

The Role of Physical Exercise in Promoting a Healthy Lifestyle

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ABSTRACT

This article discusses the role of national games in the formation of the younger generation in the educational process, enriching their psyche with folk gems and the rational use of national values. He also gave examples of our national games and their importance in our lives. separately.

At a time when our country is flourishing under independence, the radical socio-political and scientific changes taking place in our society, the attention paid to the world of the individual in the system of universal values, the spiritual, moral and physical potential of the younger generation. requires more perfection.

Various measures are being taken to protect the population of the Republic of Uzbekistan. Currently, a lot of work is being done to promote a healthy lifestyle among students. One of the main tools for a healthy lifestyle is physical education and sports. At present, the President of the Republic pays a lot of attention to physical culture and sports. For example, on January 14, 1992, the Law "On Physical Culture and Sports" was adopted. In January 1992, the National Olympic Committee of Uzbekistan was established.

On December 3, 1993, the Cabinet of Ministers of the Republic of Uzbekistan adopted a resolution "On a comprehensive solution to the problems of health of the younger generation."

This decision is aimed at implementing the Presidential Decree "For a Healthy Generation". Due to this, various government and public events in the country are organizing various events in the field of health.

On February 21, 1994, the Ministry of Health of the Republic and the Board of the Charitable Fund "For a Healthy Generation" held a meeting to implement the above decision, which noted that "Physical, mental and spiritual upbringing of a healthy generation" , Is the main program and goal of the Healthy Generation Foundation. (People's Word newspaper, February 22, 1994). Further development of sports in the years of independence: 1993 and 1996 football, 1997 tennis, 1999 Decree on support of the World Wrestling Association and a new version of the Law on Physical Culture and Sports by the Oliy Majlis in May 2000 "Alpomish" and "Barchinoy" special tests are aimed at improving the health of the population from 6 to 60 years and inculcating a healthy lifestyle.

The complex, difficult and multifaceted problem of re-education of young people is, first of all, the inculcation of a culture of self-care. Therefore, the role of the environment and parents in the implementation of physical development in the family is great.

Also, the study of folk art and archeological excavations shows that in the past he was engaged in the elements of education and sports.

For centuries, national types of exercise have always been a special means of functional training of the individual, polished from the signs of human labor, and used as a means of increasing labor productivity in a specific field of activity. The types of physical exercises have been developed. People's national games to improve the formation of certain sports skills in physical education classes and sports for teachers and students of general education and academic lyceums, professional colleges, universities. and used in development

At present, national sports should be a mandatory element of their social and biological activities and physical education in the educational process in general secondary special and higher education institutions.

Use in physical education classes is determined by the following factors

- Age-appropriate sexual and psychological characteristics of the participants
- to focus on the formation of favorable actions, psychophysiological features, the basis of social demand
- Timely replacement of exercises in different directions
- compatibility of goals and objectives of the status of lessons and extracurricular activities - strengthen psychological training

We face a number of challenges in thoroughly studying the factors listed above and ensuring that they play a role in educating young people. Consequently, it is difficult to achieve physical perfection as well, unless we can adequately improve the ecological cleanliness of the environment.

Nowadays, due to the rapid development of technology, a large amount of harmful gases are released into the air, which in turn affects the human body and impairs health. Therefore, every family should keep their family healthy. We need to pay attention to how healthy and physically strong a child growing up in a family is, who cares for his health and professionalism, as a mentally active, mature person.

According to some researchers, the incidence of the disease in the body is 3-4 times less than in the body, which is not engaged in physical activity.

Physical training helps people to become more harmonious. In addition to strengthening health and improving morale, it allows students to participate more actively and fully in the life of future production teams, to make better use of their free time, has a positive impact on the development of other forms of social activity.

It is folk games that help to improve social activity among young people.

Education of physical and spiritual perfection is one of the problems of our time. In Uzbekistan, in the context of national values, the national games of the people and the active games within them are significant in content and essence.

The national games of the peoples of the East, which are becoming more and more popular due to the independence, are derived from life and nature. The games have a long history and play a key role in educating the younger generation. A vivid example of this is the fact that A. Firdavsi's "Shahnameh" is reflected in the "Teachings" of A. Temur, and in the works of Umar Khayyam. Our action games are played in all villages and districts of the Republic.

Currently, there are such games among young people as "Chillik", "Drop the stone into the pit", "Throw the stone to the target", "leaf", "Stork", "Nightingale", "Sniper", "Hand wrestling" ", "Bedana kaklil ", " Rooster fight "are among them.

The dynamism of our national games differs from the games of other nations in that they consist of actions that train all muscles and organisms and train endurance.

Our people have always played games of all seasons. Uzbek national games are loved and played by young and old, and even by women. Students should take advantage of the potential of young people. Therefore, the solution of the problem "For a healthy generation" is an important task aimed at improving the health of the younger generation through physical education.

Before implementing the above-mentioned folk games in the educational process and expecting high results from them, coaches should develop their own measures. For example, by planning monthly, seasonal, semi-annual and annual competitions of sports games, inter-district competitions. It would be expedient to establish prizes, certificates of honor, medals, valuables and trophies, and to ensure that the winners are constantly encouraged and rewarded.

Physical education not only strengthens the health of students, but also increases the resistance of the whole organism to external influences, infectious diseases and the ability to fight them. The body works more economically and is less tired, resistant to long and strong stresses. Special attention is paid to its physical qualities (strength, speed, endurance, etc.). This is because physical activity is not only focused on maintaining vitality and energy, but also on the purposeful performance of very complex practical physical activity, which is used in complex physical labor, exercise, sports.

In the process of physical education, the methods play a key role in the form and content of exercises.

So, the introduction of the Eastern national games in the teaching process and the development of measures to lead them to the top, and to be a bright model in the application of today's youth in the educational process Every coach should have a goal.

Also, the analysis of the causes of seasonal, existing shortcomings, the preparation and implementation of specific guidelines and the implementation of a healthy lifestyle in the lives of our students must remain a topical issue today.

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