

THE INFLUENCE OF PHYSICAL CULTURE FOR THE HARMONIOUS DEVELOPMENT OF PERSONALITY AND STRENGTHENING THE HEALTH OF PUPILS

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ABSTRACT

The article raises the question of the role of physical culture in the process of forming a healthy lifestyle among students, and also discusses the relevance of this issue, its need, main tasks and goals for attracting young people to physical education to maintain health and personal development.

Keywords: Physical culture, healthy lifestyle, health, personality development.