

Physical training at university as a means of adaptation of foreign students to the study in different cultural environment

Fazleeva E., Shalavina A., Pasmurov G., Rahimov M.
Kazan Federal University, 420008, Kremlevskaya 18, Kazan, Russia

Abstract

© Medwell Journals, 2016. In the study justified the necessity of foreign students involvement in active physical training and sports in order to improve their motor and communicative activity. Precisely in the area of physical activity of foreign students there are certain reserves for increasing the efficiency of adaptation processes. Physical activity is a powerful means of restoring mental and physical strength of students which helps to cope with the problems of adaptation to the new life's conditions and education. Physical training contributes to the expansion of communication ability of foreign students, reduces language barriers, creating favorable conditions for psychological adaptation of foreign students to study and live in different cultural environment.

<http://dx.doi.org/10.3923/sscience.2016.500.501>

Keywords

Adaptation, Different cultural environment, Foreign students, Physical activity, Physical training