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**ІННОВАЦІЙНІ ТЕХНОЛОГІЇ В СИСТЕМІ
ПІДВИЩЕННЯ КВАЛІФІКАЦІЇ ФАХІВЦІВ
ФІЗИЧНОГО ВИХОВАННЯ І СПОРТУ**

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CONTROL AND SELF-CONTROL AT PHYSICAL EDUCATION AND SPORTS

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Introduction. Personality of a person is formed in the process of social life. A great role in the formation of a fully developed personality is played by physical culture and sport.

Goal. To study the need for control and self-control when practicing physical culture and sports.

Exposition of the research material. Physical culture is one of the important parts in a person's life, one of the important places in work and teaching, so people try to keep themselves in shape to maintain their rhythm of life. But in most cases, they do it wrong. Often there are people whose task was to lose weight or build muscles. They have done it incorrectly, and in the future, they can get severe physiological and psycho-physical consequences. To protect yourself from this, you must follow certain rules and, most importantly, control your health. This is not difficult if you monitor the condition of your body in the process of exercising and physical activity. The easiest and simplest form of self-control is a personal diary in which the converse of your own physical activity and sports is done, anthropometric indicators, changes, functional tests and control tests of physical fitness, and recording the performance of the weekly motor regimen. The indicators of self-control can be divided into 2 groups – subjective and objective. Subjective indicators include health, sleep, appetite, mental and physical work, positive and negative emotions. Objective is the pulse, blood pressure and weight. To warn yourself against fatigue and other bad consequences, you need to follow such rules:

– well-being after physical exertion should be vigorous, the mood upbeat, a person should not feel headache, fatigue and the feeling of overwork, then the exercises will be a joy. But, if there

was a feeling of discomfort, you should stop training and seek help from a doctor. As a rule, with constant sports activities you have to get a good sleep, with a fast falling asleep and a vigorous state of health after;

- exercises must be appropriate for physical fitness and age;
- appetite after moderate loads should be good, but eating immediately after classes is undesirable, it is better to wait 30-60 minutes;
- if you feel unwell, sleep and appetite worsen, you need to reduce your workload, and if you have repeated violations, contact a specialist.

Conclusions. The constant maintenance of the diary makes it possible to determine the effectiveness of training, tools and methods, the appropriate planning of the values of intensity of physical activity and rest in a separate exercise. Speaking for self-control, it must be conducted in all stages of training and even during the rest. This has not only an educational value, but also provides an opportunity to more consciously treat the lessons, observe the rules of personal and public hygiene, the mode of study, work, life and leisure.

Self-control helps to regulate the training process and prevent overwork. Thus, all of the above confirms that physical education and sport is an important part of our life.

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