

## DEPENDENCE OF BODY WEIGHT OF STUDENT OF THE FACULTY OF PHYSICAL CULTURE ON THE CULTURE OF NUTRITION AN OPTIMAL MOTOR ACTIVITY

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### ABSTRACT

The article presents the results of a study on the level of knowledge of student-athletes about proper nutrition and the dependence of motor activity on body weight, as well as recommendations for actions that contribute to weight loss.

**Keywords:** Health, overweight, motor activity, sedentary lifestyle, energy consumption, body weight, body mass index, survey, respondent, food culture, healthy lifestyle, anthropometric parameter, weight deficit, obesity, rational diet.