

Physical Education and Healthy Lifestyles

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ABSTRACT

This article describes a healthy lifestyle, its theoretical foundations, the role of physical education in ensuring human health, knowledge and practical skills related to physical education fitness training.

Physical culture and sports provide comprehensive physical development and strengthening of the human body, contribute to its physiological recovery. Properly organized physical education classes, taking into account age, gender and individual characteristics of people have a high impact on the development organism. The future of any society depends on the upbringing and development of a physically healthy generation, which is facilitated by their sustainable lifestyle and culture. Main its criterion is the level of human health. The importance of fitness training in maintaining health, which is considered wealth for a person, is immeasurable.

Wellness upbringing involves the preparation of the body of members of society for everyday life activities, the creation of the biological energy necessary for this activity and its use in the process of mental and physical work. Therefore, a number of specialists in the world have paid attention to the study of physical education. Among them P.F.Lesgaft, L.P.Matveev, A.F.Novikov, R.Salomov, K.M.Makhkamjonov, Yu.M.Yunusova, Sh.Kh.Honkeldiev, A.A.Abdullaev, such as T.Rafiev, Kh.A.Botirov, O.Ibrokhimov created theories of physical education. In their opinion, “physical education is a pedagogical process aimed at the morphological and functional improvement of the body. of a person, the formation and improvement of basic motor skills, skills and related knowledge important for his life. In general, physical upbringing, physical training, physical training and the means in it are mutually embodied and form a single concept - physical education. Basically it is done in two directions:

1. Beautiful exercise, attracting the attention of others, structure body and graceful movements of the practitioner. For example, rhythmic gymnastics, high jumping, swimming and trampolining, kicking the ball into the goal, etc.
2. Mass performances in training and sports games (team, group and etc.), holidays, demonstration performances at prestigious sports competitions. [1,10]

The great sage of medicine Abu Ali ibn Sina states in his book "Laws medicine" that "those who exercise regularly will not need any medicines." Therefore, every person should constantly walk in the fresh air, work, relax, go to the mountains, go boating, fight, engage in active practical activities, such as horse racing. Medical experts recommend to play sports not only for healthy people, but also for the sick, the elderly and the disabled, in depending on their condition. From a young age to old age, a person should be active and exercise regularly. Therefore more is needed attention to the issues of improving the health of people of all ages, improving physical fitness, maintaining the health of the sick or disabled, inoculating the main content of the science of physical culture among the population. For this it is necessary use the necessary manuals on physical culture and science. Those who don't have health and physical fitness disorders, can play sports in their own way choice. In the process of physical education, education is aimed at the formation and improving motor skills and competencies. During the physical education, general pedagogical principles can be applied, since this process is a special phenomenon of education and training. This process focuses on issues of teaching physical exercises and movements in a single system in the form development from simple to complex in the field of physical education. If first simple exercises are assimilated, then the technique and tactics of complex exercises are gradually formed exercises. When teaching different levels of exercises, exercises are developed from simple to complex. The level of assimilation of exercises in the process of physical education depends on the consciousness and activity of students. Specific tasks assigned to students in each lesson, ensure their activity. They must be able to show initiative in doing exercises, to feel and perceive positive exercise effect. Correct understanding of the tasks of the physical culture process, their active performance with interest accelerates the progress of learning, allows you to deeply improve acquired knowledge, skills and abilities and creatively use them in life. In conclusion, we can say that physical exercise is an arbitrary mind controlled action. In physical education, it is necessary to organize educational and training process, taking into account the capabilities of participants, age and gender characteristics, level of training, as well as individual differences in physical and spiritual possibilities. The abilities of workers are determined by tests of physical preparedness, medical supervision and pedagogical supervision.

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