

creation of interactive training sites, self-education portals, where a student could not only gain theoretical knowledge, but also verify them by completing assignments.

The merger of traditional methodological approaches to education in a medical university with accessible new IT's expands the possibilities of the pedagogical process in conditions of constantly increasing information load. Fluency in information technology is one of the requirements for modern teachers of higher medical school.

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PHYSICAL EDUCATION: THE ACADEMIC SIGNIFICANCE

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Physical education and sports have long been about much more than just some physical benefits. A direct correlation between physical activity and enhanced life performance have been well established [1; 2]. This is particularly so when it comes to the sports activities incorporated into a young person's life.

Thus, the research is aimed at examining a direct correlation significance between physical activity and academic performance. Due to the methods of monitoring and comparative analysis of internet resources [3; 4; 5], they appear to be the following.

Increased cognitive ability. Playing sports has much to do with the better cognitive ability. Physical activity naturally increases blood flow to the brain and

activates endorphins, chemicals that are released when you exercise. Endorphins can affect your mood and work performance, meaning athletes may be more willing and capable of dealing with educational problems.

Emotional development. Sports can also help with emotional enhancement. Exercise can lead to a unique state of short-term relaxation. That relaxation can promote increased concentration, better memory, enhanced creativity, more effective problem solving, and an improved mood – all benefits that will extend into the classroom.

Positive role models. Athletes are constantly working with other people, many of whom can become encouraging role models along the way. Sports foster mentorship between older players and younger players, coaches and athletes, and more. Coaches in particular can play an important role in a young athlete's life. Players who have positive sports mentors when they are young are also more likely to seek effective role models throughout their life.

Effective social relationships. Soft skills are personal attributes that allow people to build positive social relationships. Sports activities are an excellent source of soft skills development, as they allow athletes to grow within a supportive environment.

Better communication skills. Sports and other physical activities take a lot of communication, both spoken and unspoken. Communication skills are key in maintaining a functioning sports team, whether it is about noticing nonverbal cues given by other players, or expressing a thought during a post-game discussion. Players are expected to express their concerns, hopes, and disappointments to their coaches and their teammates. As a result, fostering communications skills help them succeed in their academic activities.

Decisive action. Sports plays happen fast and athletes develop the skills needed to make effective quick decisions. Any athlete who has played in a championship game knows the meaning of pressure. Sports create an environment where athletes learn to make consistent and difficult decisions under high-pressure situations. This ability to function under pressure translates to person who is better at making deadlines and working in stressful situations in the future.

Teamwork. This is about collaborating with others to reach a common goal. The diverse pairing of personalities will help the athlete become adaptable, persistent, and patient. Team sports also teach a sense of group and individual responsibility. Working with teammates teaches athletes important life skills such as to respect one another, act in unselfish ways and, make good decisions on behalf of the team.

Time management. An athlete needs to manage many different commitments, like competitions, strength and conditioning, team meetings etc. Necessity demands that athletes learn valuable time management skills, otherwise they would never be able to keep up with academics and sport.

Self-esteem. Sports provide athletes with a natural community. Youth who play sports have higher levels of social support, and that the sense of community created with teammates, coaches, and family members raises the perfect setting for critical self-esteem development.

Therefore, it is possible to conclude that the opportunity to participate in sports and physical education provides athletes with valuable skills that will take them beyond the field, pitch, and court. Any kind of physical activity is said to boost competence, confidence, connections, character, and caring. At the heart of this is

an increased sense of self as a result of better social interactions, stronger relationships, and higher academic performance.

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TEENAGER`S MOTIVATION FOR STUDYING ENGLISH

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The contemporary view of education today takes students as 'representative' of their own educational destiny; and teachers, in accordance, have begun to change their roles from teaching to facilitating, helping, coordinating, counselling, consulting, advising, knowing, resourcing and so on. One of the main reasons for this shift is the advent of the term «autonomy» into the area of language teaching and learning. Regarding the question whether motivation plays a role in autonomy or autonomy plays a role in motivation, the first view suggests that autonomy is a prerequisite for motivation. Incentive has long been identified as one of the main factors affecting students' English learning. Reaching good achievement in English subject at school is the dominant factor and having ability to communicate with