

PHYSICAL EDUCATION - GUARANTEE OF HEALTH AND BEAUTY

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10% of human health is from medicine, the remaining 90% is from him

It is not a secret to anyone that it consists of physical fitness and a healthy lifestyle. Regular physical training and sports are a passport to age-free appearance and disease-free aging.

It is a source of health that implies a long life during the process, creative work. In this thesis, special attention is paid to the issue that has the relevance of this.

Research	purpose.	physical	education	tools	using
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to morphological and functional improvement, for his life

important basic movement skills, skills, related to them

is a process aimed at forming and improving existing knowledge.

Physical education and sports are one of the factors of social and creative longevity.

"Civilization disease" that exists now - the agenda

proper organization and active physical training

can be treated during Examples of large-scale measures aimed at this are processes such as creation of existing normal working and living conditions, further development of external conditions, including production, environmental cleanliness, and health protection. , physical activity and culture are considered indispensable methods of disease prevention and improvement.

2/3 of the population of Uzbekistan regularly do physical education

is not engaged in. In accordance with the following reasons:

1) free time for physical education

lack of

2) permanent residence of residents of sports complexes and sports bases

remoteness;

3) lack of material supply;

4) psychological factor:

- the presence of a feeling of shyness;
- fading desire to go to classes;
- due to lack of will, violation of training duration.

Also, the most important of these factors is laziness and apathy manifestation.

Low mobility - hypokinesia often leads to obesity.

Modern medicine assesses excess weight as a serious disorder of metabolism, which causes many negative consequences in the body

emphasizes. Movement controls the changes in organs and organ systems in the body. Under the influence of physical exercises, specific and non-specific properties are manifested in the

body. Specific features - against the changes that occur in the internal environment of the body of physical exercises

in the case of the ability to stand, a non-specific feature is a process aimed at increasing the protective stability of the organism. Through continuous exercise, the following results can be achieved:

- The state of stability of MNT will increase;
- Positive changes are observed in the musculoskeletal system. Including the mass and volume of skeletal muscles increases with their blood supply improves, the mobility of tendons and joints increases, general blood circulation in the body stabilizes;
- Energy consumption during rest is reduced;
- Recovery period after any intensive physical activity reduction is observed.

The human body's protective mechanism of vigorous exercise included in the genetic code. Skeletal muscles of the body of men averaged 40%, it is genetically strong physical work

programmed by nature to perform. In this case, MNT is optimal

a strong flow of nerve impulses is required to maintain tone,

as a result, the blood flow in the venous blood vessels leading to the heart becomes easier and the work of the musculoskeletal system is normalized. The energy potential and functional status of all organs and systems in the body depends on the activity of skeletal muscles. The more intensive the activity of the movement within the optimal zone, the more fully the genetic program is implemented, the higher the functional resource of the organism and the energy potential of the life span.

People who emphasize the effect of physical education on health

among them there is a saying that "Physical education simply rejuvenates".

It may sound like a metaphor, but physical education

devotees do not even doubt that it is true.

During exercise, the amount of hemoglobin in the blood increases, leukocyte activity and number increases, phagocytic activity in the blood component increases, in relation to various negative, especially infectious-infectious factors an increase in non-specific body resistance is observed. Also note that

it is good that at this time the heart muscle is also trained, its mass increases, its functional capacity and size change. At rest, the pulse rate decreases. As a result of physical work, blood vessels expand, the constant tone of blood vessel walls decreases and their elasticity increases. Active movement has a positive effect on the condition of the walls of large arteries shows that the walls of microscopic capillary networks are almost complete opens. All this significantly accelerates blood flow

allows. The frequency of breathing increases by an average of 2-4 times. Lungs ventilation, breathing capacity, oxygen consumption increases, the body's resistance to hypoxia increases. As a result of constant physical loads, the strength of bone tissue increases, the elasticity of tendons and ligaments of muscles increases, and the production of synovial fluid

increases. All this helps to increase the amplitude of movements (flexibility). The strength indicators of the muscles increase.

In conclusion, it should be said that physical education improves health strengthening, environmental factors of the organism (infections, radiation, atmospheric pressure, the amount of oxygen in the air, etc.).

to increase endurance, significant physical and mental in the body

the basis for the formation of a power reserve that can withstand increased loads

serves as In general, it plays a major role in achieving the transition of human life to a highly active state and increasing the duration of social life.

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