

DEVELOPING A HEALTHY LIFESTYLE AMONG SCHOOL-AGE STUDENTS THROUGH PHYSICAL EDUCATION CLASSES*Aminov Botir Umidovich**Associate Professor, Department of Education,
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Abstract: The formation of a healthy lifestyle among school-age students is one of the key priorities of modern education systems. Physical education plays a significant role in promoting physical health, psychological well-being, and positive behavioral habits among children and adolescents. This article examines the role of physical education classes in developing a healthy lifestyle among school-age students. The study analyzes the pedagogical, physiological, and social aspects of physical education and their influence on students' physical activity levels, health awareness, and lifestyle choices. The findings emphasize that systematic and well-organized physical education classes contribute to the development of motor skills, prevention of sedentary behavior, and formation of lifelong healthy habits. The article also highlights the importance of integrating health-oriented approaches into school physical education curricula and provides practical recommendations for educators.

Keywords: healthy lifestyle; physical education; school-age students; physical activity; health education; motor development; preventive health

In recent decades, the health status of school-age students has become a growing concern worldwide. Rapid technological development, increased screen time, and reduced physical activity have led to a sedentary lifestyle among children and adolescents. As a result, issues such as obesity, poor physical fitness, and psychological stress are increasingly observed at an early age. In this context, schools play a crucial role in promoting healthy lifestyle behaviors, and physical education classes serve as one of the most effective tools in achieving this goal.

Physical education is not limited to developing physical fitness; it also contributes to students' cognitive, emotional, and social development. Through regular participation in physical activities, students acquire essential knowledge about health, hygiene, and the importance of an active lifestyle. Moreover, physical education classes help students develop discipline, teamwork, and responsibility for their own well-being.

The purpose of this article is to analyze the role of physical education classes in shaping a healthy lifestyle among school-age students. The study focuses on the educational potential of physical education, its impact on students' physical and psychological health, and the pedagogical conditions necessary for effective implementation of health-oriented physical education programs.

The concept of a healthy lifestyle has been widely discussed in educational, medical, and sports science literature. Researchers define a healthy lifestyle as a combination of behaviors and habits aimed at maintaining physical health, mental well-being, and social harmony. Physical activity is considered one of the core components of a healthy lifestyle, especially during childhood and adolescence.

Numerous studies emphasize the positive impact of regular physical activity on children's physical development. Physical education classes enhance cardiovascular endurance, muscular strength, flexibility, and coordination. According to existing research, students who participate regularly in physical education demonstrate higher levels of physical fitness and better health indicators compared to their less active peers.

In addition to physical benefits, scholars highlight the psychological and social effects of physical education. Participation in sports and physical activities reduces stress, improves self-esteem, and fosters positive emotional states. Physical education also promotes social interaction, cooperation, and communication skills, which are essential for students' overall development.

Pedagogical studies underline the importance of a health-oriented approach in physical education. This approach focuses not only on performance outcomes but also on developing students' awareness of health-related issues and motivating them to adopt active lifestyles beyond school hours. Researchers argue that physical education curricula should integrate health education, lifestyle management skills, and age-appropriate physical activities to ensure sustainable outcomes.

Despite extensive research, scholars note that the effectiveness of physical education largely depends on teaching methods, curriculum design, and teacher competence. Therefore, further investigation into innovative and student-centered approaches to physical education remains necessary.

The analysis of existing literature and educational practices confirms that physical education classes play a pivotal role in shaping healthy lifestyle behaviors among school-age students. Regular physical activity within the school environment helps counteract sedentary tendencies and establishes a foundation for lifelong health habits.

One of the key findings discussed in this study is that physical education contributes significantly to students' health awareness. Through structured lessons, students learn about the importance of movement, proper posture, breathing techniques, and injury prevention. This knowledge empowers them to make informed decisions regarding their daily activities and health behaviors.

The discussion also highlights the role of physical education teachers as key facilitators of healthy lifestyle formation. Teachers who employ motivating, inclusive, and student-centered methods create a positive learning environment that encourages active participation. Such an environment fosters students' intrinsic motivation and enjoyment of physical activity, which is essential for sustained engagement.

Furthermore, physical education classes serve as an effective platform for early prevention of health-related problems. By promoting regular movement and physical fitness, schools can reduce the risk of chronic diseases and psychological issues later in life. However, the discussion acknowledges that limited class hours and insufficient resources may restrict the potential impact of physical education.

Overall, the discussion emphasizes the need for a comprehensive and systematic approach to physical education that integrates physical, psychological, and educational components to promote a healthy lifestyle among students.

This study concludes that physical education classes are a vital component in developing a healthy lifestyle among school-age students. Systematic participation in physical education enhances students' physical fitness, psychological well-being, and health-related knowledge. The findings demonstrate that health-oriented physical education programs contribute to the formation of positive habits, prevention of sedentary behavior, and promotion of long-term health.

The study underscores the importance of improving physical education curricula, enhancing teacher training, and creating supportive school environments that prioritize students' health. In conclusion, physical education should be regarded as a strategic educational tool for fostering healthy, active, and socially responsible individuals.

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