

Gromovich N. G.

CAN SPORT INFLUENCE OUR LEARNING SKILLS

Scientific supervisor teacher Sakhnova O. I.

Department of Foreign Languages

Belarusian State Medical University, Minsk

Relevance. Both university and school students in our country tend to declare Physical Education lessons are too time-consuming and therefore useless. They are unaware of the correlation between regular exercising and brain development.

Aim of the study: The aim of my study is to show the connection between sports and processes in human brain, and to deepen the knowledge of the students of our University on this issue. Another important goal is to provide solution on how to make Physical Education lessons more attractive for students and make students enjoy them.

Materials and methods. The survey of 145 students was conducted as well as the research carried out in the universities of Harvard and Stanford.

Results. The results of the survey have shown that most students like to attend Physical Education lessons, however they find it to be too time-consuming. The students also rarely observe the impact which sport makes on their cognitive skills. During the research I have found out that after-effects of regular exercising are as follows: advanced memory and learning skills, sleep improvement, better general condition of the body resulting in clearer mind, which, in turn, leads to improved logical and analytical skills.

Conclusion. Lessons of Physical Education will become more popular among students if the awareness of sport influence on our learning skills increases.