

PHYSICAL CULTURE IN ENSURING A HEALTHY LIFESTYLE

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ANNOTATION

This article discusses the issues of forming a healthy lifestyle of the student through physical culture and self-education. A study was conducted to determine the deterioration of health among students during training.

Keywords: physical culture; healthy lifestyle; health; student; sports.

ФИЗИЧЕСКАЯ КУЛЬТУРА В ОБЕСПЕЧЕНИИ ЗДОРОВОГО ОБРАЗА ЖИЗНИ

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АННОТАЦИЯ

В данной статье рассматриваются вопросы формирования здорового образа жизни студента средствами физической культуры и самовоспитания. Было проведено исследование по определению ухудшения самочувствия у студентов во время обучения.

Ключевые слова: физическая культура; здоровый образ жизни; здоровье; студент; виды спорта.

SOG'LOM TURMUSH TARZINI TA'MINLASHDA JISMONIY MADANIYAT

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ANNATATSIYA

Ushbu maqolada jismoniy madaniyat va o'z-o'zini tarbiyalash orqali o'quvchining sog'lom turmush tarzini shakllantirish masalalari muhokama qilinadi. Trening davomida talabalarning sog'lig'ining yomonlashishini aniqlash uchun tadqiqot o'tkazildi.

Kalit so'zlar: jismoniy madaniyat; sog'lom turmush tarzi; salomatlik; talaba; sport.

Health is one of the most important components of human existence, one of the basic human rights, one of the main conditions for successful social and cultural development. We all want to be strong and healthy, to keep our activity, our second wind, our strength as long as possible during the student period. And of course, each of us wants to live longer and achieve more than our parents.

It should not be forgotten that health is the main wealth of human life, it is not necessary to forget it even while studying at the institute! At this time, on the contrary, you should try to devote as much time as possible to your health. You should not leave your studies at the institute to devote yourself only to activities dedicated to health promotion. It is for this purpose that institutes have the science of "Physical education", which helps to maintain, develop and protect our health not only during studies, but also in the future.

All students, and indeed all people, should lead a very healthy lifestyle. A normal full-fledged life of a student cannot exist without health, therefore, physical exercises, sports.

There are also students who participate in the social life of the institute. And this is very good and useful, but this issue has its own nuances. It is only good and useful for those who are involved in clubs such as dancing, organizing sports events, concerts, community work in the area. Students involved in such clubs not only get physical support, but also do what they like. "If society is healthy, people are also healthy," emphasizes the importance of human health.

A student's health depends on many factors. For convenience, they can be divided into 4 groups:

- natural - natural conditions
- true human potential
- society or social environment
- spiritual need for sports

Academicians of the Academy of Medical Sciences of Uzbekistan consider a student's healthy lifestyle to be an urgent health problem. In the last 6-7 years, attention to this topic has increased. The reason for this is that society needs professionals who are in good health, who will increase their efficiency in the future and who will not reduce it due to ill health, fatigue, decreased activity, illness. You need to understand that a healthy lifestyle cannot be separated from human life.

Physical education is an integral part of human life, even after finishing school. A person should keep himself in good condition throughout his life, if he really wants to live a long life and live these moments healthy and happy.

The whole life of a person depends on the state of his health. All aspects of human life are determined by the level of health. Therefore, it is necessary to protect and strengthen health. And we must do these actions throughout our lives.

Consider the student's lifestyle. For ease of understanding, we write it point by point:

1. direct study (except exams)
2. bedroom life
3. session
4. doing homework
5. minimum free time

These 5 points summarize the life of a student. If you look carefully at this list, you can understand that few people have time for special fitness exercises. And somehow, to keep yourself in good shape, you need to go to couples who are engaged in physical education. Personally, I single out two main reasons for visiting this science:

- The most important reason is to develop, strengthen and maintain health.

It seemed like you didn't have to consider it a major if you weren't majoring in physical education. But this is a very wrong idea. This physical culture is the main topic, because, as mentioned above, health is our everything.

But one physical culture is not enough, in addition to it, you need to be able to regulate your lifestyle. Naturally, you need to eat right, most importantly, you need to eat on time. A student's life is so busy that it is difficult to find time to make a full trip to the kitchen, and they start preparing snacks for themselves during breaks. They eat everything, chips, soda, seeds - anything unhealthy. It is necessary to know how to divide working time and rest, share mental and physical work. Also, don't forget about sleep. A person should sleep at least 8 hours. And during the training, students completely forget this concept. As a result, they have aggression, fatigue, they cannot sit still, the activity of not only the brain, but also the whole body decreases. A study of factual material about student life shows its chaos and disorganization. This can be seen in important processes such as malnutrition, lack of sleep, minimal exposure to fresh air, insufficient physical activity, freezing, rest, and studying at bedtime. 1-4 year students consisted of 1,000 people, and it was shown that the influence of individual parts of the students' lifestyle, taken as 100% at the same time, is very important. 20 observers were assigned to every 250 students, who carefully studied the daily routine of these students for 2 months without missing anything. Thus, sleep mode is 23-29%, diet - 11-17%, motor activity mode - 16-31%. Accumulating during the academic year, the negative consequences of such an organization of life are most clearly manifested at the end of it. And since these processes are observed during 4-5 years of study, they have a significant impact on the health of students. Thus, according to the results of a survey conducted among 1000 students of EI K(P)FU, their health worsened during their studies. If we consider the level of health of 1st-year students as 100%, in the 2nd year it has decreased to an average of 90.8%, in the 3rd year to 82.3%, and in the 4th year to 73.7%. After receiving these results, the students gathered in the assembly hall for additional lectures on maintaining a healthy lifestyle. They were presented with documentaries showing the negative and positive consequences of a healthy lifestyle.

From this study, it can be understood that health is not only supported by physical education, but also by many lifestyle factors.

One of the main conditions for a healthy image is physical self-discipline and self-improvement. Physical self-education should be understood as a self-directed, purposeful process of activity. It should definitely include hardening, massage, morning exercises, running, walking in the fresh air.

Self-education and self-improvement require willpower, so many students leave health promotion classes and find a place for this business: friends with relaxing in a cafe, social networks, computer programs and more.

Taking into account all of the above, we came to the conclusion that a healthy lifestyle can be provided with a greater degree of physical education. This is evidenced by facts such as the fact that no extra time is allocated to special activities for the purpose of strengthening and protecting the health of students. Conducting physical education classes in pairs does not require free time, because they are part of the educational process, and the student's body is built in such a way that it has time to take a break from the loads specified in the norms of physical culture.

Nevertheless, no one canceled the fact that you need to discipline yourself, self-discipline and develop physically.

So, let's find time to improve ourselves, sleep on time, walk in the fresh air, do exercises, eat right and, of course, visit our favorite physical culture.

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