

## **PECULIARITIES OF INDIVIDUAL MOBILE ACTIVITY OF STUDENTS OF PEDAGOGICAL SPECIALTIES**

Due to the constant scientific and technical development of society, there is a lack of motor activity in students of institutions of higher education, which in most cases is the cause of various diseases.

The article analyzes the problem of organizing motor activity of students of pedagogical specialties. It is emphasized that motor activity of student youth is considered as an integral part of life activity.

It is stated that the structure of motor activity is multifaceted and individualized for each individual. It describes how students organize their leisure activities in terms of mental employment.

The main reasons that contribute to the development of hypodynamia among student youth have been identified. The level of motor activity of students of pedagogical specialties is investigated.

Practical experience shows that students of pedagogical specialties are not able to fully organize their motor activity.

The question of optimal motor regimes, their volumes and intensity has been well studied in relation to the method of training athletes.

It is emphasized that the options for solving this problem are possible due to the intensive use of all means of physical culture.

It is summarized that the majority of students of pedagogical specialties lead a sedentary lifestyle that affects the psycho-emotional and somatic state of students as a result of low or moderate physical fitness.

Aim of the research - to determine the level of motor activity of students of pedagogical specialties.

The results of the study of motor activity of students of pedagogical specialties indicate a low level of motor activity of students of the first year. Yes,

the amount of motor activity in girls and boys is 0.8 hours. and 1.3 hours. in accordance. Based on the above, properly organized physical activity and optimal physical activity can directly affect the preservation and enhancement of not only physical fitness, but also mental capacity.

The introduction of programs of physical education and health classes, designed to stimulate motivation to systematic exercise, will help to attract students to increase their physical activity. These issues are very important in education and determine the ethical and spiritual health of society that require further in-depth study.