
Aerobics Classes as a Means of Forming the Fundamentals of a Healthy Lifestyle in First-Year Female Students University

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Abstract: The article presents the content of the annual cycle of health related aerobics classes with first-year female students at university implemented within the framework of the discipline “Physical Education”. Their favorable influence on the interest of girls who took part in the experiment to the main components of a healthy lifestyle and the desire to adhere to the rules of its observance was determined, as well as positive changes in the physical fitness of first-year students were revealed.

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