

SOCIAL SCIENCE

(specialty 22.00.01)

Rakhimova E.A. Physical culture and sport in the system of lifestyle

Physical culture, sport is materialization of idea of way of life of society. In the article it is analyzed the motivation-valued components of way of life conducted as athletic activity. Athletic activity is a common founding, the qualification forming of physical culture of man in its corporal-spiritual unity. The sphere of physical culture does not answer the growing necessities of society, its rating is not high in the system of values of modern man. It is at extremely low level functions in the basic spheres of vital functions of man and society. The attempt of analysis of relation of people is undertaken to the physical culture and sport as to the elements of way of life.

Key words: physical culture, athletic activity, way of life, motivational-valued components of way of life, formed of physical culture of personality.

Perm national research

polytechnical university

May, 29, 2012
