## FORMATION OF THE PHYSICAL ACTIVITY OF STUDENTS

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## **ABSTRACT**

In this context, the authors have isolated and considered a practice-oriented approach to the study of the discipline "Physical culture and sport" as a social institution that promotes a healthy lifestyle for students of educational institutions. The directions of implementation of project activities in the study of the discipline "Physical culture and sport" are proposed.

**Keywords:** Physical culture, sport, education, physical activity, physical activity.