



## WAYS TO IMPROVE THE HEALTH OF STUDENTS THROUGH THE ORGANIZATION OF THREE-STAGE SPORTS COMPETITIONS IN UZBEKISTAN

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### Annotation

This article describes the current state of the organization of three-stage sports competitions in Uzbekistan, ways to improve the health of students of schools, vocational schools and higher education through these competitions, the possibility of solving the problem. The article also discusses the formation of reserve athletes through three-stage sports competitions and the expansion of opportunities for Uzbek athletes to participate in competitions in Asia and the world, maintaining the connection and connection between three-stage sports competitions and major sports. The article analyzes the issues that are important for teachers and athletes.

**Keywords:** Universiade, harmoniously developed generation, seedlings of hope, staff, education system, physical education, physical culture, criteria, principle, social maturity, spirituality, mentality.

### Introduction

Today, sports aimed at strengthening the passion and aspiration of young people to sports, the principles of a healthy lifestyle in society, the selection of talented young athletes, the development of their professional skills and abilities, the preparation of sports reserves for national sports teams, continuous involvement of schoolchildren in sports. In accordance with the Resolution of the Cabinet of Ministers of the Republic of Uzbekistan dated October 25, 2018 No 864 "On further improvement of the system of national sports competitions among schoolchildren and students", professional colleges (schools) It is planned to hold the republican final stage of the Universiade sports competitions among students of Barkamol Avlod and higher education institutions annually in all regions of the country. This, in turn, envisages the establishment of priorities for the development of skills and knowledge of the population in the field of physical culture and sports, the introduction of innovative forms and methods of selection of talented athletes in order to form a





comprehensively mature and physically healthy person with high culture in the country.

A person's success, happiness, the ability to operate in society based on the principles of humanity, entrepreneurship depends in many ways on his health. Our ancestors paid special attention to creating a lifestyle that has the potential to achieve such spiritual heights. That is why in the past, from a very young age, children have been regularly engaged in equestrian sports, archery and exercise, in addition to focusing on cleanliness and tidiness. Because only a person with a healthy lifestyle can achieve success in his social, spiritual, cultural, professional, intellectual activities. On this basis, the individual and social, collective health of the individual is strengthened, maturity is ensured. Only a spiritually healthy person can organize his lifestyle properly. With the help of sports, the mental, physical, psycho-social and spiritual potential of students is concentrated and developed. Different forms of socially useful activity, family, labor, protection of the Motherland, physical, spiritual, social success of an individual are ensured as a result of his activity. The level of health of each pupil and student will depend on his or her constitutional rights, behavior, mentality, temperament, hormonal and immunological status.

Today, young people are experiencing strong trials. This requires them to respond to the influence of different currents with spiritual maturity and intelligence. To this end, the formation of a healthy generation is a priority in the spiritual and social life of the Republic. A healthy generation is a physically healthy, spiritually mature generation, free from harmful influences, negative traits, defects, etc., clean, pure, sane generation. It is recognized from a spiritual point of view that a healthy generation is a healthy generation, physically strong, spiritually alert, clear-minded, faithful, spiritual, courageous and brave, patriotic person.

The main purpose of physical education is to ensure the physical development of students and activate their movements. In this process, they will have the opportunity for all-round improvement and harmonious spiritual and moral development. As a result, a socially active person is formed. On the same basis, every member of Uzbek society will have the opportunity to actively engage in work and other activities. Therefore, in the process of physical education, specific tasks of a complex nature are solved. These tasks are of special importance due to their private and pedagogical nature.

Among the special tasks of physical education are:

1. Facilitate the physical development of pupils and students.
2. Educational tasks.





The solution of tasks related to the facilitation of physical development of pupils and students should allow to ensure the following:

- a) Ensuring the favorable development of physical qualities inherent in the pupil and student;
- b) Strengthening and protecting the health of pupils and students, strengthening their bodies;
- c) Strengthening and protection of the situation specific to students;
- (g) Ensuring the continuity and sustainability of the general working capacity of pupils and students.

The development of physiological functions, the improvement of posture and the harmonious development of pupils and students are based on the comprehensive development of their physical qualities. As a result, the body structures of pupils and students develop at the same time. The solution of this task will help to eliminate the shortcomings of the posture of students, to teach them to keep their height, to ensure the balance of muscle size and body parts, to help maintain a balanced weight through exercise, to ensure the beauty of the body. This is the basis for the continuous complex development of pupils and students.

Through physical education and sports, the development of physical abilities in pupils and students is ensured for many years. As a result, the continuity of activity in the members of the society is achieved. Labor in society is a vital human need. At the same time, labor is the main means of ensuring the spiritual and social well-being of the individual. Therefore, among the important tasks of educating schoolchildren and students through sports can be included:

1. To form in students the mobility skills and competencies necessary for life.
2. Orientation of pupils and students to acquire basic knowledge of scientific and practical nature.

The implementation of a pedagogical system aimed at the integrated development of student-athletes will allow to achieve the following results. Within the framework of each parameter of spiritual and moral development of sportsmen and students it is planned to achieve the following results: -respect for cultural heritage, state symbols, Uzbek as a mother tongue, respect for the traditions of the Uzbek people, respect for the laws of the state of Uzbekistan; - To have a first idea of the state and civil society institutions of Uzbekistan, to have accurate information about the structure and social structure of the state and society of Uzbekistan, to know the remarkable pages of the history of the Uzbek people, to master the ethnic traditions of the people to know the original children of his people;





- Mastering the values of civil society, knowledge of national history and cultural achievements;
- Expansion of civic and self-sacrificing status of pupils and students based on the experience of role cooperation; -expand the experience of social and interpersonal communication; - the formation of qualities such as a clear understanding of human rights and duties.

## Conclusion

It should be noted that the tasks of spiritual and moral education of pupils and students through physical culture and sports are defined in accordance with the requirements of the state program for the development of children's sports, adopted by the Government of the Republic. There are also a number of rules that ensure the spiritual and moral formation and development of students through physical education and sports competitions. These rules are in line with traditional areas of ethics. With the help of them, a number of values and qualities are formed in the pupil and students on the basis of a certain consistency. By incorporating core values into their daily lives, the pupil and students are able to directly understand their essence. As a result, they experience personal attitudes toward these values.

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