

**ACTUAL PROBLEMS OF IMPROVING THE PHYSICAL FITNESS OF STUDENTS**

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**ABSTRACT**

*The majority of problems in the physical fitness of students have psychological focus. Incorrect motivational base and repetitive physical training of young people cause even greater reluctance to attend educational training sessions. In higher education institutions development and improvement of basic physical qualities of the student, as well as the health of young people, is a priority for teachers of physical culture.*

**KEYWORDS:** *Physical Training, Physical Qualities, Student's Sport, PT At The University.*

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