

DEVELOPMENT OF PHYSICAL CULTURE AND SPORTS AS THE MAIN FACTOR SOCIAL DEVELOPMENT OF THE YOUNG GENERATION

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ABSTRACT

The article deals with discussing peculiarities of developing physical culture and sport as a power of social development of young generation. Physical education and sport is one of the most important factors in promoting and maintaining health. Physical education and sport are subjective aspects of people's lives and therefore are an integral part of the formation of a healthy lifestyle of each person individually and of society as a whole. The author analyzed the researches and views of scientists-researchers on the role of sports in society and issues on motivating pupils for sport reflected them in the article.

Keywords: Physical culture, sport, occupation, school, student, education, equipment, health, society, personality, self-development.