АННОТАЦИЯ
Проанализирована проблема гиподинамии, способности решения данной проблемы и системы повышения качества программы физкультурной дисциплины с целью улучшить качество жизни и здоровья среди населения.

Ключевые слов: гиподинамиа, физическая культура и спорт, система.

One of the most important issues in front of today's society, especially the high school students preparing to live an independent life, their moral and physical health, as well as to teach a healthy lifestyle, is health care. The main idea of the modern society in the last decade, a fundamental factor in the future, such as the well-being of the country, is to protect the health of the younger generation.

Various disease is increased among students. The dynamics of such adverse socio-economic and health can also be seen as a result of prolonged exposure to environmental factors.

Teacher of physical education in the secondary school has a separate place. The discipline of domestic and foreign universities.

Physical activity is the most important element of physical culture. This strengthening of improving the health and self-discipline, we will contribute to the education of the forces, and moral qualities.

In accordance with the socio-economic needs of society and based on the nature of the general and secondary education, "physical education" goal is to promote the formation of more than one person, it is obvious. To achieve this goal, you need to be qualified teachers.

Teaching the course of modern psychological and physiological-based pedagogical theories, taking into account the individual characteristics of each student, active learning methods should be used. As a result, the students will look at the principles of physical and spiritual well-being improved.

Student health culture, encouraging a healthy lifestyle, mobilization and relaxation techniques to teach them, their physical and spiritual self-improvement, it became necessary to revise the contents of physical training. Two components of physical education in schools: children and young people in the right direction in the field of physical education and creative in the way of guidance.

The first component of the students' physical education is one of the elements of the culture as a whole views.

The second component of physical education process oriented creativity.

Changes in the education system leads to the formation of a new concept of physical education. It is for physical education in the field of educational, psychological, social research complexes, define the role and place of physical education in the process of education, legalize, as well as other disciplines and the development of the student as a person, do not forget that contribute to the harmonious development of them.

Physical education and social system and the system of physical education as a social phenomenon, the basic laws of its formation and development, the knowledge of the structure and its activities in accordance with the requirements need for education and training in order to ensure the physical education of the younger generation.

For students is difficult to remember everything in the classroom. Adversely affect the health of the students receive a lot of information. Excessive training often leads to the destruction of the basic biological functions. This (mental, mental health, attention, memory) important psycho-physiological processes entails a violation of the normal flow. Such that physical education is an effective tool for solving many problems.

However, in the physical education classes twice a week may not be enough to solve all the problems. In particular, as a result of scientific and technical progress of students' physical activity has decreased dramatically. TV, computer games, social networks, to be excessive growth and development, has a negative impact on human health. Popular wisdom says: "Movement is great!". It is true that moving is life.

One of the very important issues - how can make students to do physical activity at school?

First, an explanation of the purpose of doing physical activity;
Secondly, to stimulate action;
Third, the implementation of the practice;
Fourth, to achieve results after the trained.

There are many ways of achieving this target. One of them is unique in the use of new technologies in education. "On Education” article of the Republic of Kazakhstan (Astan, 2000) in paragraph 8 of Article 18: "Training and testing of new technologies, the introduction of new educational content to be implemented in order to experiment in educational institutions are possibility of development of education programs”, - noted. In this regard, today introduced a new system of education in many schools in the country, in the world educational space.Education and
The real leaders in the category of developed countries, will always deserve the best in any of the country's development. We have to take care of this disruption.

The physical education is one of the all-round development of younger generation in the field of education and training and it of the individual, the growth is strong and powerful, creative form of able-bodied people for a long time, it serves the preparation of patriotism. In the field of education in the country and a variety of new directions in the field of sports, physical education system, an increase in the demand for specialists in their preparation, knowledge and ability, in accordance with the requirements of the qualifications required to work to be very important and the training of future teachers, educational standards, content, is one of the most pressing issues of the improvement. Full implementation of the tasks directly related to the physical system. The implementation of physical education - health, education, development, education is one of the pedagogical work for the solution of problems, improve the health of the individual, to strengthen the power of the natural, physical hygiene basics and body-moving the ability to act independently in accordance with the possibilities of movement regular exercise self-development, fun, imparts to remain awake. The health of future generations strength, healthy life at the beginning of the school teacher, private higher education is directly related to the degree of the theoretical and practical training. In this regard, the implementation of the system of physical education students the training of future teachers to work in the organization of work should be considered as an integral part of professional training. Physical education and sports specialists to solve complex social problems blending together with the psychological characteristics of students, the educational objectives of the decision should be their spiritual leader.

Taking into account the age and sex of Physical Education, this should be governed by the laws of the total teaching positions. He principles include: comprehensive way, to act with prudence and activity gradually, recurrent, illustrations, individually. Continuity is reflected in the three main principles of the teaching-learning process:

a) the educational process more than a year and must be worn throughout the year;

b) the effect of each of the following during the lesson we learn from previous lessons to impress subsequent puff, because younger students positive changes in the body caused by the previous lessons need to be strengthened and developed;

b) to increase the ability to restore the rest should be sufficient.

Analysis, general education schools in the educational process and manage the organization of educational and sports organizations to specific structures, general and specific (specific) objectives, methods and principles, carried out in the education space, with specific focus, the content of the theoretical and practical training material comes in.

The beginning of the way chosen by student-athlete in the area of education, the school will be the content of the actual structure of the initial period or the period.

Students in physical education classes during the use of non-traditional teaching physical education can be achieved to improve the development of technologies; students in physical education lessons and moral education, physical education through individual physiological change: the formation of self-regulation; to improve interdisciplinary communication through physical education classes; the development of spiritual values by the ability of the body; relaxation through the development of psycho-physiological abilities of the individual; mental power and physical education opportunities for the development of tries, etc.

Physical education and social system and the system of physical education as a social phenomenon, the basic laws of its formation and development, the knowledge of the structure and its activities in accordance with the requirements need for education and training in order to ensure the physical education of the younger generation. Physical education not only in a physical education class at school, out of school and extracurricular measures of health system taking into account the fact that, at the present stage in the education system of physical education, including the strengthening of the health of young people on the face of biological and psychological needs of all-round development, active life position and refers to the development of good relations. This important scientific methodology and academic discipline play a key role in physical education and professional engaged in the preparation of future teachers in the direction of the field is directly related to the higher education system.

**Literature**

3. Yuri Kopylov Teacher of physical culture of independence// Physical culture in school, 2005 [2. 27].
4. Shapar AV, Peretiatko VV Role and place of physical culture in the educational process // Physical culture in school, in 2005 [4, 28].