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## The Role of Sports in A Healthy Lifestyle

**Saribayev Shuxrat Turdibekovich**

Gulistan State University. The city of Gulistan.

Pedagogical sciences doctorate.

[saibaevshuxrat@gmail.com](mailto:saibaevshuxrat@gmail.com)

+998973404091

**Annotation:** Our Republic places a high priority on the development of healthy progeny after focusing on freedom. The physical education of young people is one of the primary aspects receiving attention in the development of a healthy generation. Physical education is a crucial component of general education since it aids in educating children in all facets of moral and spiritual vitality. The outcome of physical education, which is itself a product of civilization at large. Physical education is one of the keys focuses of the contemporary education of youth as enlightened, spiritually in demand. The opinions and considerations on how sports fit into leading a healthy lifestyle are retained in this article.

**Keywords:** Healthy living, sports, importance, education, hygiene, physical education, youth

According to Marx, a general education should include mental, physical, and technical instruction. Physical education's primary objectives are to promote the healthy development of all organs in developing organisms and to get young people ready for physical and mental labor in defense of the motherland. The leprosy of physical education for kids should be implemented, and it should be explained "by presenting instances in the figure of Alpomish, the infant son of Pahlavon Makhmud and other wrestlers". Additionally, Abu Ali Ibn demonstrates a few human traits:

1. Courage is the courage, endurance of a person when doing something, the power to stop the evil that has fallen on a person's head.
2. Mindfulness is the power of protection from hasty haste in doing something.
3. Clairvoyance is a power that helps to quickly understand the true meaning of what intuition gives..

Even if we base our analysis on Navoi's "Farhad and Shirin" assistant professor, Farhad demonstrates that he engaged in physical and military training in addition to mental preparation. According to A. Avlani, education is essential for the body to concentrate on common sense, upright morals, and knowledge enlightenment. Anyone with a healthy physique produces work that is free from errors, thinks clearly, and is motivated by both their physical and mental well-being. As a result, man's intellectual, moral, and physical perfection has been praised and valued throughout our history. First and foremost, physical education degrades health, boosts productivity, extends life, and builds fortitude. So education of young people in a physically strong way it is one parent, the work of the school is considered an attention, a state problem, it is advisable if a complex approach is taken to solven it.

The job of physical maturity, physical condition diagnostic, physical education culture, sports labor, and physical education all express the substance of physical education. Physical maturation



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is defined in pedagogy as information regarding a person's growth of physical information, or changes that progress from simple to complicated. Physical maturity is defined as the harmony in a person's look as a sign of attractiveness and a high level of perfection in their character traits. Healthy child birth is ensured by hygienic upbringing, which includes the mother adhering to cleanliness laws while the child is still in the womb.

Since ancient times, our people have practiced other education on the basis of hygienic education for young people. The primary pilot of hygienic education is the family, so parents and other adults in the House should play the role of a model in the formation of hygienic knowledge in children. On the basis and the initial stage of hygienic education, personal hygiene considerations lie. From the first conscious activities of the child, the observance of these personal hygienic rules is regularly taught that later a lifestyle is formed in children, turning into a certain character. In this case, proper and timely education of children from the first day to the correct distribution of time, timely performance of active activities and sleep, rational nutrition, timely washing, changing clothes, body hygiene, skin, hair, face, oral, oral hygiene, nail, hand hygiene, shoes and other hygiene rules is considered a guarantee of this future child's health level.

It is important to emphasize to kids from day one that the goal of all of these lessons is to keep illnesses from spreading throughout the body. When kids enter kindergarten and yaslisi, they encounter a new style of upbringing and a typical kind of hygiene. Children who are switching to a new subject experience this transition period as being more challenging. Here, broad hygienic skills and abilities start to develop based on personal hygiene skills. These learned abilities will need to be improved upon at home without being spoiled. Physical Culture is a part of physical education and contains the following topics:

1. The structure of human organs and their functional maturation.
2. Improving the health of students.
3. Getting used to the rules of hygiene.
4. To increase the skill of the reader in every possible way.
5. Formation of physical and physiological qualities of future workers-servants.
6. Creating conditions for physical and age characteristics in students.
7. To mature the student's sense of will, endurance, strict discipline, duality.
8. Education of personal physical abilities.

Physical education and sports are of great importance in leading a healthy lifestyle, in the formation of a healthy lifestyle. In this regard, A.K.Atayev, G.I.Bagdanov, V.I.Glukhov, N.I.Mohammedov, M.T.Toirova, H.Q.Yuldashev, T.Hyderrov, F.Recommendations were given in the studies of boshayev and other scientists. "It is no secret to anyone that in civilized countries, achieves wellness mainly through physical education and sports factors. So it is our sacred duty to physically harmoniously cultivate the younger generation, which we are also growing."

The Republic's passage of the law "on Physical Education and Sports" and the founding of the Order "for a Healthy Generation" laid the groundwork for the development of sports. Young adults who can effectively defend the honor of our nation are being raised to be healthy, active, strong-willed, hardworking, and skillful. Physical education involves not only wellness but also educational and educational activities. It should not be forgotten that the first intentional step towards the highest levels of sports is for students to consistently participate in sports sections that they enjoy, participate in contests, and learn all sports. To what extent the quality of work from class and



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extracurricular physical education and sports should be depends on the greater involvement of students in the children's and youth sports school.

The renowned thinker Abu Ali ibn Sina frequently discussed the subject of enhancing and bolstering bodily health using badantarbiya, preventing disease, and its pervasive application in other circumstances in his writings. We think that the interaction between the school, home, teachers, students, and parents is a crucial instrument for integrating physical education and a healthy lifestyle into students' daily lives, further enhancing the caliber of their work. The child's participation in sports and physical education is crucial for a healthy and thoroughly harmonious development. Students are instructed on the value of physical education in enhancing one's health during the training. A person engaged in Physical Education will be strong, agile, resilient, strong-willed, Hardy, courageous, beautiful and mobile. Therefore, it tries to perform each action independently, well and with little effort. According to historical sources , the National Sports and national games of the Uzbek people varied depending on the living conditions of the population and prepared people for active, productive work.

Compliance with life with it , focusing on all hygienic skills in general, more clearly shows the general upbringing of a person. So hygienic education is also an integral part of general education. a healthy lifestyle consists of three important actions, he says:

1. Physical education and sports.
2. Rational nutrition.
3. Each person is responsible for his own health.

A person's consciousness develops, examines the damaging effects on the body, and most importantly, realizes the "Moral" on the basis of hygiene instruction. The term "moral" has a broad definition in human activity; it can refer to the established rhythms in the external world as well as the rhythms of work, nourishment, and living situations. Children enter a new hygiene education iuhiti when they enter school. They increase their chances of mutinous interaction with these conditions by doing this. The Oaks in charge of keeping the classroom clean are chosen in each class. They review children's hands, nails, collars, the condition of their clothes and other hygienic qualities every day and respond to maintaining the hygienic state in the classroom as well.

**In conclusion**, on the basis of a particular Datsun, information on special hygiene courses is taught in schools. When children disregard personal and general sanitary needs, it is important to teach them the causes of numerous infectious diseases. When teaching young people about hygiene, it is imperative that you stress the value of a healthy lifestyle in the development of that lifestyle. The relevance of lifestyle in health is 49 53%: smoking, drinking, inappropriate diet, harmful working circumstances, sress, adynamia, hypodynamia, bad material life, narcomania, family stability, loneliness, low education and culture, etc.

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