

PERSONAL AND COMMUNITY HYGIENE IN PHYSICAL EDUCATION AND SPORTS

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ANNOTATION. Hygiene is a science about health, about the means and methods of preserving, strengthening it, and eliminating the harmful effects of environmental factors on it. The article discusses personal and collective hygiene in physical education and sports.

KEYWORDS: sports medicine, nutritionist, healthy lifestyle, physical education, sports doctor, trainer.

All conditions have been created and are being created to preserve and strengthen the health of the people of the Republic of Uzbekistan, prolong human life and prevent diseases. From time immemorial, physical education and sports have been considered an integral part of social life, and their development has been inextricably linked with the specific characteristics of each era.

Great attention is paid to the development of the sports sector in our country. A number of decisions and decrees on the subject have been adopted and are being implemented. This is of great importance in the achievements of our athletes in the international arena.

It is known that physical education and sports lead to the comprehensive physical development and strengthening of the human body, improvement of physiological functions and health.

Physical education hygiene is one of the sections of hygiene science. The content of physical education hygiene is the scientifically based standardization of the means, methods and conditions of physical education and sports activities in order to more effectively use them in order to preserve and strengthen the health of a person and his health. In order to justify more effective methods and the most

favorable conditions of physical education, physical education hygiene studies how physical exercises affect human health and to what extent they serve to strengthen health.

Physical education and sports hygiene is the science of the influence of various factors related to physical education and sports on the health of participants. The main factors affecting the body of participants are:

- - environmental factors
- - conditions in which physical education classes, recreational physical education classes, training and competitions are held;
- - organization and content of physical exercises in physical education classes, health-improving physical education classes and competitions;
- - volume, duration and intensity of physical exercises during physical education classes, recreational physical education classes, training and competitions;
- - nature of nutrition during physical education, training and competitions;
- - technical equipment and condition of sports facilities;
- - equipment for athletes.

In recent years, valuable scientific data have been obtained that allow hygienic provision of physical education and sports, taking into account age, gender and professional functional capabilities and individual characteristics of participants, climate and other external factors.

Physical exercises, regardless of their form and content, must strengthen the health of those involved, which is fully consistent with the health-improving nature of the entire physical education system.

The implementation of the health-improving principle of physical education is possible only if the physical education teacher, sports coach is familiar with the

basic rules of hygiene and, in the words of F.F. Erisman, learns the “hygienic way of thinking”[6, 6].

The goal of hygiene is human health. However, there is still no clear definition of health. Most experts agree with the definition of health given by the specialists of the World Health Organization: "Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity."

If we talk about the reforms of physical education and sports education in general, first of all, a transition was made to a system of promoting a healthy lifestyle from kindergarten age. Starting from the promotion of healthy eating and a healthy lifestyle from childhood, all the necessary conditions were created for our boys and girls to engage in sports during their school years. New gyms were built in schools, existing ones were radically renovated, and the material and technical base was strengthened.

The higher education system was also reformed, and international standards were introduced for the training of athletes specializing in national and Olympic sports. The main emphasis was on effectiveness, and a system of encouraging athletes and their coaches who achieved high results at the republican and international levels was established.

Such changes can be talked about for a long time. The President's resolution of July 28, 2023 "On measures to further improve the system of training medical personnel for the field of physical education and sports and the provision of medical services to athletes" is significant in that it serves to further improve the provision of high-quality medical services to athletes by purposefully continuing systemic reforms in this area and implementing modern methods of training personnel in the field of sports medicine.

Today, as professors and teachers involved in the field and interested in the implementation of this resolution, we would like to dwell on the most important aspects of this resolution.

Physical education is a pedagogical process organized for the implementation of physical movements by people. Physical education work in an educational institution differs in a wide variety of forms that require enthusiasm, initiative, and organization from pupils and students. They help to cultivate such qualities as organizational skills, activity, and resourcefulness in students.

Protecting one's own health is the direct responsibility of every person and does not have the right to delegate it to others. A person aged 20-30 falls into a fatal state due to an unhealthy lifestyle, bad habits, hypodynamia, and overeating, and only then remembers medicine. Health is the first and most important need of a person, which determines his working capacity and ensures the harmonious development of the personality. This is the most important condition for understanding the world around us, self-affirmation, and human happiness. Active longevity is an important part of the human factor.

The main tasks of physical education and sports hygiene are clearly defined on the basis of solutions based on many years of experience in the field of sports medicine. The goal is to study and improve the conditions for engaging in physical education and sports, as well as to develop hygiene measures that strengthen health, working capacity, endurance and sports performance. As mentioned above, physical activity affects the whole organism, not individual organs or systems.

Sports medicine is a separate area of medicine, a scientific and practical field with its own goals, objectives, methods, theory and problems. In Uzbekistan, medical support for physical education and sports is carried out on a territorial basis through special medical and physical education services (offices, dispensaries) and treatment and prevention institutions of health care bodies. Sports medicine is not only the main part of the treatment and prevention service of the population, but also an integral part of the system of physical education of a person.

Without compliance with the relevant hygiene standards and requirements in the process of physical education and sports, it is impossible to ensure optimal

conditions for normal physical development, preservation and strengthening of the health of those involved in physical education, and improvement of sports achievements.

The basis of medical examinations of those involved in physical education and sports is the determination and assessment of their level of physical development. In order to make an opinion about the proportionality of the physical development process, the results of the primary examination of the examinee are compared with his anamnesis. In repeated examinations, we get a clear idea of the effect of physical education on physical development, depending on the changes in anthropometric indicators.

The goal of sports medicine is to strengthen health, to provide all possible assistance to the development of physical culture and sports as tools that contribute to the harmonious development of health care. In short, the effective use of all the opportunities provided by our state in determining the long-term prospects for the development of sports and educational institutions, creating the necessary conditions for training a reserve of athletes in Olympic and Paralympic sports, is one of the urgent tasks facing us today.

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