

IMPROVING TECHNOLOGIES OF INCREASING THE EFFICIENCY OF THE PROCESS OF PHYSICAL EDUCATION IN HIGHER EDUCATIONAL INSTITUTIONS

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ABSTRACT

The following article deals with present processes aimed at improving the technology to increase the effectiveness of physical education in higher education institutions, in which ideas about the organization and conduct of physical culture and sports activities in the field along with indicators such as test standards, anthropometric indicators, and heart rate will be the relevance of the topic, knowledge of goals and objectives is based on the point of view and skillfully advanced.

Keywords: Physical education and sport, organism, physical exercises, healthy lifestyle, qualification, skills, physical culture, professional development, popularization, dexterity, stability, strength, physical preparation.