

## THE SIGNIFICANCE OF PHYSICAL EXERCISES IN THE DEVELOPMENT OF EDUCATION, HEALTH AND PROFESSIONAL SKILLS OF YOUNG STUDENTS

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### Annotation:

This article describes the importance of physical exercises in the education of young students, health and educational activities in sports clubs, the proper organization of physical education classes and sports clubs.

**Keywords:** Physical education, sport, exercise, rehabilitation, educational work, student, culture, morality, ethics-aesthetics, teacher, extracurricular clubs, professional skills.

Therefore the state program of youth policy and a number of government decisions in our country and decrees of the President regarding the mass development of physical culture and sports are determined to be aimed at the harmonious formation of the physical development and fitness of our student youth.

The participation of students in the first stage and second stage competitions of sports, group, group championships in higher education, "Universidas" and preparation for them, which are held at the university are all parts of sport in tertiary education. Mass sports are mainly aimed at improving the health of the students, or spending their free time usefully, acquiring theoretical knowledge and practical skills about the technical elements of sports, rules of competition, and the positive effects of exercise on their bodies. Mass sports differ from those in the group of improving the skills of school sports by the fact that they do not take into account the fact that students have sports talent.

All students can participate in mass sports. Through this, they enrich the potential of their physical culture.

At this point, I found it necessary to mention that there are also different forms of physical culture. Physical culture is considered a part of the general human culture, a field of social activity aimed at strengthening human health and developing physical abilities and so on. There are also moral, ethical and aesthetic types of physical culture. When students visit other regions or other countries for sports



competitions, it is appropriate for them to be fully disciplined and for athletes to be trained by experts in the field of ethics and aesthetics before the competition.

Currently, there are distinct types of sports recommended for students. They are sports in the program of "Universiada" competitions, which are traditionally held every 3 years in our country. When forming the sports section, the conditions in the higher educational institution, the availability of specialist teachers for its organization and conduct are taken into account. The general management will be organized by physical education teachers of the university. If necessary, it is known from the current practice of physical education that community trainers who are able to work with students on a public basis, and parents of higher education sports coaches are involved to conduct training sessions. Physical education-based fitness sports classes are an integral part of the pedagogical process. It helps to properly develop students physically, strengthen their health, meaningfully organize their free time, enrich their mind, perception, and thinking, broaden their worldview and develops their positive abilities, and serves as an important factor in improving artistic aesthetic taste.

The main means of physical education are the health-giving forces of nature and natural factors. Physical training increases the body's resistance to the effects of negative factors in the external environment, improves metabolism and blood circulation, activates regeneration processes, and strengthens the nervous system.

In order to increase the effectiveness of physical fitness exercises, it is recommended to use non-traditional means of preventing various diseases (for example: walking, fitness running, spine fitness exercises, etc.). Timely, planned and organized sports activities create professional skills in students and serve as an important factor in enriching the concept of "Healthy Life".

It is appropriate to take into account the age-physiological characteristics and interests of students when organizing sports clubs by groups. The main goal of mass physical education development is to strengthen health.

In our republic, a number of methods for arousing a stable and, most importantly, conscious interest in physical education from a young age have been successfully implemented. Outdoor exercise for young children and students is an important factor in their physical and mental development. It is also important to note the effect of physical exercise on the mental and physical state of a person. Physical activity as a means of recreation and spending free time creates a peaceful and pleasant mood in a person, a person feels a sense of satisfaction from the surroundings and life. Such mental peace has a positive effect on physical condition. Therefore, it is very



important to teach young people to use their free time effectively. Paralympic athletes with physical disabilities are strictly prohibited from performing exercises that require high movement activity. Such athletes can be charged with the tasks of counting points during the competition, refereeing, running and controlling the exchange order of runners during the relay. Health club classes focused on physical education are mainly intended for active recreation of students, less attention is paid to the tasks of teaching movements performed in special physical education and sports classes. A study of the impact of physical education activities on students' daily routines shows that mental activity after physical activity increases their career orientation.

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