a decrease in motor activity, which also reduces hormonal reserves. Therefore, early formation of the "aging" mechanism to regulate the vital activity of organs and tissues is possible. People who lead a sedentary lifestyle have many diseases and reduced immunity. For example, there is evidence that heart attacks occur 2-3 times more often in people who do mental work than in people who do physical work.

**Research:** It has long been known that sport has a positive effect on human health and has a preventive effect. regular physical training is the most reliable way to eliminate the negative effects of many environmental factors and common diseases. If sport becomes an integral part of every person's life, it is certain that the standard of living of the population will increase, the professional skills of employees, the ability to work, and the skills of students will gain new strength.

Success in training and performance of one's work duties largely depends on the ability to work, which is strongly influenced by physical education. Negative consequences, pathological changes in the body develop not only with a lack of movement, but also with a normal lifestyle, but when the motor mode does not correspond to the genetic program "invented" by nature. Lack of physical activity leads to metabolic diseases, instability and hypoxia (lack of oxygen).

The importance of physical exercise is not limited to having a beneficial effect on health, one of its objective criteria is the level of a person's physical performance. a broad positive feature of sports exercises is aimed at increasing the body's resistance to the effects of negative factors. the higher the level of health, the better the person's performance.

High performance implies maintaining a balance of high-quality high-quality nutrition in combination with the training process. Physical exercise is the main means of optimizing motor activity, but it should be recognized that the actual physical activity of the population at the current stage does not meet the adult social requirements of the physical culture movement and does not guarantee an effective increase in physical education activity. physical condition of the population.

There are special systems of organized forms of muscle activity to improve physical condition, which are called "training improvements". Training methods differ in the frequency, load and size of the exercises performed.



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## Conclusion:

One of the main directions of physical culture in the production system is to improve the functional state of the human body, which ensures high performance and labor productivity. Physical culture improves the quality of human health, increases mental activity and heals the whole body. The benefits of physical exercise have long been proven. formation of sports culture in the society helps to ensure a high level of reliable maintenance of public health.

Physical exercises help reduce fatigue and simplify work. You can do light practical physical exercises at the workplace in any production conditions, because they are available to each employee and correspond to his physical fitness and health status. Physical activity does not disrupt the labor structure and is combined with the technological process.

Physical culture has a great impact on a person's ability to work, provides effective improvement of the quality of mental and emotional state. The development of the training effect under the influence of systematic physical activity leads to an increase in the efficiency of not only the neuromuscular apparatus, including the higher cortical movement centers, but also the heart and the entire cardiovascular system. In order to be healthy and quickly perform human functions and tasks, you must learn to succeed in any field of activity and make sure that you include physical activity in your life.

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