



The Role of Physical Education on the Proper Organization of A Healthy Lifestyle

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Annotation: Physical culture and sports are widely used as a moral, ideological and practical tool in the formation of the national gene pool, the proper organization of a healthy lifestyle and a healthy generation of the young generation. The article is devoted to the educational activities of physical culture and sports professionals in the organization of a healthy lifestyle.

Keywords: Physical education, healthy lifestyle, sport, teacher, teacher-coach, practical exercises, courage, traction, pedagogy, psychology.

The main indicator of the development of physical culture in the society is the level of health and physical formation of people, the importance of physical culture in education and training, production and household spheres, in the process of proper organization of free time.

The practical result of physical training in human activity is considered to be a person's level of physical fitness and movement knowledge and skills, high vitality, achievements in the field of sports, mental development. Physical education and sports are used as a spiritual and ideological tool for the formation of the national gene pool, the proper organization of a healthy lifestyle, and the healthy upbringing of the young generation. Today, we are trying to establish a democratic society based on the heritage of our ancestors, national values, and based on the requirements of our lifestyle. These actions are based on the healthy human factor. Forming a healthy person through physical education and sports should be the task of the whole society. Every person, family, parent makes physical education and sports a habit, and respect as a staff leads to continuous physical education and sports in the society.

Physical education is a pedagogical process aimed at forming physical and volitional qualities in students, preparing them mentally and physically for labor and defense of the Motherland, and is considered one of the important components of the social education system. The issue of ensuring that young people grow up healthy has been one of the main ideas of our national pedagogy, folklore and works of thinkers.

Abu Ali ibn Sina enumerates the positive qualities characteristic of a person, and emphasizes the following:

1. Courage - a person's bravery, endurance in doing something, the power to stop the evil that befalls a person.
2. Intelligence is the power to prevent haste in doing something.
3. Intelligence is the power that helps to quickly explain the true meaning of things given by intuition.

According to Abdulla Awlani, it is necessary to engage in physical education in order to have a healthy mind, good morals and knowledge: "A healthy and strong body is the most necessary



thing for a person. Because in order to read, teach, learn and teach, a person needs a strong, disease-free body. People who do not have a healthy body tend to make mistakes in their actions. ... Physical training is also helpful for mental training. The body and the soul are like the right and the reverse of one garment. If the body is not decorated with cleanliness, if it is not kept from bad habits, then it is like a busy man who wears a coat and washes the lining, and every time it gets dirty. A cocktail and a healthy body are necessary for the education of thought. The great pedagogue Abdulla Avloni in his work "Turkish Gulistan or Ethics" stated the following in this regard: "Nazofat (hygiene) means keeping our organs, clothes, and tools clean and tidy. Purity makes the mind and perception broad and sharp. It causes attention and fame among people. With purity, we get rid of various diseases and find the best of our souls. Cleanliness is the most important thing for our health and happiness. It is not a sin to wear torn old clothes, it is a sin to wear new clothes that are dirty and dirty. ... It is necessary to get rid of the scourge of pollution with the remedy of purity." So, if a person wants to be physically strong and mentally sharp, he should first of all give great importance to cleanliness. At the same time, all the qualities necessary for a good life will be found in people who are given the priority of chastity education, and the defects that are contrary to morals will disappear.

Physical education has a great impact on people, strengthens their health, increases their ability to work, and helps them live longer. Sport is a great way to keep fit and healthy at any age. Sport serves as a source of relaxation and alternation of cocktails. Pupils' physical culture is an important factor determining the effectiveness of physical education. Also, physical culture is an integral part of the general culture of man and society. The following are reflected in the content of physical culture:

1. Ensuring ownership of functional maturity of human organs (internal organs, nerves and movement, musculoskeletal system, body harmony and the ability to manage their functional activities).
2. Strengthening the health of students.
3. Accustoming them to follow hygiene rules.
4. Comprehensive development of students' skills.
5. Forming the physical and physiological qualities of future professionals from a professional point of view, increasing their ability to work.
6. To create conditions for students to mature properly from a sexual point of view.
7. Formation of students' strong will, firm character, skills of unconditional adherence to discipline.

In the process of organizing physical education, it is important to acquaint students with hygiene rules and to acquire the skills to follow them without hesitation.

Physical education should be effectively organized for children not only in the process of organizing education in the family or in educational institutions, but also during classes, various competitions, and events held outside the school. The meaning of physical education is summed up in the saying "healthy mind in a healthy body". Raising physical education to a higher level in accordance with today's requirements prevents the spread of negative situations among students.

Forming a healthy lifestyle in our society, creating modern conditions for the population, especially the young generation, to regularly engage in physical education, strengthening the will, strength and confidence in young people through sports competitions, developing courage and



patriotism, loyalty to the Motherland. In order to further develop physical education, to attract all layers of the population, especially young people, to regularly engage in physical education, to develop the effectiveness of the effective use of the conditions created in this regard in our country, the President of the Republic of Uzbekistan dated June 3, 2017 "On measures to further develop physical education and mass sports" According to the tasks defined in the decision of PK-3031, scientific and methodological support of training, retraining and professional development institutions in the field of physical education and sports, as well as highly qualified sports schools The importance of providing rabbis and medical staff and determining their functional tasks in educational institutions is shown by the present era itself.

Peculiarities of pedagogical management of the activities of physical education and sports specialists are that teachers, trainers and sports specialists work in various educational institutions (general secondary schools, sports schools for mature children and teenagers, non-state sports educational institutions).

The teacher of physical education should know the basics of this science well in order to rely on the science of physical education in the structure of the training process. In addition to the knowledge of his subject, the teacher must have a whole system of knowledge related to pedagogy, psychology, anatomy, physiology, hygiene, medicine and human physiology.

A school physical education teacher should know the following:

- clarifying the general and specific goals of physical education as a component of national education;
- identifying the purpose and tasks of physical education and sports exercises;
- selection and use of modern methods in physical education;
- use of various means of physical education and sports;
- the ability to choose different forms of sports, taking into account the age-sex, morpho-functional and individual psychological, as well as social-psychological characteristics of sports participants, using national types of sports, cultural traditions;
- use of a set of methods and tools to train students to observe personal hygiene, strengthen their body and control its condition;
- acquiring the qualifications of medical supervision and pedagogical supervision, methods of ensuring safety in training, first aid provision;
- Use of methods of self-service skills formation in students to prepare for training and conduct it;
- prepare an active sportsman who is able to help organize and conduct various forms of physical training every day;
- Analyzing, summarizing and creative use of advanced pedagogical experience, constantly increasing the level of psychological and pedagogical knowledge and professional training;
- high level of organization and initiative, continuous improvement of the content of our activities.

The work of a coach-trainer in this type of sport is significantly different from the work of a physical education coach. The coach's work is primarily aimed at identifying and developing the sports abilities of students and young people, and planning their sports life in advance. Harmonic and physical development of a person serves as the basis for his life in sports.

The system and nature of the knowledge required for a coach-trainer in this sport is unique. It includes the principles, tools and methods of the national system of training athletes, the main international and foreign requirements of training athletes, the theory and methodology of



education and training (training) in the chosen sport, as well as the methodology of teaching the main types of physical exercises, the main psychological aspects of the organization of the educational and training process. Pedagogical features, didactic possibilities of various tools in the training of athletes, features of the age-gender characteristics of sportsmen, as well as the features of developing basic physical qualities and movement skills in them, features of organizing sports activities in the conditions of educational and training meetings and sports and health centers, physical education and sports sanitary-hygienic basics of activity, basics of injury prevention during sports training, structure of sports facility by type of sport, features of its use, its construction, use and maintenance of sports inventory and equipment must know them perfectly.

In this regard, the teacher-trainer should know the following:

- determining the general and specific goals of sports training, the purpose and tasks of specific sports training;
- To determine and evaluate the physical development and body composition in order to know how to use the methods of the present time, taking into account the age-gender, morphofunctional and individual-psychological characteristics and the level of sports preparation of the participants in the training process;
- making corrections to sportsmen's activities based on the results of checking their activities;
- mastering sports-pedagogical control methods using modern metrological devices and methods that ensure safety in training, as well as the method of providing first aid;
- organization of competitions and participation in them as a judge, representative of the group;
- use of methods of preparation and conduct of sports trainings, self-service skills formation in participants;
- conduct orientation work among participants to choose a profession, prepare sports activists capable of helping in the training process and organization of competitions.

During the years of independence, extensive work was done in this regard. Necessary conditions have been created for the population, especially the young generation, to regularly engage in physical education and mass sports. Thousands of sports facilities and complexes, playgrounds were built and reconstructed in our territories.

In particular, Gulistan State University pays special attention to the field of physical education and sports. This university has 3 indoor and 6 outdoor sports fields, which are designed for sports such as football, mini football, volleyball, basketball, table tennis, and wrestling. The beautiful and modern sports ground is equipped with the required sports equipment, which serves to train students in all aspects and to improve their skills.

A number of sports clubs are also active in our university after classes. This group was organized by faculty professors. Our university has sports experts, candidates of science, world champion, 2 Asian and more than 10 Uzbekistan champions, and they have been discovering prize winners by participating in international competitions.

Plans, goals are clear. We aim to increase our winning results this year by making wise use of such wide opportunities, directing students who are interested in sports to major sports, training worthy candidates for the national teams.



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