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### Summary

The main focus of higher education institutions in the Bologna signatory countries is to improve the quality of training and education. Modernization of physical education of students has also been assigned a significant role as one of the factors of a healthy lifestyle. This is due to the fact that in the world today with the advent of numerous devices facilitating professional life physical activity of people has sharply declined, and its deficiency leads to various types of diseases. Meanwhile, it is necessary to strengthen professional and applied physical training as the system of higher education must prepare not only professionals, but also people who have knowledge to maintain and improve their health and physical fitness capable of highly productive labor. Having conducted educational research the authors of the paper have found that one of the factors of increasing the quality of teaching Physical Education course in high schools is to create a sustainable commitment of students to a healthy lifestyle with the use of means of physical fitness and sports.