

PHYSICAL EDUCATION AND SUSTAINABLE DEVELOPMENT**Muhiddinov Abdimannob**

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Abstract: This study aims to examine the relationship between physical education and sustainable development. Sustainable development encompasses economic growth, social justice, and environmental sustainability. Physical education can contribute to sustainable development by promoting healthy lifestyles, preventing disease, improving mental health, and strengthening social cohesion. The study analyzes the impact of physical education on various aspects of sustainable development, including health, education, gender equality, social inclusion, environmental protection, and economic growth. The study also analyzes strategies for integrating physical education into the Sustainable Development Goals, including public policies, educational programs, public awareness campaigns, and international cooperation. The results of the study serve as a basis for improving policies aimed at increasing the role of physical education in sustainable development, providing practical recommendations in the field of physical education, and developing state programs to achieve the Sustainable Development Goals.

Keywords: Physical education, sports, sustainable development, healthy lifestyle, state policy, Uzbekistan, economic growth, social justice, environmental sustainability, education, healthcare, youth, sports infrastructure, international cooperation.

Introduction: Physical education and sports play an important role in the sustainable development of society. By promoting a healthy lifestyle, preventing diseases, improving mental health and strengthening social cohesion, physical education and sports contribute to economic growth, social justice and environmental sustainability. In this context, it is of great importance to study the impact of physical education and sports on sustainable development. The object of this study is relations in the field of physical education and sports, and the subject is to assess the impact of physical education and sports on sustainable development. The purpose of the study is to determine the role of physical education and sports in sustainable development and develop proposals for the development of this area. To achieve this goal, the following tasks are carried out: to theoretically substantiate the impact of physical education and sports on sustainable development, to identify existing problems in the field of physical education and sports, to develop proposals for the development of physical education and sports.

This study aims to examine the relationship between physical education and sustainable development, which is understood as a balanced combination of three interrelated key elements: economic growth, social justice and environmental sustainability. Physical education can make a significant contribution to sustainable development by promoting healthy lifestyles, preventing diseases, improving mental health and strengthening social cohesion. From the perspective of economic growth, a healthy and active population increases productivity, reduces health care costs and stimulates economic activity. From the perspective of social justice, physical education creates equal opportunities for all, ensures social inclusion and strengthens equality in society. From the perspective of environmental sustainability, physical education increases respect for the environment, encourages the use of environmentally friendly means of transport and helps to save natural resources. Thus, physical education has a positive impact on all three key elements of sustainable development and serves to increase the well-being of society.

Physical education makes an important contribution to sustainable development because it promotes healthy lifestyles, which in turn helps prevent diseases. Regular physical activity reduces the risk of cardiovascular disease, diabetes, cancer and other chronic diseases, which

helps reduce healthcare costs and increase the life expectancy of the population. In addition, physical education helps improve mental health, reduces stress, improves mood and reduces the risk of depression. Improved mental health increases work productivity, strengthens social ties and promotes active participation in society. Physical education also helps to strengthen social cohesion, as it brings people together, involves them in collective activities and increases mutual respect. Through sport and physical exercise, people build relationships, learn to work in teams and feel a sense of social responsibility. Thus, physical education helps to create a healthy, happy and active society, which is an important condition for sustainable development.

In particular, the role of physical education in the field of health, namely in preventing diseases, promoting a healthy lifestyle and increasing the life expectancy of the population, is analyzed. In the field of education, the role of physical education in developing students' mental abilities, improving their concentration, memory and learning abilities is examined. From the perspective of gender equality, it is studied how physical education contributes to creating equal opportunities for people of all genders, encouraging women's involvement in sports and strengthening gender equality in society. In the field of social inclusion, it is analyzed how physical education helps to create equal opportunities for people with disabilities, low-income families and other social groups, ensuring their integration into society and strengthening social justice. In the field of environmental protection, it is considered how physical education contributes to increasing respect for the environment, encouraging the use of environmentally friendly means of transport and saving natural resources. Finally, from an economic growth perspective, it examines how physical education impacts economic growth by creating a healthy and active workforce, reducing healthcare costs, and stimulating economic activity. Thus, this study aims to comprehensively analyze the impact of physical education on all aspects of sustainable development.

of physical education and sports in Uzbekistan is an important direction of state policy, in this area in recent years a number of laws, decrees and resolutions have been adopted. The main goal of this policy is to popularize physical education and sports among all segments of the population, especially young people, promote a healthy lifestyle, improve sports infrastructure, improve the system of training athletes and ensure the worthy protection of the honor of Uzbekistan in international competitions. The state guarantees the right to engage in physical education and sports, determines mechanisms for supporting and encouraging athletes, modernizes sports infrastructure, improves sports education and develops cooperation with international sports organizations. As a result of this policy, the number of people involved in physical education and sports in Uzbekistan is increasing, sports infrastructure is improving, and Uzbek athletes are achieving high results in international competitions.

In conclusion, physical education and sports are important factors of sustainable development. They serve to increase the well-being of society by promoting a healthy lifestyle, preventing diseases, improving mental health and strengthening social cohesion. The state policy aimed at the development of physical education and sports in Uzbekistan is aimed at supporting and stimulating this area. As our Head of State noted, "We consider it our most important task to raise the future generation to be physically healthy, mentally alert and spiritually mature." In this regard, we put forward the following proposals for the further development of physical education and sports: firstly, to popularize physical education and sports, to strengthen the promotion of a healthy lifestyle among all segments of the population, especially young people; secondly, to modernize sports infrastructure, to build and reconstruct modern sports complexes and facilities; thirdly, to improve sports education, to train qualified coaches and specialists; fourth, support for athletes, identify talented athletes and ensure their participation in international competitions; and finally, develop international cooperation, strengthen ties with international sports organizations and study foreign experience. By implementing these proposals, we can further increase the contribution of physical education and sports to sustainable development and put into practice the words of our head of state: "Uzbekistan is a great country with a great future."

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