



THE PLACE OF PHYSICAL TRAINING AND SPORTS IN THE LIFE OF SCHOOL STUDENTS

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Annotation

The article discusses the health issues of young people with strong knowledge and aspiring students who will raise the flag of the country in the future. It discusses the extent to which students apply them, taking into account their physical development, morphofunctional, individual, and mental characteristics. This study conducts research to identify the categories of “health” and “healthy lifestyle”.

Keywords: healthy lifestyle, sports, student, factor, physical education, school, survey.

Importance

One of the priorities of the most important policy for our free Uzbekistan, which keeps pace with the times, is to protect and strengthen the health of our people, to promote a healthy lifestyle. Our President SH.M. Mirziyoyev's decisions and decrees, his attention to sports are proof of this. Sport, development, modern society is a dynamically evolving and especially changing process. It would not be fair to say that changes and innovations in various fields at every moment, every second, are proof of this. And the provider of his movement is man. For thousands of years, man has been looking for ways to live longer and always look younger, which has been important to him. The key to all of this is simple, which is to lead a healthy lifestyle and to engage in physical activity.

The aim of the research. The relationship with physical education for the full development of the child's personality is focused on the ability to self-analyze and self-assess.





Research methods. Theoretical development and experimental substantiation of the methodology of physical education of students, taking into account the formation of physical development and physical fitness, functional status and motivational needs of secondary school students.

A rapidly evolving society requires a radical restructuring of the educational process and education in physical education and sports schools, as well as increasing the interest of every student in physical education and improving physical education. The health of schoolchildren can be determined by a number of specific and non-specific factors. Typical factors:

- a) intense mental activity, emotional overload;
- b) the discrepancy between the level of need and the level of material resources, ie personal daily work;
- d) the presence or absence of independent thinking in the proper nutrition and organization of life.

Non-specific factors:

- a) biological factor;
- b) climate,
- d) environmental factors;
- e) social factor;
- f) behavior; g) medical conditions. [1]

Experts in the social sciences have come to an agreement in recent years. To solve the problem of promoting a healthy lifestyle among students, of course, the cooperation of pedagogy, psychology, as well as physical education is necessary, because the risk factors (inefficient use of time, neglect and lack of control, bad habits, such as smoking, drinking and drug use) It is inextricably linked with behavior, upbringing, physical and mental condition. [2] The introduction of innovative forms of cultural and sports activities in schools will increase the interest of students in sports and help them to actively engage in a healthy lifestyle. Different conditions and factors determine the driving force of a student's formation of a healthy lifestyle. Because students act differently in personality development. We can divide these factors into basic (leading) and non-basic, objective and subjective, temporary or permanent, direct or indirect, and so on. It is impossible to imagine any industry without innovative processes.





In modern times, every educational institution is trying to create new forms of promoting a healthy lifestyle. The five important initiatives put forward by our President serve as a prelude to the development of each sector.

Physical education and sports have a special role in the overall system of physical development of each person, as well as in the formation of the human personality. Because it teaches, strengthens physical and mental health, helps to understand the duty to the motherland, teaches to be responsible. It also helps students develop awareness and confidence, important professional and work activities, the need for a healthy lifestyle, harmonious development, effective work and creative longevity as an important factor, and the formation of a conscious attitude to family life.

Research results and discussion.

We conducted a small survey to determine the extent to which students were successful in creating a healthy environment and ways to influence it. 64 students took part in the survey. Their age index is 8-9-10-11 grade students. Of these, 14.5% are in 8th grade, 13.1% in 9th grade, 32.2% in 10th grade and 40.3% in 11th grade. Boys make up 80.6% and girls 19.4%. In the first question of the survey, what does a healthy lifestyle mean to you? - Given the options of components that make up a healthy lifestyle, students could choose one or more of them. Of these, 53.4% follow the rules of cleanliness and hygiene, 58.2% do not use drugs, 68.5% do not smoke and do not drink alcohol "follow a proper diet and routine" - 65.3%; and the most popular answer was "You need to do sports," with 83.7% of our students choosing this option.

According to students, malnutrition is primarily explained by the clutter of the day and lack of funds. The most common answer is sports. 60.1% of students play sports in physical education classes, also participate in additional sports clubs, 29.7% play sports only in physical education classes and only 10.2% of them do not play sports. This result confirms the previous conclusions. According to a survey on the components of a healthy lifestyle, we found that students are trying to follow a healthy lifestyle, but there is no 100 percent result. The question arises: "Why?". We also got the answer to that question. We ask students, "What's stopping you from leading a healthy lifestyle?" When we approached the question, they gave different answers to our question, the most common of which were "lack of time", "lack of motivation", "lack of motivation", "lack of self-control" and "lack of self-control". laziness".





From what sources do you get information about a healthy lifestyle? - We got the answer that the Internet is the most popular, because the Internet is becoming an integral part of our lives, especially of the younger generation. There were other answers: such as “exercise”, “physical education”, “healthy lifestyle culture” and sports.

Conclusion

According to the results of our research, students have a good idea of a healthy lifestyle and try to follow it. They get information about healthy lifestyles from training and sports, from their closest partners, as well as from the media and the Internet. Most of the students do not have bad habits and regularly participate in sports, not only in physical education classes, but also participate in various sports clubs. Students also strive for a daily routine and proper nutrition. Most importantly, the students said they lacked “motivation” to lead a healthy lifestyle, “lack of self-control” and “their own laziness. If he learns to appreciate every moment, he will not succumb to the vices of indifference. He will live a healthy life and a long and beautiful life. Diseases, no bad vices can not dust the life of a person who lives a healthy lifestyle and accompanies sports. development of criteria, forms of innovation, finding and applying new methods and techniques. [3]. We found it appropriate to conclude with the thoughts of the great scientist IM Tarkhanon. There will come a time when a person will be ashamed to take before a hundred years, we believe perfect! [4]. For this, of course, a healthy lifestyle is the main bridge he shoots. It should not be forgotten.

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