

PLACE AND ROLE OF CULTURE IN THE LIFE OF SPORTS TEENAGERS.

Yakovleva A.L., students 4331 gr., Volga Region State Academy of Physical culture,
Sport and Tourism

Scientific adviser– Ismailova D.B.

This article discusses the role of physical culture in the lives of adolescents, and the impact of the rules imposed by the TRP on the health of the people.

Nowadays the sport is given a lot of attention. Physical culture as an integral part of the culture of modern society is a multi-faceted social phenomenon, has a powerful influence on the development and training of all sections of the population. Tom entered an example TRP rules. In 2015 it is planned to restore full delivery in schools TRP standards. This statement was made head of the Ministry of Sport Vitaly Mutko, speaking at a meeting of the Presidential Council for the development of physical culture and sports. "This year in the education system, we will start implementation of the project. In the next year - all schools and a year later - the whole country, we generally move on to the TRP complex, "- said Mutko. The main factors in the development of intellectual resources are, and they are inconceivable without the normal physical state, the head of state. Future specialists, our intellectual resources will also take various TRP rules. What impact they may have? This administration is perceived by teenagers? These issues will be addressed in this paper.

In our century - a century of significant social, technical and physical transformation of scientific and technological revolution, along with the progressive phenomena brought to life, and a number of adverse factors. These include physical inactivity, nervous and physical overload, associated with the mastery of a complex modern technology, as well as the stress of professional and domestic order and as a result - a metabolic disorder, obesity, predisposition to cardiovascular disease. The impact of adverse factors on human health are so great that the internal protective functions of the organism is not able to cope with them. According to many

researchers, internationally recognized fact usefulness of exercise and health sports are a means to promote health and help reduce the risk of non-communicable diseases, as well as an effective means of prevention of deviant behavior. The use of physical training requires virtually no major additional costs of the state. Urbanization and mechanization of life and activities of modern society inevitably entail physical inactivity, and it is clear that fundamentally solve the problem of increasing the mode of motor activity of people, bypassing the physical culture and sports agent, it is now almost impossible. The most important function of a specific physical culture as a whole is to create opportunities to meet human needs for natural motor activity and ensuring on this basis in life necessary physical capacity. In addition to performing this essential function of the individual components of physical training aimed at addressing the specific features of a private nature.

Among the functions inherent in the general culture, in the performance of which directly used the means of physical training, it may be noted the educational, regulatory, aesthetic. The decision of the central tasks of all-round harmonious development of man involves all functions of physical culture in its unity. Each of its constituent parts has its own characteristics, solves the particular problems and therefore can be considered independently. Basic physical training - this part of the physical education, included in the general education system as one of the disciplines, providing a versatile physical training. The importance and the high importance of this type of physical training in each person's life can not be overestimated.

Basic physical training is a key link in the system of physical education and accompanies almost all the creative periods of human life. The basic physical culture and sports is included in part - namely, its mass forms- within the 2nd All-Union sports category of the Unified Sports Classification. Professionally applied culture aimed at addressing development challenges and improve professionally significant qualities and skills to improve the training of people to a specific activity. It is due to the influence of human features of professional work and is a direct function of its specificity. Professionally applied physical culture may either precede or engage in

professional work and to carry out in the form of organized and purposeful process of physical education in colleges, high schools and other special schools, and conducted at the plant in the working mode of the day in his spare time (remediation Activities for teens is extremely important. First, there is health promotion, and this is probably the most important. All organs are better supplied with oxygen and blood. The lungs, heart and muscles are trained and work without interruption. Also it allows you to become a sports teenager more resilient, which is also important given the current pace of life. In addition, adolescents involved in sports, more disciplined and collected. This in turn helps in the study, and in the future adult life. As to what place sports in the adolescent life will take, and what will be the sport, then the solution is to take the child himself, pressure from the parents should not be. You may want to try themselves in several forms, it will help to decide. If a teenager has decided to play sports professionally, you should tell him about all the intricacies. But it can not be discouraged, in spite of the complexity of a particular type, it is first of all to overcome the difficulties that can help in the future, in the everyday hustle and bustle. Sport - is the persistent training, the ups and downs, disappointments, hard discipline, daily routine. Therefore, it is an excellent school for the formation of nonhardened nature.

Drawing conclusions on this work, we can say that the sport is essential to the whole of society, and especially for the still largely unformed young body. You can play sports purposefully, walking to the golden tops, and can and should be engaged in it in order to maintain their health. Sport is sometimes cruel, but it is simply necessary for the formation of young character. Despite all the difficulties classes so difficult and complicated matter, you need to go to their cherished goal - the goal of being healthy. As the saying goes: "A healthy body - healthy mind".

List Literature:

1. Solodkov A.S., EB Sologub Human Physiology general, sports, age. - M.: Terra-Sport, 2001.

2. Smirnov V.N. Dubrovsky VI Physiology of Physical Education and Sport. A textbook for students of secondary and higher schools. - M.: ñ Press, 2002.