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## **OLYMPIC EDUCATION IN THE FORMATION OF PHYSICAL CULTURE OF THE STUDENT'S PERSONALITY**

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**Анотація.** В сучасному світі, де активний спосіб життя та фізична активність набувають все більшої уваги, питання формування фізичної культури особистості студента стає особливо актуальним. Однією з ключових складових цього процесу є олімпійська освіта, яка взаємодіє із загальною освітою та фізичним вихованням, створюючи цілісну систему розвитку особистості.

**Ключові слова:** олімпійська освіта, студент, фізична культура особистості.

**Abstract.** In the modern world, where an active lifestyle and physical activity are gaining more and more importance, the issue of forming a student's physical culture is becoming particularly relevant. One of the key components of this process is Olympic education, which interacts with general education and physical education, creating a holistic system of personality development.

**Keywords:** Olympic education, student, physical culture of the individual.

**Topicality.** In today's world, where an active lifestyle and physical activity are gaining more and more importance, the issue of forming a student's physical culture is becoming particularly relevant. One of the key components of this process is Olympic education, which interacts with general education and physical education, creating a holistic system of personality development.

Olympic education is based on the ideals and values of the Olympic Movement, which includes such principles as friendship, mutual understanding and respect. It is aimed at educating active and responsible citizens, for whom physical activity will become not

only a part of everyday life, but also the basis of health and the driving force of self-realization.

Olympic education broadens the horizons of students by introducing them to the great legacy of the Olympic Games and encouraging the development of a sports culture. This is important not only for those who choose sports as their hobby, but also for everyone who understands that physical activity is a necessary aspect of a healthy life.

**The aim of the study.** To improve the process of forming a student's physical culture by means of Olympic education.

**Research results.** The ability to work in a team, developed leadership skills, adaptability and endurance - all this is formed during Olympic education. This is especially important for a modern student, since the demands of the labor market are not the first time that communication and organizational skills are important.

Olympic education reveals to students the world of outstanding athletes, events and stories that have become an important part of global heritage. It not only broadens your horizons, but also inspires you to reach your own heights, be it in the field of sports, science or culture.

A student's physical culture, which is based on the principles of the Olympic movement, determines his attitude to his own body, health and sports activity. Olympic education, implemented in the educational process, contributes to the formation of a conscious attitude to one's own health and a responsible approach to physical activity.

In light of today's challenges, such as sedentary lifestyles, stress and deteriorating physical health, Olympic education becomes even more important. It contributes to the development of motor activity and restoration of connection with the general educational process. A modern student, receiving an education based on Olympic values, becomes not only a consumer of information, but also an active participant in a healthy lifestyle.

For the successful integration of Olympic education into the university environment, it is necessary to create favorable conditions and mechanisms. This may include the organization of sports events, lectures and trainings dedicated to Olympic values, as well as the creation of physical culture groups and sports sections.

Olympic education opens the door for students to a world of achievements, and not only in sports. It promotes understanding

of the importance of purposefulness, self-discipline and continuous improvement. Olympic ideals inspire achievement in all spheres of life, giving students the necessary charge of motivation to strive for high results.

The task of Olympic education at the university is not only to prepare students for an active lifestyle, but also to educate a generation of leaders who must understand the importance of physical activity for health and general well-being.

Olympic education, being an advanced tool for student development, offers a unique perspective on health, sports and life. Educated students, graduated from an education system that integrates Olympic values, become not only specialists in their field, but also ambassadors of a healthy lifestyle.

Olympic education provides students with an understanding that health is not only the absence of disease, but also an active, energetic lifestyle. By integrating physical activity and a healthy lifestyle into the educational process, it encourages students to regularly participate in sports and maintain physical fitness.

One of the key components of Olympic education is the education of tolerance and friendship. Students who interact in the Olympic environment learn to respect diversity, contributing to the formation of harmonious international relations.

Olympic education stimulates self-realization and development of leadership qualities. Participation in sports competitions, organization and management of sports initiatives contribute to the development of self-knowledge and leadership potential of the student.

The formation of a community that shares the common values and principles of the Olympic Movement becomes another important feature of Olympic education. Students united by a common goal and ideals build a positive social context and contribute to spiritual development.

**Development prospects.** The allocation of resources for the development of Olympic education in universities is defined as an important direction of the development of the higher education system. A modern student, brought up in an environment saturated with Olympic values, becomes a contribution to the world community, building a better future based on an active, healthy and educated life.

## **Conclusions**

1. Olympic education becomes an important tool in the formation of physical culture of students, making them not only healthy and athletic, but also educated citizens with a deep understanding of the values of sport and its contribution to the development of society. The success of Olympic education lies in its ability to make physical activity not just a part of life, but its integral component.

2. Olympic education at the university is not only a way to increase the physical activity of students, but also a way of forming educated, responsible citizens. This is an important link in the system of physical education, which contributes to the development of physical culture and the formation of a harmonious personality. Olympic education becomes a bridge between the present and the legacy of the Olympic movement, influencing the lives of students and shaping their future.

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## **THE USE OF "BULGARIAN BAG" IN PHYSICAL TRAINING OF WRESTLERS**

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**Abstract.** *The article analyzes the "bulgarian bag" as a simulator for physical training of wrestlers. The history of creation, design, features and advantages of using it for training are described. It is noted that the "bulgarian bag" is used as a highly effective and innovative training tool not only for wrestling, but also for other types of physical activity. Prospects for further scientific research are outlined.*

**Key words:** *"bulgarian bag", weighting, wrestling, physical training, training.*

**Introduction.** At the present stage of development of freestyle wrestling the growth of the level of professionalism is clearly traced which increases the spectacle of competitive fights. One of the promising directions of popularization of this sport is to increase the level of attractiveness of competitions by increasing the number of performances of supercomplex elements, grips, rolls, throws with high amplitude, which in wrestling are the leading structural elements of technical and tactical actions [2; 4; 5; 8].