

## IMPORTANCE OF PHYSICAL EDUCATION AND SPORTS IN HUMAN HEALTH.

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**Annotation.** Ways to use the most effective methods of preparing future physical education teachers for professional activity from a medical, physical and physiological point of view have been determined. This thesis describes in detail the importance of physical education and sports to human health, as well as methods of effective organization of practical training processes for pedagogues in working with students.

**Key words:** health, sports, physical exercises, medicine, physiology, healthy lifestyle, sports equipment, practical training, competition, coordination, professional activity.

A healthy generation is a guarantee of a healthy nation, a healthy society and development. The greatest wealth for a person is health. Only a person who is healthy in body and soul can literally feel happy. If you present the wealth of the world to a sick person, he will not like it, because the greatest happiness and wealth for him is health. Only when a person is healthy can he think sanely, dream beautiful dreams and strive for them.

In particular, the ideas of "For the value of man" and "The state is for man" were put forward by the head of our state, Shavkat Mirziyoev, during the last year's presidential election. In order to implement them, a development strategy for 2022-2026 was developed based on the opinions and suggestions of the population, and the 5 directions of this development strategy are to ensure spiritual development in the society and bring the industry to a new level, and the 4 direction is fair social policy. management and development of human capital. Focusing on the field of physical education and sports, the tasks of "increasing the number of people regularly engaged in physical education and sports to 33%, further development of the Olympic and Paralympic movement" were indicated.

Today, in the rapidly changing world, along with the positive aspects of globalization processes, its negative consequences are unfortunately entering our lives. In order to protect our lives from various diseases and dangers, and to be mentally

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healthy, first of all, when people engage in sports, the correct breathing process is restored. Breathing is important for the human body, and deep breathing is an active leader of the metabolic process. Breathing helps transport nutrients and helps our body generate energy. For this purpose, it would be appropriate to engage in Aerobics training. These types of training include swimming, jogging, cycling, and any other type of exercise that forces the lungs to actively work and breathe frequently. But before doing any training, it is necessary to warm up the muscles first, which will prevent fatigue and muscle strain. The correct use of specially selected physical exercises, their correct amount harmonizes the natural, morphological and functional development of participants. Regulating these processes ensures the correct growth of the body's functional capabilities. Indeed, as our grandfather A. Avloni said, a healthy child is the fruit of a healthy and united family. Also, the most important tool for human health is physical education - physical health. It was not for nothing that our wise people said "A healthy body means a healthy mind". This is also a fact that does not require proof. Our grandfather Abu Ali Ibn Sina, a great physician and encyclopedic scholar, said: "A person who does proper physical education at the right time will not get sick. If you are engaged in physical education, there is no need for any medicine, for this it is necessary to follow a certain order. Most of the people who quit physical education will be ruined, because the strength of the inactive organs will weaken," he said, showing how important physical education is for human health. People who do sports are not only physically, but also mentally healthy, strong-willed, healthy thinking people. Sport makes a person mentally healthy, active and mobile in all aspects of life. In addition, people who regularly do sports get used to discipline and cleanliness, and because of their activity, the digestion process goes well. He educates him to be mentally strong, able to withstand the trials of life. Therefore, everyone should take care of their health, regularly engage in some kind of sports, make sports their life.

It is known that the functional reserves of the organism include physiological, biochemical, sports technique and mental reserves. During physiological adaptation, the activity of functional systems increases, and therefore physiological reserves also change.

### **Functional reserves during physiological adaptation can be divided into:**

1. Reserves that develop physical qualities (strength, speed and endurance);
2. Reserves used in work of various capacities (maximum, submaximal, large and average);

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3. Functional reserves are divided into three groups according to the order of employment: a) those used in daily life activities; b) reserves used for physical training and competitions; c) reserves used in the organism's struggle for survival.

Biological reserves of adaptation can be divided into cell, tissue, organ, system and whole organism reserves. Cell reserves increase as required in the tension of the body in relation to the number of working structures. The functional reserves of various organs and systems of the organism, organized at a higher level, are manifested in the reduction of the energy spent per unit of the volume of work performed, and the increase in the intensity and efficiency of work.

Adaptation of the whole organism takes place in the increase of integral reactions that ensure the performance of movement tasks of various complexity and adaptation of the organism in extreme environmental conditions.

In short, the adaptation of the organism and its reserves is the degree of increase in the work of the organ or functional systems compared to the resting state. The functional reserves of the athlete's body are more fully manifested when he is exposed to extreme (environmental) conditions during high-intensity physical work. For example, during sports, competition, working in high temperature conditions, hypoxia, etc.

**In conclusion**, proper nutrition, personal hygiene and cleanliness, regular sports can prevent any cardiovascular diseases and a number of similar chronic diseases. This is proven in science and medicine. This includes the preservation of the gene pool of any nation or generation. I think that is the actual problem of today. It is the duty of every healthy person to carry out constant propaganda in this regard.

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