



Healthy Directions of Physical Exercises And Measures For Their Implementation

¹ *Nurullaev Abdurashid Ruzimbaevich*, ² *M.A.Ruzimbaev*

¹ *Bukhara state university teacher*

Phone: +998 93-452-27-28

² *Bukhara state university student*

ABSTRACT

The article discusses the health-improving direction of physical activity and measures for their implementation, the impact of health-improving factors on the body of health-promoting factors in the process of physical education.

ARTICLE INFO

Article history:

Received 15 Feb 2021

Received in revised form 17 March 2021

Accepted 27 March 2021

© 2021 Hosting by Research Parks. All rights reserved.

Keywords: Physical education, exercise, movement, medicine, science.

Introduction

If sports medicine in the first decades of its development focused on medical supervision of injuries to the motor organs of athletes, today a new, valeological direction is emerging. This trend is based on the emergence and growth of a number of diseases as a result of changes in life. Currently, the worst diseases are cardiovascular, oncological and gastrointestinal diseases. Cardiovascular diseases are based on atherosclerosis and the pathological conditions that lead to its development. These include obesity, diabetes, hypertension, limited mobility, mental stress and eating disorders, among others.

According to the method of N.I. Arinchin, our researchers have identified the risk of developing a vascular-pathogenic form of hypertension in senior students.

Main Part

Studies by Russian and foreign experts have shown that aerobic exercise helps lower blood pressure. This leads to normalization of the cardiovascular system and weight loss. For example, a 20-minute brisk walk, 15 minutes of cycling, and 10 minutes of jogging on a regular calorie-dense diet can help you lose a whopping 5 pounds a year.

There is a wonderful proverb in French: a warned man — an armed man. Healthy exercise is an

effective way to prevent various diseases. Regular physical activity is the basis of good mood, high activity and moral balance.

Regular exercise has a positive effect on the health, movement and functional capabilities of the student's body, which is the basis of valeology.

Healthy exercise increases the body's resistance to the negative effects of the external environment and is therefore an effective tool in promoting health and preventing disease.

Therefore, fitness exercises should be the basis of the pedagogical process of valeology. In this regard, the content of valeological education of young people should be focused on the implementation of specific interrelated tasks that help to educate young people as full-fledged human beings. These are:

- Strengthening the health of students, physical development, hardening, improving their ability to work;
- fostering the need for regular physical activity, the desire for physical maturity, creativity and protection of our independent state;
- fostering the high moral qualities of the builders of an independent state, the formation of the understanding that caring for their own health is not only a personal but also a public duty;
- developing healthy lifestyle skills;
- to teach the use of various forms, methods and means of health, disease prevention;
- to teach the skills of effective use of free time, self-assessment, self-control, organization of daily routine;
- development of motor skills.

Addressing the issues of maintaining and strengthening the health of schoolchildren is the basis for the physical and spiritual upbringing of the younger generation, the comprehensive education of active builders of the developing state.

The issue of youth health is relevant for a number of reasons. Student youth is the main reserve of independent state leaders. The economic and social development of the Republic of Uzbekistan depends on the knowledge, skills and training of young professionals. Young people need to acquire certain knowledge on the means and methods of health-promoting physical education that promote good health and increase the productivity of learning and work.

Until the 1970s, in many countries, there was a concept focused on production activities, vital concepts. It is about using your free time to relax and gain emotional strength. In recent years, the trend of personal needs has become more widespread. The emergence of this concept in the 80s had a profound impact on the activities of physical fitness and sports clubs.

The new concept does not set specific goals for trainees, but focuses on human relationships, limiting marital worries, and improving health. This has led to a gap between sport and fitness in many countries. Not included in the traditional programs of sports clubs and associations.

New forms and types of physical fitness activities have emerged. They quickly became popular among the population. The dramatic increase in the number of gymnasiums and gyms, other wellness facilities, and the increase in the production and sale of sports goods were the outward manifestations of this social phenomenon. General physical activity is widespread.

Depending on the chosen sport or recommended program, aerobics, running, walking, golf, tennis,

swimming, and bodybuilding clubs began to operate.

Student valeology should focus on health, teaching forms, methods and tools to improve and maintain health in order to increase the effectiveness of academic and future work. At present, the current methodology of physical education does not solve the problem of strengthening the health of young people. The current complex (1987) and regional (1992) programs of the Republic of Uzbekistan on physical culture of students did not justify themselves in practice. This is one of the reasons why the level of functional capacity of young people during their studies in higher education institutions is declining from year to year.

Physical development is understood as the morphofunctional complex properties of the body, which determine the reserve of physical strength. It is clear that the study of the level of physical development and its assessment is equally important for both the teacher and the student. Level of physical development is an important factor in determining the nature, characteristics and capabilities of physical activity. Diagnosis of physical capabilities allows you to objectively determine the direction of pedagogical impact to address the identified shortcomings.

According to N.I. Arinchin, these diseases are a burden on the heart.

Studies on the Rufe test confirmed that students' heart rate was satisfactory (moderate heart failure). The above grounds once again confirm the need to reconsider the valeological education of students. An assessment of physical fitness found that as young people grew older, their strength increased and their endurance and agility decreased. In general, the physical fitness of boys is much better than that of girls.

One of the reasons for the deteriorating health of young people is the lack of attention paid to the development of the theory and methodology of health-improving physical education. Student health is not a major focus of physical education. Therefore, there is a need to form a scientific and pedagogical concept of valeology, based on objective indicators of youth health.

Information about physical development, functional and physical fitness of the body, personal mental characteristics are the components of human health.

The pedagogical concept of valeology is based on the didactic principles of comprehensive development of the individual, the consciousness and activity of the teacher, the unity of generality and individualization, the direction of health, continuity. The basis of this concept is the principle of individualization. This will make the healing process more efficient.

The goal of healthy physical education is to achieve physical maturity. To do this, perform the following tasks:

- Determination of the initial state of the contingent using anthropometric research methods (physical development, physical and functional readiness of the body);
- Improving the health of students through physical training;
- Introduce effective methods and forms of self-assessment and control to improve physical condition.

The developed concept, in turn, will increase the need for regular exercise, provide a non-traditional approach to physical education, maintain and strengthen health, and develop the individual in all respects.

Conclusion

In short, there is a clear concept of the use of fitness-oriented exercise.

Wellness exercises have become an effective means of recreation, the basis for improving health and meeting human needs.

References

1. Нуруллаев А.Р. Физическое воспитание и спорт Учебник Бухара – 2021 245-248 ст.
2. Абдуллаев М.Ж. Бошланғич тайёргарлик босқичида шуғулланувчи ўсмир энгил атлетикачиларнинг жисмоний тайёргарлиги динамикаси // “Фан-спортга” илмий назарий журнал. – Тошкен, 2018, №2. 13-15 б. [13.00.00№16]
3. Абдуллаев М.Ж. О некоторых особенностях кинематики метания диска с места // Система менеджмента качества в вузе: здоровье, образованность, конкурентоспособность. Сб. науч. тр. VII Междунар. науч. - практ. конф., 2018, С. 7-10.
4. Абдуллаев М.Ж. Физкультурно-оздоровительные подходы в процессе физического воспитания студентов вузов // Система менеджмента качества в вузе: здоровье, образованность, конкурентоспособность. Сб. науч. тр. VII Междунар. науч. - практ. конф., 2018, С. 10-14.
5. Абдуллаев М.Ж. Swot-анализ в структуре информационных технологий физического воспитания // Система менеджмента качества в вузе: здоровье, образованность, конкурентоспособность. Сб. науч. тр. VII Междунар. науч. - практ. конф., 2018, С. 14-18.
6. Абдуллаев М.Ж. Взаимосвязь физическое и психического развития детей в процессе физического воспитания. // Журнал. Вестник интегративной психологии. Ярославл, 2018. №17. 10-13 б. [13.00.00№23].
7. S.S.Abdueva, Sh.Kadirov, M.Fatullaeva, Sh.Khurbonov. Using of innovation terms in physical education and sport lessons and their social and educational features. Journal of Critical Reviews ISSN-2394-5125 Vol 7, Issue 6, 2020
8. S.S.Abdueva, Sh.Khurbonov, N.Sabirova. Evolution of physical performance and techniques of handball girls aged 11-12. International Journal of Advanced Research in Science, Engineering and Technology (IJARSET). 2019 december
9. S.S.Abdueva. Activities that increase children's interest in the sport of handball. Innovatsionnoe razvitie nauki I obrozovanie mejdunarodnaya nauchno-prakticheskaya konferensiya 2020

10. F.Fazliddinov, M.Toshev N.Sabirova, B.Do'stov. Psychological impact of football games to the formation of individuality of the student. *Journal of Critical Reviews* ISSN- 2394-5125. 2020
11. F.Fazliddinov, K.Kobiljonov. Идея совершенной личности в трудах мыслителей востока. *Научно-методический журнал (МАНПО) №1 2020 год. Стр. 100-103*
12. M.Fatullaeva, F.Narzullaev. Motivation of students to do sports as part of physical education classes. *ACADEMICIA. An international multidisciplinary Research Journal*. 2020 йил май. 1446-1450 бетлар. 10.5958/2249-7137.2020.00344.4
13. A.R.Nurullaev Methods of developing endurance in students through the use of folk games in physical education classes. ISSN: 2249-7137 Vol. 10, Issue 11, November 2020 Impact Factor: SJIF 2020 = 7.13
14. A.P.Нуруллаев М.Ю.Гафурова., Мансуров Ш.Ш. Деление спортивных занятий на периоды. *Международная академия наук педагогического образования (манпо) Педагогическое образование и наука научно-методический журнал 6/2019 г ст 153-156*
15. Abdueva Sitorabonu Savriddin qizi. "Determining the speed and strength of 14-15 year old handball players in jumping". *ACADEMICIA An International Multidisciplinary Research Journal (Double Blind Refereed & Peer Reviewed Journal)* ISSN: 2249-7137 Vol. 10 Issue 11, November 2020 DOI: 10.5958/2249-7137.2020.01417.2
16. U.A.Farmonov The system of training young basketball players at the initial stage of training at school. *Asian Journal of Multimedimensional Research (AJMR) 2020. Vol 9, Issue 11, DOI: 10.5958/2278-4853.2020.00279.7*