

THE IMPORTANCE OF PHYSICAL EDUCATION IN A HEALTHY LIFESTYLE

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Annotation. The protection of one's own health is the direct responsibility of each person, and he has no right to delegate it to others. A person 20-30 years old falls into a fatal state due to a wrong lifestyle, bad habits, hypodynamia, overeating, and only then remembers medicine. Health is the first and most important need of a person, determines his ability to work and ensures the harmonious development of the individual. This article describes the role of sports and physical education in human health.

Keywords: lifestyle, health, healthy lifestyle, physical health.

This is the most important condition for understanding the world around us, self-affirmation and human happiness. Active longevity is an important part of the human factor. A healthy lifestyle (STT) is a lifestyle based on moral principles that allow you to be morally, mentally and physically healthy, rationally organized, active, hardworking, resilient and at the same time protect against the negative effects of the environment until old age. According to the World Health Organization (who), "Health is not just the absence of illness or disability, but a state of physical, mental and social well-being".

In general, it is possible to talk about three types of health: physical, mental and moral (social).

Physical health is a natural condition that occurs as a result of the normal functioning of all organs and systems of the body. If all organs and systems work well, then the entire human body (self-control systems) works and develops correctly.

Mental health depends on the state of the brain, which is characterized by the level and quality of thinking, the development of attention and memory, the level of emotional stability, the development of volitional qualities.

Moral health is determined by moral principles that underlie the social life of a person, a characteristic of the moral health of an individual is, above all, awareness of Labor, assimilation of the principles of Culture, active abandonment of morals and habits that contradict the usual way of life. A physically and mentally healthy person can be morally unhealthy if he ignores moral standards. Therefore, social health is the highest indicator of human health. Morally healthy people have a number of universal qualities that make them real citizens.

Healthy lifestyle: The integrity of the human personality is manifested, first of all, in the relationship and interaction of the mental and physical forces of the body.

The harmony of the psychophysical forces of the body increases health reserves, creates conditions for creative self-expression in various areas of our life. Academician N.M.Amosov proposes to introduce a new medical term "amount of Health" to describe the level of body reserves.

For example, a person in a calm state receives 5-9 liters of air per minute through the lungs. Some highly qualified athletes can transfer 150 liters of air to the lungs every minute for 10-11 minutes, i.e. 30 times more than usual. This is a backup panel. There are minute volumes of the heart: the amount of blood in liters released per minute. Let's say at rest-4 liters per minute, with the strongest physical activity -20 liters. So the Reserve is 5 (20: 4).

Likewise, there are hidden reserves in the kidneys and liver. They are detected through various stress tests. Health is the amount of reserves in the body, the maximum productivity of the functions of these organs, while maintaining the quality limits.

The system of functional reserves of the body can be divided into subsystems:

- * Biochemical reserves (exchange reactions).
- * physiologicas the cells (at the level of cells, organs, organ systems).
- * mental reserves.
- Basic elements of a healthy lifestyle.

The following main elements are associated with a healthy lifestyle: effective labor, a rational regime of Labor and rest, the abandonment of bad habits, optimal motor skills, personal hygiene, temperance, rational nutrition, etc.

Rational labor and rest are a necessary element of a healthy lifestyle. In a correct and strictly observed mode, a clear and necessary functional rhythm of the body develops, which creates optimal conditions for labor and rest, thereby strengthening health, increasing efficiency and productivity.

The next element of a healthy lifestyle is the elimination of bad habits (smoking, alcohol, drugs). These disorders cause many diseases, dramatically reduce life expectancy, reduce labor capacity and have a detrimental effect on the health of the younger generation and children's health.

Balanced nutrition the next component of a healthy lifestyle is a balanced diet. There are two main laws, the violation of which is dangerous to health.

The first law: is the balance between the energy received and expended. If the body receives more energy than it consumes, that is, if we receive more food than is necessary for the normal development of a person, his work and well-being, we will become obese. Today, more than four dozen of the population of our country, including children, are overweight. And there is a reason-overeating, as a result, leads to atherosclerosis, coronary heart disease, high blood pressure, diabetes and a number of other diseases.

The second law: the diet should be varied and cover the need for proteins, fats, carbohydrates, vitamins, minerals and fiber. Many of these substances are necessary because they are not produced by the body and are only absorbed through food.

Physical Culture and health

Exercise.

There is only one way of human harmony-to systematically perform physical exercises. In addition, it has been experimentally proven that regular sports activities, which are reasonably included in the labor and Recreation regime, not only promote health, but also significantly increase the efficiency of production activities. However, not all motor exercises performed as part of the home and work process are physical exercises. It can only be specially selected actions to affect various organs and systems, develop physical qualities, correct physical defects.

Children who were regularly involved in sports were found to be more physically developed than their non-athletic peers. They are taller, have a larger weight and chest, muscle strength and lung capacity. (Lung capacity is the largest volume of air released after deep breathing). The average height of 16-year-old boys in the Sport is 170.4 CM, the rest is 163.6 CM, the weight is 62.3 and 52.8 kg, respectively. Physical education and sports train the cardiovascular system and make it resistant to heavy loads. Physical activity contributes to the development of the musculoskeletal system. Exercise has a positive effect if certain rules are followed. It is necessary to monitor your health-this is necessary so as not to harm yourself through sports. In the presence of abnormalities in the cardiovascular system, exercises that require significant stress can lead to a deterioration in the functioning of the heart. You should not exercise immediately after illness. In order for the functions of the body to recover, it is necessary to withstand a certain period of time-only then will Physical Exercise be useful.

During exercise, the human body reacts with reactions to the given load. It activates the activity of all organs and systems, which leads to the consumption of energy resources. Increases the mobility of nervous processes, strengthens the muscles and bone system. Thus, the physical shape of the participants improves, and as a result, when loads are easily tolerated, the state of the body is

achieved, and with different types of physical activity, previously unattainable results are considered the norm. You will always feel good, the desire to play sports, a good mood and good sleep. With proper and regular exercise, your fitness will improve from year to year, and you will be in good shape for a long time.

Sports hygiene

On the basis of solutions based on many years of experience in the field of sports medicine, the main tasks of physical education and sports hygiene are clearly defined. The goal is to study and improve the conditions of physical education and sports activities, as well as to develop hygiene measures that strengthen health, working capacity, endurance and sports performance. As mentioned above, physical activity affects the whole organism, and not individual organs or systems.

However, improving the functions of different systems is not the same thing. Especially noticeable changes in the muscular system. They are manifested in an increase in muscle volume, an increase in metabolic processes and an improvement in the functions of the respiratory system. In close cooperation with the respiratory system, the state of the cardiovascular system improves. Movement stimulates metabolism, increases the strength, mobility and balance of nervous processes. In this regard, the hygienic value of exercises increases when performed outdoors. Under such conditions, their general healing effect is enhanced, they have an strengthening effect, especially if the exercise is performed at low temperatures. At the same time, indicators of physical development, such as chest excursions and lung volume, improve. In cold weather, thermoregulation function improves, sensitivity to cold decreases, and the likelihood of frost decreases. In addition to the positive effects of cold air on health, the effectiveness of training increases, which is explained by the high intensity and density of training. Physical activity should be normalized taking into account age characteristics and meteorological factors.

Conclusion: Physical Culture is an integral part of general culture. It not only improves health, but also relieves some congenital and acquired diseases. Physical culture is necessary for humans and physical and mental labor. But this is especially necessary for children and young people, because at their age the foundations of physical development and health are laid.

However, in order not to harm the body, regular medical supervision and self-control of the athlete are necessary. Excessive passion for sports, non-compliance with the instructions of the athlete and coach can cause harm to excessive labor, and then, rather than benefit from sports training.

Anyone who wants to do physical education and sports must first regularly attend their physical education studies. There, they teach Gymnastics and athletics, play basketball, volleyball, and other sports, ski, and swim if there is a pool nearby.

In industry and agriculture, physical education and sports are of particular importance during the technological revolution, when mechanization and automation are developing at an accelerated pace. This reduces the muscular activity of workers, and without them many organs of the human body work in a reduced mode and gradually weaken. This muscle tension is compensated for by physical activity and sports training.

Scientists have found that physical education and sports have a positive effect on labor productivity. Physical and mental employees who play sports experience fatigue much later than those who do not play sports. Scientific research over the years has shown that people who practice sports tend to have higher qualifications in certain professions faster. Working with high nervous tension, for example, with pilots, high-speed train drivers and motorists, requires specific psychophysical training. Physical education helps a lot here.

Physical education and sports also serve incomparably in the education of high spiritual and moral qualities in young people. In them, willpower, courage, perseverance, responsibility, feelings of friendship are brought up.

Millions of people are active in the field of physical education and sports in our country.

Physical education is a matter of State importance, especially for young people, and our state should pay great and tireless attention to it.

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