

### Tasks of Sports Health Training in Improving Women's Health

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#### ABSTRACT

*Physical training sessions have their own characteristics, they are characterized by movement sensations, frequent changes in posture, high emotionality, and collective actions. During the pedagogical experiment, effective forms of physical rehabilitation and preventive training were developed*

Solving the issues of protecting and strengthening the health of women and girls is the basis of bringing the young generation to adulthood physically and mentally, and educating the active builders of the developing country in all aspects. The problem of women is urgent for a number of reasons. Students are the main reserve of independent state leaders. The economic and social development of the Republic of Uzbekistan depends on the knowledge, skills of young specialists and their training system. Young people should acquire certain knowledge about health-enhancing physical education tools and methods that increase the productivity of educational and work activities.

Therefore, health physical education is a physical process that protects and strengthens women and prevents diseases. Prevention is divided into two types: social and personal prevention. The modern concept of social prevention includes a complex system of state, public and medical activities aimed at eliminating factors that negatively affect human health, and developing his physical and mental strength in all directions. In the field of medicine, sufficient measures have been developed to prevent diseases, strengthen human health, and prolong his life.

Protection and strengthening of women's health acquires a special social meaning in the

conditions of a developing country and requires solving the following tasks:

- regular improvement of women's culture and standard of living;
- preservation of the parameters of the natural environment favorable for human life;
- creation of optimal conditions for production and life;
- physical and mental development of every person, starting from his early childhood;
- formation of a healthy lifestyle, a rational mode of work and rest;
- all-round hygienic education, taking into account the characteristics of different strata of

women;

- implementation of a dynamic monitoring system of women's health based on general dispensation.

Observation of the human health condition showed the following;

- the level of health of 16-20% of women is satisfactory;
- the level of health of 32-44% of women is unsatisfactory;
- 10-34% of women suffer from various diseases or are in the state of disease prevention.

In an unsatisfactory state of health, disagreements occur between the elements of the physiological system, organs do not perform their duties well, as a result, fatigue and exhaustion are observed.

In 2005, the state program on women's health was adopted in our republic, and it includes the following sections:

- 1) study the problems of a healthy lifestyle;
- 2) forming the need for a healthy lifestyle in kindergarten and school;
- 3) formation of the need for a healthy lifestyle in lyceums, colleges and pedagogical universities;
- 4) formation of the need for a healthy lifestyle in secondary special educational institutions;
- 5) study the problems of forming the need for a healthy lifestyle in the training system;
- 6) the system of studying and controlling the process of forming a healthy lifestyle;
- 7) the basics of women's need for a healthy lifestyle;
- 8) campaigning and promoting a healthy lifestyle;
- 9) applying a healthy lifestyle to the international relations of the Republic of Uzbekistan.

The developed structure of health-prophylactic training helps to increase movement activity. Students performed physical exercises aimed at improving body structure and physical development, reflected in 500 to 1000 movements.

The introductory part of the structure of physical fitness classes prepares the ground for the main training and fitness work. The general task of the introductory part is to activate the attention of the participants, introduce them to the purpose and content of the training, and create the appropriate mental conditions. In the preparatory part, 25-30 exercises of fitness gymnastics consisting of 25-30 repetitions are used.

Healthy physical exercises are an effective means of preventing various diseases. Regular exercise is the basis of good mood, high efficiency, and moral restraint. Regular exercise has a positive effect on health, which is the basis of valeology, and on the movement and functional capabilities of the student's organism. Healthy physical exercises increase the body's resistance to the negative effects of the external environment, and therefore it is an effective tool for strengthening health and preventing diseases. That's why healthy physical exercises should be the basis of valeological pedagogical process. In this regard, the content of physical education of

young people should be directed to the fulfillment of specific tasks that help to educate young people as perfect people in all respects.

□ strengthening the health of students, physical development, training, increasing work ability;

□ to educate the need for regular physical training, physical maturity, creativity and the desire to protect our independent state;

□ to educate the high moral qualities of independent state builders, to form the understanding that taking care of one's health is not only a personal duty, but also a duty to society;

□ formation of healthy lifestyle skills;

□ teaching the use of various forms, methods and means of health promotion and disease prevention;

□ teaching to form the skills of effective use of free time, self-assessment, self-control, organization of daily activities;

□ development of movement characteristics.

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