

## THE ROLE OF PHYSICAL EDUCATION AND SPORTS IN THE EDUCATION OF A DEVELOPED GENERATION

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### ANNOTATION

The article talks about a healthy lifestyle, physical exercises, physical training activities and their importance in raising a mature generation.

**Keywords:** healthy generation, healthy lifestyle, health care, physical exercises, physical movement, body, body, physical culture, physical training.

### SKILLS FOR ADAPTING PHYSICAL EXERCISES TO CHILDHOOD IN THE EDUCATION OF A DEVELOPED GENERATION

### ABSTRACT

The article discusses a healthy lifestyle, exercises, which are one of the main health-improving activities, physical education and their importance in the upbringing of a harmoniously developed generation.

**Keywords:** harmoniously developed generation, healthy lifestyle, health, exercise, physical activity, body, physical culture, physical culture.

### INTRODUCTION

A healthy lifestyle is closely related to philosophy, psychology, pedagogy, and general physiology, anatomy, hygiene, genetics, ecology, and other natural sciences. The main measure of health care is physical education. In healthy lifestyle (HL) and health care, Abu Ali Ibn Sina mainly teaches the need to pay attention to seven things: moderation of the client, choice of food to eat and drink, cleaning the body from waste, to maintaining the body structure, getting enough and good air through the nose, paying attention to clothes, regulating physical and mental movements (this sentence includes sleep and wakefulness).



The scientists' use of the above-mentioned elements in prolonging human life, preventing illness and improving health gave good results. Unfortunately, people are gradually forgetting about the customer and other concepts.

## **LITERATURE ANALYSIS AND METHODOLOGY**

A high level of educational work among the population, increased attention to STT, regular physical education and sports activities significantly reduce the incidence of heart diseases in many countries. The set of physical exercises developed by the American scientist Kenneth Cooper, aerobics and shaping, has been used with great success in many countries, has strengthened the health of many people and serves as an effective tool in the prevention of heart diseases.

A person should be mentally and physically strong and fit.

Healthy lifestyle (HL) includes increasing human cultural and physical development, productivity and creative activity. The main components of HL are effective work, personal hygiene, giving up harmful habits, proper nutrition at the appointed time, physical training, regular physical training.

Currently, in the era of fundamental reforms in the education system, the ministries of public education and health care work to maintain and strengthen the health of students, to ensure the healthy direction of the educational process. there is a need to organize on the basis of a plan.

In order to protect the health of schoolchildren, it is appropriate to introduce the following physiological and hygienic recommendations to school activities, its educational process, and parents:

- following the daily regime, i.e. following the agenda, arranging the load of educational activities , school and home conditions;
- widening of outdoor recreation;ensure adequate and timely nutrition;
- hygienically complete, regular sleep;
- timely replacement of mental load with physical load;
- changing activities to meet hygienic requirements;
- engage in independent activities.

The role of a healthy lifestyle in society is incomparable. It is for this reason that the education system of our country, along with giving solid education to the young generation in modern knowledge and skills, forming a healthy lifestyle in them, achieving spiritual perfection, is active against any harmful habits that threaten their health. It has the priority task of raising a person who can stand, has an independent



opinion, who lives with great confidence and purpose, and who is selfless and highly moral.

The famous mathematician Gauss or the even more famous medical examiner Hermon Helm Goli, one of those who were accustomed to movement activity and understood the importance, benefit, and pleasure of movement, expressed the following opinion about the exercise of just walking, taking simple steps and walking at a certain pace: "sudden thought" is always unexpected, of course

It comes at the writing desk, not when the brain is tired and physically exhausted, but when the physical stamina and mood are high. Especially (flashing, appearing suddenly, like "lightning") comes when the sun is shining, the blue-blue mountain scenery is mind-blowing, and the mountain slowly climbs up. , he says. A number of advanced, rich countries in the world, the USA, Germany, China, Japan, etc., have a high image in terms of physical culture. Unfortunately, the triumphant works carried out by our president's team and government in the field of physical culture of HL, which deserve to be written in golden letters on the pages of our history, remain a dream for the present, a great intention that we must achieve. .

## **DISCUSSION**

According to our country and foreign researchers, health improvement and its prevention, HL physical culture, mass sports activities can be mixed and combined, creating a complex, finding those that do not require large financial expenses, and using effective methods. plays an important role in solving the goals and tasks.

HL physical culture requires the selection and planning of daily movement routines and physical load in accordance with one's age and physical fitness. The main issue is how to organize movement activities and how to do physical exercises to solve the mentioned requirements. It depends on the type of exercise you choose to do, taking into account your age and individual characteristics. Someone chooses to walk, someone runs, swims, rides a bicycle, with dumbbells, with a 1-2-pound weight pack stone, and someone chooses to engage in some kind of sports that they like, etc. Physiological direction of physical exercises in different forms above is mainly focused on development of strength and endurance, the leading movement qualities of the body. This training is not limited to preparing a person for high production activities in work (mental, physical), it facilitates the acquisition of life-practical skills such as coping with difficulties in social life, overcoming them and easily getting out of extreme situations in peace and military conditions.



The results of the conducted sociological survey showed that students lack the necessary knowledge and skills to choose one of the popular sports.

Students who consider themselves to have STT physical culture (63%) they consider it important to make it a habit to regularly engage in some kind of sport during the years of study (37%). They noted that their current lifestyle takes up a lot of time (40.1%) for passive (sitting) activities. In particular, the excessive need for computers, computing equipment, television, etc. is the basis of today's daily life.

## **THE RESULT**

To ensure regular mental and physical activity and to strengthen health, constant participation in sports poses the problem of how to choose the right type of sport. Its solution is related to matching the individual's physical abilities, physical capabilities, and preparation when choosing a sport. For example, wrestling, swimming, table tennis, football, gymnastics, boxing, tourism, chess, etc.

Handball, singles wrestling, volleyball, tennis, badminton, national wrestling, athletics, and basketball are good for middle-aged people. But this does not mean that they cannot be engaged in other types of sports. Because each person is different from each other in his interest, his passion for movement, his liking for it.

They do not engage in their favorite sports with the goal of achieving high sports results, or they may take into account the good conditions for these sports, the quality of the base, its proximity, their favorite coach, etc. In addition, 18-24 years old is the first stage of the body reaching physical maturity, a period of high loads and the opportunity to spend energy. During this period, it has been proven in practice that a certain level of activity mode, the formation of a habit for it becomes a habit for life.

V.D. According to Chernyavsky, the following forms of physical culture training can be included in the weekly movement regime for those who are engaged in mental work:

Morning gymnastics (15-20 minutes), doing fitness gymnastics in a fitness group or independently, cyclic exercises, games (30-60 minutes 2 times a week), special exercises (5-7 minutes 2 times a week -3 times) and active forms of recreation during work and free time.



## **CONCLUSION**

In conclusion, human life and health are the highest social wealth. This puts the issue of forming a healthy lifestyle in front of the family, school and other places dealing with human education and development. The health of the nation is naturally determined by a healthy lifestyle.

Health is a balanced unity of biological, mental, physical conditions and labor activity of the human organism. Health is happiness for everyone. Its labor productivity is a necessary condition for the development of the economic power of the country and the well-being of the people.

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