

DOI <https://doi.org/10.30525/978-9934-26-367-5-19>

**THE IMPORTANCE OF PHYSICAL EDUCATION  
IN THE PREPARATION OF GEOGRAPHY SPECIALISTS**

**ЗНАЧЕННЯ ФІЗИЧНОЇ КУЛЬТУРИ У ПІДГОТОВЦІ ФАХІВЦІВ  
ГЕОГРАФІЧНОГО ПРОФІЛЮ**

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Physical education is not only a means of maintaining health, but also an important aspect of overall personal development. It affects the physical condition, mental comfort and academic performance of students. In educational institutions that train future geography specialists, physical education is of particular importance because it helps to develop skills that are important for a successful career in this field [7].

Let us consider the importance of physical education in the training of geography specialists. Physical education contributes to the formation of a

healthy lifestyle among students. Physical activity helps to improve health, reduce the risk of disease and increase endurance. Experts [1] note that regular physical activity reduces the risk of heart disease, diabetes and other chronic diseases.

Physical education is not only a means of improving students' health, but also a powerful tool in the prevention and management of non-communicable diseases. Regular physical activity has a great impact on the overall health of the body and can significantly reduce the risk of developing cardiovascular disease, diabetes and other chronic diseases [3]. For students who may be predisposed to this disease, physical education is particularly important. The positive effects of physical activity cover other chronic diseases such as obesity, metabolic syndrome, arthritis and many others. Physical activity helps to control weight, increases insulin sensitivity and improves overall health[9]. Regular physical activity improves the body's endurance and strength, increases resistance to stress and disease. Reducing inflammation in the body also helps to support the immune system. Physical activity is not only good for physical health, but also for mental health. It helps reduce stress, improves mood and boosts self-esteem, which is also important for the overall well-being of students [5].

Physical activity helps to improve students' cognitive functions, including memory, concentration and creativity. Studies [7] demonstrate that physical activity improves academic performance and the ability to think analytically. Indeed, physical activity has a significant positive impact on students' cognitive functions, including memory, concentration and creativity. This correlation between physical activity and cognitive ability has been well researched and examined in scientific studies. Physical activity improves memory. Physical activity exercises help increase the levels of neurotrophic factors that support the integration and functioning of neurons in the brain. This can increase the ability to concentrate and improve students' attention span, which is important for effective learning. Physical activity helps to activate brain activity and stimulates creativity. This can help develop creative skills that are useful not only in learning but also in various aspects of life. Studies [8; 9] indicate that physical activity contributes to the improvement of students' academic performance. It can help improve learning outcomes and the ability to think analytically.

Geographers often face the stress of challenging research and fieldwork. Physical education helps students increase their resilience to stress and develop stress tolerance. Studies published in [2] emphasise the importance of physical activity in reducing stress levels. Indeed, geographers who carry out research and fieldwork often experience stress due to the complexity and demanding nature of their work. Physical education and activity can be extremely beneficial for geography students as it helps to increase stress

tolerance and develop stress resilience. Physical activity promotes the release of endorphins, which are known as "happy hormones". They help reduce stress levels and boost mood. This can be particularly beneficial for geographers who often work in situations where stress can be a big factor [4].

Physical activity also contributes to overall psychological well-being. It helps to reduce symptoms of depression and anxiety, which can be particularly important for those working in the demanding environment of geographical research. Physical activity helps improve cognitive functions, including concentration and determination. This can be beneficial for geographers who require great attention to detail and determination to solve complex problems. Physical activity improves physical health, which is important for overall well-being. Better physical health can help reduce the effects of stress on the body.

Various sports, such as team games, contribute to the development of teamwork and leadership skills. This is important for geographers who often work in teams during research [9]. Physical education classes often take place in groups or teams, which contributes to the development of interpersonal skills such as communication, cooperation and conflict resolution, and leadership development through sport. These skills are essential for geographers who work in groups during research and projects.

Physical education also forms environmental awareness among students. It promotes greater contact with nature and builds respect for the environment [4]. Physical activity can be a great source of motivation for students. Sports or physical exercises help to keep the emotional state at a high level, increasing interest in learning [1].

Some types of physical activity, such as orienteering, can be directly useful for geographers. They develop skills in working with maps, navigation and orienteering in the natural environment. Physical activity can promote the development of an investigative mindset among students. It requires analysis and problem solving, which are also important skills for geographers.

Therefore, physical education has a significant impact on the training of geography specialists, contributing not only to physical health, but also to the overall development of the individual and the formation of important skills for a successful career in this field. Physical education and regular physical activity are important for the development of a healthy lifestyle among students. They help to improve health and reduce the risk of developing various chronic diseases, including cardiovascular disease and diabetes. Physical activity also has a positive impact on physical and mental health, reducing stress, improving mood and boosting students' self-esteem. Thus, given all the benefits of physical activity, it is worthy of attention and support as part of the overall educational process of students. Physical education

classes promote the development of interpersonal skills and foster teamwork, which are important for working in groups.

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