

ATTITUDE OF A MODERN STUDENT TO A WALKY LIFESTYLE

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ABSTRACT

The article presents data analysis of the results of a stating experiment to determine the needs, relationships and knowledge, compliance with the rules and the practical application of a healthy lifestyle by modern student youth on the example of students of Ferghana State University.

Keywords: Modern student, the need for a healthy lifestyle, physical education, questionnaire questions, questionnaires, pedagogical and sociological analysis, health.