

THE TECHNIQUES USED IN PHYSICAL CULTURE CLASSES AND ITS IMPORTANCE IN STUDENT LIFE

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ABSTRACT

The popularization of Physical Culture and sports in our country is defined as one of the most important areas of social policy. Because Physical Culture and sports decide a healthy lifestyle in society by promoting the health of the population, educating the younger generation in a healthy and harmonious way. One of the main places is paid to physical education and sports on the scale of public policy, especially in the comprehensive, mental, moral and physical development of the younger generation. In this article, we can discuss about the techniques used in physical culture classes and its importance in student life.

KEYWORDS: *Students, Physical Culture, Physical Education, Human Well-Being, Activities, Effects, Students, Benefits, Methods.*

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