

## **SOCIAL FUNCTIONS OF PHYSICAL CULTURE AND SPORTS IN MODERN SOCIETY**

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### **ABSTRACT**

The article considers the problem of reducing the level of physical activity of a modern person, as well as the reasons for this phenomenon. The negative factors affecting the lifestyle and health of people in the modern world are indicated. The statistics on the population engaged in physical culture are given, as well as the biological processes resulting from low physical activity are described.

**Keywords:** Physical culture, sports, health, modern society, physical activity, lifestyle.