

THE IMPORTANCE OF WELLNESS TECHNOLOGIES IN SPORTS

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Annotation: in this article, the relevance, importance of wellness technologies in physical education and sports is scientifically substantiated by its physical wellness functions in the formation of a healthy lifestyle today.

Keywords: preventive, individualization, optimization, recreational.

Аннотация: В данной статье актуальность оздоровительных технологий в физической культуре и спорте, их значение для формирования здорового образа жизни сегодня научно обоснованы функции физического оздоровления.

Ключевые слова: профилактика, индивидуализация, оптимизация, рекреация.

After the Republic of Uzbekistan gained independence in all areas, we can see that every complete Ascension is taking place. It is no secret today that physical and political and spiritual changes are gaining ground in the system of universal values, renewal, all personal extensions, demands and meanings of a person, especially since the spiritual and moral and physical capabilities of the growing younger generations are further increasing.

Several decisions and decrees were developed by our country in the direction of the formation of a healthy lifestyle in society, strengthening the health of the population, raising a physically healthy, spiritually rich young generation, ensuring a wide involvement of the population with physical education and sports.

In terms of the relevance and importance of wellness technologies in physical education and sports, wellness technologies are primarily aimed at ensuring the preservation and strengthening of human health through physical culture. Wellness effectiveness is a mandatory component of any forms of exercise. In this regard with all components of Physical Culture (Sports, basic, professional-practical, wellness and Physical Culture) perform wellness functions.

Wellness technology is a discipline of the medical-pedagogical and social category, which takes on tasks such as introducing them into marriage, studying the necessary factors and methods for the upbringing and improvement of the national figure, both physically and mentally healthy. The real purpose of wellness is to create the basis for the survival of the family, society, nation and state by controlling and ensuring the health of the individual.

Health is the greatest wealth of a person. Undoubtedly, health is the main condition for the implementation of the biological and social functions of a person. This is the basis of a person's self-awareness.

Meanwhile, in modern society, the need to strengthen health care with the help of physical education, including new and developing equipment and technical means, is growing. This requires, first of all, specially organized activities designed to effectively solve health problems. One of the main goals of wellness technologies in physical education and sports is to encourage each person to strive to improve their internal capabilities in the body, and to create a “healthy “way for each person himself and others, in order to live a healthy dream and create opportunities to achieve it, maintain health, strengthen and encourage longevity.

A distinctive feature of the application of wellness technologies is the optimal mechanism for optimizing and personalizing the physical load of people, taking into account age, gender, labor and educational activities and health.

As a type of wellness technologies, they have a purpose and objectives. The purpose of applying wellness technologies is to improve the population. The objectives of the application of wellness technologies are to:

- Increase the functional capacity of the body; - disease prevention;
- Engine mode optimization;
- Reducing fatigue due to active rest;
- Individualization of optimal training loads in wellness classes based on WHO recommendations;
- Use of exercise in the fight against bad morals;
- Involvement of people with disabilities in active physical education and health classes, including various age, sexual and health conditions;
- Introduction of health technologies as an integral part of a healthy lifestyle;

In accordance with the components of wellness technologies, as a result of human activity and as a set of subject values, a person can be considered as a type of activity.

Wellness technologies as a kind of activity characterize favorable organizing actions, as well as activities related to adherence to a healthy lifestyle. At the same time, a model for the formation of the effectiveness of wellness technologies as a kind of activity is established.

The activity in the application of wellness technologies is aimed, first of all, at achieving the greatest impact of Health.

Wellness technologies as objective values are material and spiritual values created to ensure the necessary effectiveness of physical and recreational activities.

The content of wellness technologies in this regard is associated with the satisfaction of a person's need for action and the need for active rest.

The full implementation of these needs will ultimately ensure the effective vital activity of a person, even in conditions of maintaining health, high efficiency and work.

The formation of a healthy lifestyle in our society, the creation of conditions in accordance with the requirements of the time for the regular participation of the population, especially the younger generation, in physical education and mass sports, the strengthening of confidence in their will, strength and capabilities in young people through sports competitions, courage and patriotism, the maturation of feelings of, large-scale work is carried out aimed at the systematic organization of the selection of talented athletes among young people and the further development of physical education and mass sports.

The meaningful Organization of youth leisure activities is carried out to attract them to mass sports in order to preserve their health, strengthen them, and to attract mass sports to the social environment in order to strengthen the health of the population. Giving birth to the younger generation in terms of a healthy lifestyle and the combination of medical culture and sports, and instilling in the mind is one of the most relevant facets of today.

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