

THE SIGNIFICANCE OF PEDAGOGY AND SPORT IN PEOPLES LIFE

Senior Lecturer Mukhametov Akhmad Mukhametovich (muxametov1984@gmail.com)
Tashkent Financial Institute

The Department of Professional Psychology, Physical Education and Sports

PhD associate professor Tashpulatov Farhod Alisherovich
(vip.sobachka@inbox.ru)

Tashkent Financial Institute

The Department of Professional Psychology, Physical Education and Sports

ABSTRACT

Human life and health are the greatest social wealth. This raises the issue of a healthy lifestyle for the family, school and other institutions of human development. The health of the nation is also naturally addressed through a healthy lifestyle. Health is a balanced unit of biological, mental, physical condition and labor activity of the human body. Health is happiness for everyone. Its labor productivity is a necessary condition for the development of the country's economic power and the well-being of the people. A conscious and responsible approach to public health, which is a public property, should be the norm of life and morality of society and all its members. In order to maintain and strengthen health, first of all, a person must know the laws of normal functioning, growth, development and reproduction of all tissues and organs of the body. It is also necessary to know and create the conditions necessary for the preservation and further development of these biological features, which, like all living things, are inherent in man. To bring up a healthy and harmoniously developed generation in our country, to create the necessary conditions and opportunities for the youth to realize their creative and intellectual potential, to bring up the youth of our country as fully developed, fully responsible students of the XXI century. In order to implement a wide range of targeted measures in the Republic of Uzbekistan, 2010 was declared the "Year of harmoniously developed generation" (27 years old in 2010, PP - 1271, Decree of the President of the Republic of Uzbekistan). The program aims to promote healthy lifestyles among young people and encourage them to drink alcohol. The task is to take comprehensive measures to protect against the scourge of drug addiction, various other deadly threats, as well as religious and extremist influences alien to us, the attacks of "popular culture".

A healthy lifestyle is based on philosophy, psychology, pedagogy, and general physiology, anatomy, hygiene, genetics, ecology, and other natural sciences. On the basis of the project "Formation of a healthy lifestyle" educational courses were created for students to consciously follow a healthy lifestyle and apply it in their life activities. In order to create these educational courses, the qualities that should be formed in students have been developed.

Below you will find the basic set of healthy lifestyles, a special course and the qualities that shape a healthy lifestyle. The key to good health is physical activity. Abu Ali Ibn Sina teaches the need to focus on seven things in a healthy lifestyle (ST) and health: to moderate the client, to choose foods to eat and drink, to cleanse the body of waste,

maintaining the correct structure, adequate and good intake of air through the nose, attention to clothing, regulation of physical and mental movements (including sleep and wakefulness.) In the smallest parts of the client elements is the mood that arises when the interaction of opposing forces reaches a certain limit.

The first type of the above-mentioned elements are of four types: heat, cold, and wetness. In general, the client is divided into two. The first is the true moderate client (unconditional reflex), in which the amount of opposite moods in the client's owner is equal. In the second (conditioned reflex), the client is not at all in the middle of the opposite moods, but is more prone to one of the two sides, cold or heat, wetness or dryness, or both. Scientists have shown good results in prolonging human life, preventing disease, and improving health. Unfortunately, people gradually began to forget the client and other concepts. High-level public awareness campaigns, increased awareness of STTs, and regular physical activity and sports can significantly reduce the incidence of heart disease in many countries. A set of exercises developed by American scientist Kenneth Cooper - aerobics and shaping - has been used with great success in many countries, improving the health of many people and is an effective tool in the prevention of heart disease. . A person must be mentally and physically strong and well-trained. A healthy lifestyle (HL) includes increasing a person's cultural and physical development, productivity, and creativity.

The main components of STT are effective work, personal hygiene, and avoidance of bad habits, and proper nutrition at the appointed time, physical training, regular physical activity. STT is one of the main measures in the prevention of diseases. STT - allows you to meet a certain level of mental and physical requirements to a satisfactory level. There are more and more types of fitness clubs: exercise, diet, sleep, bathing, and more. Everything should be aimed at one goal - to improve people's health.

"A healthy lifestyle is a part of physical culture, it does not become unnecessary, if you do not use it, it does not disappear, and when you need it, it will help you," - writes one of the authors of this booklet, Professor SHKHankeldiev. In one of his scientific articles. Indeed, it is a shame to say, "I don't know," as someone who is unaware of STT's physical culture as a profession or occupation.

Because a person knows the "achievements" of science and technology or the importance and problems of life, even if it is not necessary, but his knowledge of the culture of his body is very low. The physical culture of a healthy lifestyle is a tool for the study and application of subjective values such as courage, bravery and tenacity. It has been proven in practice that the process of cultivating the qualities of courage, bravery and endurance is manifested in all forms of physical education - whether it is in the composition of fitness training, mass sports, without the desire of the practitioner. These historical, universal qualities are the basis for the formation of highly spiritual, comprehensively and physically harmoniously developed intellectual resources. Behavior in the presence of the team, round, meeting (wrestling, public events, celebrations, competitions, etc.), with honor when winning or losing, the last situation , noting that only the subjective values inherent in the peoples of our country will be a tool in the formation of courage, bravery and fortitude. Demonstrates the level of physical culture in such aspects as self-control, self-control, not to lose in situations that require perseverance, courage, bravery, without thinking. Physical culture as a value of a healthy lifestyle includes: the health of a member of society, the level of functional activity

of the body parts, the health of the body, systematic exercises that help to maintain it at the required level; -physical fitness (maturity) - level of strength, speed, agility, endurance, flexibility; - physical development - theoretical knowledge and practical skills in weight, height, size of limbs and their proper maintenance; - Theoretical knowledge and practical skills in physical maturity and physical fitness; - Activity of movement, study, work, culture of "active", "passive" rest in the agenda; - be able to manage the recovery of energy (power) used for mental and physical activity; - to engage in one of the mass sports; - The content and organization of health training; - purposeful participation in one of the favorite forms of health training; -exercise through water, air, sunlight; -massage, factors of personal and public hygiene, first aid, safety rules and their use, as well as other theoretical knowledge and practical skills. The content of special literature on the physical culture of a healthy lifestyle, its theoretical foundations, in the process of acquiring practical skills we encounter a number of terms and concepts: The concept of lifestyle - includes a set of components: first - nature, society and human life creative activity that changes the soul; second - the method of meeting material and spiritual needs; third - the form of participation of people in the sphere of social and political activity and public administration; fourth - cognitive activity at the level of theoretical, empirical and value orientation; fifth - society and its social systems (people, class, family, etc.). Health is a state of the human body in which all its organs and systems are compatible with the external environment and have no susceptibility to disease at all.

Physical culture is a set of achievements in the creation and rational use of special tools, methods, conditions for the purposeful realization of the physical maturity of members of society. Physical training is a set of test exercises that determine a person's health, the acquisition of specialized knowledge, the formation of vital movements, skills and abilities, as well as the level of development of physical qualities. Physical development is the gradual natural formation of the human body - the process of changing its appearance and size. Physical training is the development of people's physical condition based on their professional characteristics. Physical education movement is a special type of social movement, which aims to increase the level of physical education of the population and contribute to the development of sports.

Physical exercises are complex types of movements and movement activities that serve to solve the problem of physical education. Exercise is the amount of exercise given to an organism based on its capabilities and physical condition. Popular sports - extracurricular activities are carried out after working hours through government and public organizations, as well as on the initiative of each individual.

Active rest - to reduce fatigue and increase the ability to work through physical activity. Passive rest is a relaxation of the body without any load, with almost no energy expenditure, relaxing all the muscles. Meditation is a set of physical exercises, typical of the Eastern school, in which each person is engaged independently or in groups of fans of this system. Health training is a general physical activity aimed at strengthening and developing human health. Functional reserves of the body are an increase in the activity of an organ or functional system relative to a quiescent state. Physical health is defined as the ability of the body to withstand the adverse effects of the external environment and disease, a sufficient response to the requirements of life, vital activities, through systematic exercise and mass

sports or physical activity at the level of physical maturity. Physical ability is a set of psycho-physiological and morphological features of a person that meet the requirements of a particular muscle activity and ensure its effective performance. Active movement maintains the functional activity of the body for a long time, prolongs the working life, premature maturation of the leading systems of the body, cardiovascular, respiratory, musculoskeletal system, etc., dehydration of the body.), prevents a decline in service performance. Especially considering that more than 40% of the body is made up of muscle fibers, their mass decreases and they lose weight without loading, which is the reason for this situation.

People who make friends with exercise are in a good mood, which is a great blessing. Doing daily chores, trying to solve complex problems, becomes a normal job for such people. The good mood gained as a result of running, gymnastics and other physical exercises adds intelligence, strength to the human body, and effective lifestyle activities. It has been found that the body of a sedentary person produces a lot of endofrin, enfocolic substances, which help a person to overcome depression quickly and to be resistant to external stressors. A person who wants to have a good life is devoted to exercise, physical activity, which increases the mood, active work, which is a sign of mastering the culture of STT.

The famous mathematician Gauss or the more famous medical tester Germon Gelm Goli, who is accustomed to physical activity, understands the importance of movement, its benefits and taste, commented on the exercise of walking, simple steps and walking at a certain speed: "Sudden thought" always comes unexpectedly, of course, not on the desk, when the brain is tired and physically exhausted, but when there is a high level of physical endurance, high spirits. Especially (flashing, suddenly appearing as "lightning") when the sun is shining, the blue mountain landscape is heartbreaking, and the mountain is slowly rising. he says. "Walking inspires my mind to a certain extent.

When I'm calm, I can't think enough, my body has to move, and then my mind starts to move, "said Jean-Jacques Rousseau. Heinrich Goethe, a professional writer, poet, and writer, said, "Of all the most valuable in the field of thought, the noblest ways of expressing it come to me when I walk." The French writer Georges Simenon wrote, "Wherever I am, I walk a lot, I am a creative process when I walk, only by smelling, feeling, hearing, ringing - by hearing the heat, cold, mud, fog, etc. while walking. I will catch the words, I will restrain and fill the image's face and eyes in the melodies that are a little bit caught. For the heart, for the bright creative mind - the trigger is rhythmic (in rhythm), thinks perfectly while walking without fear. The simplest, the only, the simplest, the most positive, the most positive, the most demanding, the most positive, the most positive, the most positive, the most positive, the most positive, the most positive, the most positive, the most positive, the most positive, the most positive, the most positive. You can write separate collections about.

Our ancestor Abu Ali ibn Sino predicted that all diseases that can be treated without surgery will be treated only by movement, while the Russian anatomist, physician and pedagogue LF Lesgaft classified physical exercises in the IV century and expressed their impact on the human body in poetic lines. Pakhdavon Mahmud, a wrestler who never touched the ground, revealed the secrets of wrestling and wrote many works about wrestling exercises and movements. The images of Farhod, Iskandar, Bahrom, the main characters of "Farhod and Shirin", "Saddi Iskandariy", "Sabbai Sayyar" in "Khamsa", the prototype of the

heroes of the works of our great scientist Alisher Navoi, are not artistic fabric, but the bold, He was created as a brave, agile, courageous, respectful of the people, aimed at the perfection of the body, regularly trained and encouraged to exercise. F. Nasriddinov's (1998) textbook "Lessons of maturity and spirituality", which begins with a folk tale "Life means action", is one of the first publications on physical culture STT. The material on the subject is one of the most popular brochures in the post-independence state language, filled with oriental traditions, physical education, physical education, life lessons, devoted to their role in human mental and labor activity. Thus, the results of research on the creation of optimal motor activity, taking into account the physical capabilities of the individual in achieving "physical maturity", which is the highest stage of "physical maturity" of a member of our society, are summarized. A number of guidelines and recommendations in it will enrich the knowledge of young people on the theory of physical culture STT, so we recommend using it.

Daily routine and adherence to it. STT physical culture requires a rational agenda. A well-structured and strictly adhered to the optimal conditions for the functioning of the organs and the restoration of their capacity create a certain rhythm of activity in the body. As a result, it is possible to do all the different things efficiently. If this rhythm is coordinated with the biological rhythm of the day, life, lifestyle becomes a holiday.

Doing certain work at the same time always leads to the formation of a dynamic stereotype, a habit in the body. As this stereotype develops over the course of life, the mental tension will gradually decrease. In turn, this protects the body from overwork, depletion of its reserves, aging and aging. The agenda allows you to maintain a high level of work ability, to use every minute of life productively, to plan and spend it meaningfully. Rapid change of stereotype has a negative effect on the body's ability. We wrote that we do not intend to recommend the same, unified agenda for everyone, as living and working conditions, living and individual characteristics are different for everyone, and this is not possible. Physical activity of a person should be considered as one of the important factors determining the degree to which a person's physical culture is formed.

The basis of culture, especially physical culture, should be established from early childhood, and they should be formed in the form of cultural skills and strengthened from an early age. In this sense, the management of physical activity should be carried out in accordance with the guidelines, from the initial stage of formation of the individual to the period of age-specific evolution of physical potential and at the same time trying to form all components of physical culture. In his early childhood, one of the leading tasks was to create the conditions for him to enjoy movement, the resulting muscle holiday, the opportunity to feel his joy. This is the main shortcoming of the current physical culture complex.

At the age of primary school, through physical activity, interest, various motives - responsibility, the honor of his team, the place among his peers, the extent to which he fulfills the role assigned to him, the pleasure and feelings he received from justifying their trust. It is a period of understanding and formation of the level of its capabilities. By this time, the activity of adolescence and youth is mainly associated with mental, and then with the formation of his "I", self-expression.

References

1. Верхошанский Ю.В. Программирование и организация тренировочного процесса - М., Физкультура и спорт, 1985, 76с.
2. Годик М.А. Совершенствование физической подготовленности спортсменов /В кн: Современная система спортивной подготовки - М. Изд-во «СААМ», 1995, с 136-165.
3. Керимов Ф.А Спорт кураши назарияси ва услубияти Т.-2001й. 86 б
4. Лях В.И. Взаимоотношение координационных способностей и двигательных навыков: Теоретический аспект //Теория и практика физической культуры, №3, 1991, с.6-10.
5. Озолин Н.Н., Конькова А.Ф., Абрамова Т.Ф. Оптимизация адаптации - условие эффективной тренировки, новый подход //Теория и практика физической культуры, №8, 1993, с.34-39.
6. Матвеев Л.П. Основы общей теории спорта и системы подготовки спортсменов. – Киев Олимпийская литература., 1999, 316с.
7. Пархомович Г.П. Основы классического дзюдо /Учебное-методическое пособие для тренеров и спортсменов - Пермь: «Урал-Пресс ПТД», 1993, 304с. ил.