

PROMOTION OF PHYSICAL EDUCATION AND SPORTS

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ABSTRACT

The article provides information on the implementation and promotion of various activities for the development of physical culture and sports in higher education institutions. Physical education and sports are the main criteria for human health. The article reflects the importance of physical education, especially in the healthy upbringing of the younger generation.

KEYWORDS: *Physical Education, Activities, Sports, Society, Human, Higher Education Institutions, Education, Training.*

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