

Khalmirzaeva Soxiba Sulaymonovna
Senior Lecturer of the Department of General Hygiene
Andijan State Medical Institute

**POSSIBILITIES OF PHYSICAL CULTURE AND THEIR
EFFECTIVE USE IN WIDE PROMOTION OF HEALTHY LIFESTYLE
AMONG STUDENTS**

***Abstract:** The purpose of physical education and sports rehabilitation activities is to teach students the requirements of physical development and healthy lifestyle. At the same time, physical training, sports and wellness events will greatly help to master professional training.*

***Key words:** physical education, sports, health, order, daily life, lifestyle, gymnastics*

Student physical education activities are in the form of morning physical education, physical education classes, sports club training, sports health competitions and holidays. Morning physical education exercises are performed independently in student dormitories, in public, in residences, and in families.

Morning physical training can consist of exercises for arm, leg and body muscles, breathing exercises. Physical education classes are organized according to the student curriculum. In physical education classes, students are trained in football, basketball, volleyball, and handball techniques. Also, skills and abilities of athletics, gymnastics, wrestling and swimming are taught and formed.

Sports events and competitions on the agenda can include hiking, water treatments, swimming and bathing, team competitions and competitions. In the training of sports clubs, they become specialized in sports. Students demonstrate their physical, technical and tactical training in sports competitions and sports holidays.

Also, methods of receiving training procedures of students under the influence of natural factors water, sun and air in tourism training were studied.

During the process of participating in physical education and sports, health improvement, medical control of the physical development of students and evaluation of the level of physical fitness with practical tests was organized.

Morning physical education classes, physical education classes, sports club trainings, sports holidays and competitions, tourist walks and tourism trainings organized on weekends, socially useful work processes conducted in the family and positive effects of a healthy lifestyle on the body. is incomparable.

Physical education and sports, wellness events organized in educational institutions are organized on the basis of the physical education program. Physical education programs are improved in accordance with the age and gender indicators of students and the level of physical development of their bodies. In physical education programs, the materials of physical education classes and the content of physical education extracurricular activities for students are formed based on modern requirements. At the same time, students acquire theoretical information about the positive effects of physical education and sports training on the body, as well as the rules and requirements for taking exercise treatments using natural factors, water, sun, and air. Effective organization of physical training, sports and health activities in educational institutions and places of residence of students, as well as in the family, ensures that the future young generation of our country will be raised as a physically fit and spiritually mature person and will become an active member of our society.

Physical education is the main task of physical education to change the physical condition of a person for a specific purpose. Physical education-pedagogical process is aimed at improving the human body, forming movement skills and skills. Living conditions of the society, hunting was the main reason for the emergence of physical education. From the time of the primitive community, the struggle for survival, finding one's place in the community, and hunting involved physical actions. Even unconsciously, people have tried to

develop their physical qualities of speed, strength, endurance, agility, bravery. It can be seen that physical education was created along with the formation of human society.

A person's life activity is conscious, his actions have meaning and purpose. The new generation has learned the activity from the previous generation, and between them, communication and continuity is established, which consists of teaching knowledge, skills and competences. Physical education can be divided into two groups that have their own characteristics.

1. Physical education - influencing physical development, acquiring physical qualities and improving them in order to strengthen health.

2. Physical education - education that provides special skills, abilities and knowledge.

The peculiarity of physical education is that it serves as a means of developing physical abilities, while at the same time it has a strong influence on spiritual maturity.

Physical fitness is a high level of all-round development, preparation for actions, and provides the ability to adapt to production, military and living conditions, high work ability. The concept of physical fitness can be interpreted in such a way that it is the ability of a person to carry out heavy physical loads in any conditions, as well as embodying moral qualities, humanity, consciousness and public qualities. Physical fitness should be a concept that every person dreams of and strives for. Therefore, the definition and interpretation of this concept is endless.

Physical culture is an integral part of the general culture and the sum of the achievements of the society in creating and using the means of physical education. The achievements of the nation in the field of physical culture and sports, the involvement of the population in mass physical education and sports, the means-sports facilities and equipment that ensure the participation of all strata of the population in the country, except for the youth, in physical

education and sports, and the sufficient number of specialist personnel organizing and managing the physical education process. determines the level of culture.

Physical culture has been formed during long historical periods. If the first buds of physical culture appeared in the period of human self-defense and struggle for survival, then military art developed in the form of forming a powerful army to protect the country, then in the development of society, a person is formed as a means of the ambassador of peace, in addition to ensuring the health of his body and physical fitness.

Sport is a tool that ensures human physical fitness and is a set of physical exercises and movements of the same form. Also, activities aimed at achieving high proficiency and high results in one type of physical activity. The purpose and task of sports is to form sportsmen's technique and tactics of action in accordance with the type of sport, to provide general and special training, sports training, physical and theoretical training, and to train highly qualified sportsmen.

Physical exercises are a set of physical activities aimed at physical development, formation of movement skills and abilities, and training in specialized sports activities. Actions performed according to need do not help to acquire physical development, movement skills and skills, on the contrary, physical activities planned and performed on the basis of a program - regulated, that is, physical exercises brought to a form and performed for a certain period of time, contribute to physical development, health, and the formation of movement skills and abilities, technical and tactical and serves as a means of physical training. Physical exercises are divided into general developmental, special and auxiliary exercises.

General development exercises are exercises that make the body healthy in the morning physical education classes and prepare for physical loads in the preparatory part of the physical education classes.

Specific exercises - movements that consist of movements specific to the sport, running, jumping, throwing, carrying a ball, hitting or kicking a ball, etc. or any parts of these actions.

Auxiliary movements - a sentence of artificially organized or modified exercises that help to master the technique and tactics of performing special exercises.

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