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Abstract: this article discusses the features of the development of sports education and their impact on education. A cross and comparative analysis of the influence of the choice of the direction of development of the study of sports disciplines was carried out. Recommendations on the introduction of technologies in education are given.

Keywords: analysis, method, research, sport.

Sports training and academic education are interrelated. Both are two sides of the same coin. Sports in education is an integral part of the curriculum. It helps to shape a person's personality and contributes to his/her holistic development. In a way, this subject is a demonstration of all the disciplines that a person has studied at school. Each sport is based on mathematics and physics.

While many subjects are taught in the classroom, sports and physical education provide students with the opportunity to exercise outdoors and learn a wide range of skills. Sports have many educational benefits, and not just physical ones. This blog will look at how athletics can positively impact students' academic success as well as their health and lifestyle.

It is worth noting the benefits of playing sports for the younger generation:

Improved health. Outdoor sports are great for kids and can help with your physical fitness. Regular exercise can help strengthen your heart, bones, and lungs. It also helps prevent chronic diseases. Sports can help treat diabetes, lose weight, improve circulation, and reduce stress. Combining mental and physical development allows you to strengthen and tone your bones and muscles through sports.

Through sports, students learn the importance of living a healthy lifestyle. Sports can help prevent obesity and promote healthy eating. Sports encourage young people to eat more vegetables and fruits. They are less likely than their peers to be obese and more likely to grow up to be active adults.

Prevention of both communicable and non-communicable diseases is possible through physical activity and sports. Thus, sports are a cost-effective strategy for improving the health of the population as a whole in both developed and developing countries. Prevention of both communicable and non-communicable diseases is possible through physical activity and sports. Thus, sports are a cost-effective strategy for improving the health of the population as a whole in both developed and developing countries.

Confidence Booster: Sports are not just about winning. Rather, they are about achieving goals and working as a team. Friendly competition is what most sports strive for. Physical education teachers should use the natural competitiveness and joy of sports to help students have fun and learn to play calmly and gain confidence.

Encouraging words from a coach or a winning goal from his team can boost a child's confidence. As a character trait, children should have high self-esteem. Sports can instill a spirit of perseverance and carry it over into an academic career.

Leadership Skills: Every team needs a leader, whether they are playing with a national team or a small group of friends. Students are given the opportunity to become leaders as they grow up. This helps them become confident and able to make decisive and well-balanced decisions. These skills can

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be improved through sports, which require that decisions be made and frequently communicated to other team members for the common good.

When hiring new employees, companies look for people who can work in a team. As they advance in their careers, their leadership experience will be more important.

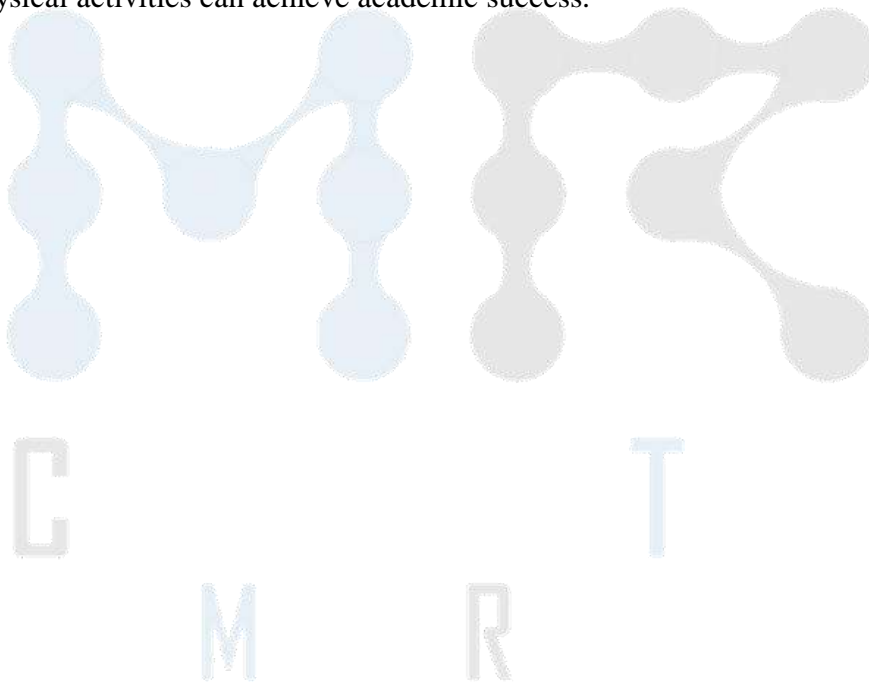
Teamwork. Effective teams are made up of people who can work well together. Physical education is often children's first introduction to teamwork.

Many teams believe that the whole team is more important than each individual. Your child will be able to participate in teamwork and see for themselves the importance of success.

Discipline. The underrated aspect of sport is the failure aspect. You have to be disciplined and persistent to succeed in life. Track and field is one way to do this. The fundamental nature of sport, with clearly defined losers and winners, leads to natural highs. This is something that young athletes must be prepared for later in life.

Sports are a great way to show that hard work pays off. To succeed in any endeavor, you will need persistence and an uncompromising attitude. Through sports, your child will see the importance of persistence in achieving their goals.

Academic success. Sports activities teach discipline that can be useful in all areas of life. Through sports, students learn tactical, mental, and physical preparation. Students can focus better and have a clearer vision. These qualities are necessary for academic success. Students who participate in sports and physical activities can achieve academic success.



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