



PROBLEMS OF PHYSICAL ACTIVITY AND A HEALTHY LIFESTYLE OF STUDENTS

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Annotation

The article talks about the importance of a healthy lifestyle for schoolchildren, in this regard, it is necessary to observe the daily regimen, the use of various physical culture and health-improving forms in the general educational process, which increase the motor activity of students.

Keywords: healthy lifestyle, health, sports and health-improving forms, daily routine, physical activity, republic, management.

Introduction

At present, the problem of educating a healthy generation is of great importance. Many factors contribute to the deterioration of well-being. It turned out that more than half of the children had poor vision, impaired posture, and the presence of chronic diseases. Educational institutions should solve the problem. It is necessary to organize educational activities in such a way that students increase the level of knowledge about "health" and "healthy lifestyle".

The purpose of the study is: To solve the problem among students of educational institutions, as well as to increase physical activity. Physical activity is an advantage for maintaining the health of the heart, brain and the whole human body. Physical activity contributes greatly to the prevention and treatment of diseases such as cardiovascular disease, cancer and diabetes; reduces symptoms of depression and anxiety; contributes to the improvement of thinking, also has a beneficial effect on the growth of the younger youth; improves overall well-being.

There are a number of problems in the development of the sphere of physical culture and sports: - insufficient involvement of the population in systematic physical education; - insufficient development of the material base and infrastructure of physical culture and sports, as well as its moral and physical aging; - insufficient number of professional coaching staff - lack of active propaganda at the state level for physical culture and sports as part of a healthy lifestyle, including concern for the





future generation; Propaganda is of decisive importance in the development of physical culture and sports.

Propaganda is various forms (oral, printed, Internet, visual, etc.) of dissemination and explanation of ideas, teachings, views, theories that affect the consciousness and mood of people. The promotion of physical culture involves purposeful activities to disseminate knowledge in the field of sports. Also, to involve the population in systematic physical education and sports, in maintaining a healthy lifestyle. A major role in the successful achievement is the main task of propaganda and the formulation of outreach work. For this, it is extremely necessary to increase the level of physical education of the population; education of the need for the approval of a healthy lifestyle, the use of funds for physical education in the mode of work and rest.

Methodology

At present, much attention is paid to the promotion of physical culture, sports and a healthy lifestyle in Uzbekistan. The adoption of legal documents in the field of physical culture and sports makes it possible to clearly define the goals, objectives and main directions in the field of promotion of physical culture, sports and a healthy lifestyle, distribute powers and responsibilities, and also determine the basis for interaction between authorities. At the same time, the legislation of the Republic of Uzbekistan clearly traces the strategic target, stated in the "Strategy for the development of physical culture and sports in the Republic of Uzbekistan until 2030" - this is an increase in the proportion of citizens of the Republic systematically involved in physical culture and sports in the total population from 19% in 2020 up to 30% by 2025, up to 40% in 2030, where one of the main conditions for the implementation of this plan was the development and effectiveness of the implementation of a set of measures to promote physical culture and sports as the most important components of a healthy lifestyle. The program "Development of physical culture and sports in the Republic of Uzbekistan for 2020-2030" pursues the following goals: creating conditions that provide the opportunity for residents of the Republic to develop a healthy lifestyle, systematically engage in sports; increase the level of physical culture and sports among various groups of the population of the Republic; introduction of children's and youth sports, elite sports and professional sports; formation of student sports in the Republic. This document is a logical continuation for the implementation of the program "Formation and improvement of physical culture and sports in the Republic for 2018-2020". The Ministry of Tourism and Sports, the Ministry of Higher and Secondary Specialized Education, the Ministry of Public Education, the Ministry of Preschool Education, the Youth Policy Committee and other executive authorities





are responsible for promoting a healthy lifestyle, physical culture and sports in the country. The Ministry of Tourism and Sports of the Republic, together with the Ministry of Higher and Secondary Specialized Education, territorial authorities for physical culture and sports, conducts various sports events. The territorial authorities for physical culture and sports annually hold mass sports and recreation events, holidays for schoolchildren "Health Days", competitions among the teams of the city's schools within the framework of the "Umid Nihollari" program. Based on the results of the study, a number of problems in the field of physical culture and a healthy lifestyle in the territory of the Republic were identified, such as:

1. Only 20% of the country's inhabitants are systematically engaged in physical culture and sports in the Republic.
2. The crisis of the sphere management system in the whole country.
3. Low efficiency of promotion of physical culture, sports and healthy lifestyle by executive entities.
4. Ineffective promotion of physical culture, sports and a healthy lifestyle by the media.
5. Lack of systematic promotion of physical culture and sports and healthy lifestyle in kindergartens, schools, educational institutions of secondary vocational and higher vocational education and labor collectives.
6. Lack of information support for physical culture, health and sports events held on the territory of the Republic.

Results of the Study

The following ways to improve the effectiveness of promotion of physical culture, sports and a healthy lifestyle in the territory of Uzbekistan are formulated.

1. Creation and broadcasting in educational institutions of the Republic and youth social networks of videos on the topic "Physical culture, sports and a healthy lifestyle". Placement of propaganda posters promoting sports.
2. Holding conferences and round tables on the promotion of physical culture, sports and a healthy lifestyle on the territory of the Republic for various audiences: volunteers; students and pupils; heads of sports federations and public organizations; physical education teachers; heads of physical education departments of universities; leaders of sports clubs at the place of residence.
3. Careful control over the conduct of physical culture, recreation, sports and healthy lifestyle events on the territory of viloyats, cities and fogs of the Republic.
4. The creation of a regional information center for the promotion of physical culture, sports and a healthy lifestyle covers: - a statistical and diagnostic center - such a center



forms an information network in which there are secondary educational schools, lyceums, colleges, technical schools, universities, youth sports schools, sports and youth sports schools and other mass educational youth structures; - research center - attraction of scientific personnel of the region will provide ample opportunities for the development of innovative technologies in the field of physical health and sports activities of children and youth, and in general - in the field of preserving the health of the younger generation;

- Consultation center - organization of a telephone consultation service on issues of physical culture, sports and a healthy lifestyle; - information center - organization and holding of seminars, master classes, conferences, trainings, PR-actions, development of the website of the center, which will host promotional videos, information cards, scientific articles on the problems of physical culture, sports and a healthy lifestyle, addresses of sports sections and places of family leisure, announcements and results of ongoing events; - crisis center - organization of a help service, a helpline, psychological counseling, in particular, for people with various kinds of addictions.

5. Of particular note is the promotion of physical culture, sports and a healthy lifestyle among children and adolescents. A creative approach to the pedagogical process includes, among other things, the use of gaming technologies, where a creative approach to solving the optimal solution of the tasks is manifested. A properly organized daily routine of students helps to establish the physiological balance of the body with the environment. The main components of the regimen are: sleep, outdoor activities, outdoor games, physical education and sports, learning activities at school and at home, rest, eating, personal hygiene.

One of the components of the development of a healthy lifestyle among students is the rejection of unhealthy habits. Conclusion To increase the effectiveness of promotion of physical culture, sports and a healthy lifestyle among children and adolescents, it is advisable to implement the following activities: in the form of a sports festival for students of the Republic, with the participation of famous athletes, holding demonstration performances of the republican sports federations, which also include master classes for students from famous athletes of the country - winners and prize-winners of Olympic, continental and international competitions; - holding a photo contest among schoolchildren; - holding a drawing contest on the eve of the Olympic Games among schoolchildren; - the best option for promoting a healthy lifestyle and increasing interest in regular physical education. - holding sports competitions of different levels. In the school system of physical education, if we want to raise healthy children with the psychology of a winner, it is necessary to revive the principle of sportsmanship (competitiveness), offering our students a well-thought-out system of



school sports competitions. - promotion of physical culture, sports and a healthy lifestyle must certainly come to the fore. At the same time, it is necessary to pay attention to the development of mass physical culture, and the sport of high achievements, and the holding of socially significant propaganda events. Policies to increase levels of physical activity include: - providing the entire population with opportunities for walking, cycling, and using various forms of active non-motorized transport, and ensuring general safety; - implementing labor and employment policies that encourage travel to work on active transport and the use of opportunities to increase physical activity during the working day;

- Creation of comfortable and safe areas and premises in kindergartens, schools and higher educational institutions, where children, pupils and students could actively spend their free time; - organization of high-quality physical education in primary and secondary schools, which helps children develop behavior patterns, through which they will remain physically active throughout their lives; - providing opportunities for those of any age with any level of physical fitness to take part in community and school sports programs; - creation of sports and recreation facilities where each person could engage in various sports, dances, physical exercises and active recreation; - provision of medical advice and support to patients in order to ensure their regular physical activity.

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