

YOSHLARNI BARKAMOLLIKKA ERISHUVIDA SOG‘LOM TURMUSH TARZINI TARG‘IBOT ETISHNING SHART SHAROITLARI

Boltaboev Hamidullo Habibulloyevich

Namangan davlat universiteti dotsenti

[*hamidullo_habibulloyevich@gmail.com*](mailto:hamidullo_habibulloyevich@gmail.com)

Murodaliyeva Musharrafxona Tohirjon qizi

Qo‘qon davlat pedagogika instituti.

Jismoniy madaniyat fakulteti talabasi.

[*murodaliyevamusharrafxon@gmail.com*](mailto:murodaliyevamusharrafxon@gmail.com)

Annotatsiya: Talabalar o‘rtasida jismoniy tarbiya va sportni ommalashtirish maqsadida “Sport MIX” sport-sog‘lomlashtirish tadbiri va fakultet talabalar jamoalari o‘rtasida kompleks sport tadbiri klub turniri tashkil etildi va o‘tkazildi. Tadbirlar samaradorligini baholash ijobiy natijalarga erishilganligini ko‘rsatdi, bu esa talaba qizlarning universitet tomonidan o‘tkaziladigan sport, jismoniy tarbiya va dam olish tadbirlariga faol qatnashishini ko‘rsatdi.

Kalit so‘zlar: universitet talabalari; darsdan tashqari mashg‘ulotlar; jismoniy tarbiya va sog‘lomlashtirish tadbiri; musobaqa; Master-klass; sabab; raqobat; hukmronlik. Respublikamiz Oliy o‘quv yurtlarida o‘qiydigan talabalarning turmush tarzini oshirish, kun tartibiga rioya qilish, sog‘likni mustahkamlash, jismoniy tarbiya va sport turlarini talabalar o‘rtasida ommalashtirib ularni har tomonlama rivojlantirish maqsadga muvofiqdir. Ushbu muammo bo‘yicha tadqiqotchi pedagoglar doimiy izlanishlarda bo‘lib, ta‘lim-tarbiya jara‘enini yanada mukammallashtirish, yangi uslublarni ishlab chiqishi yuzasidan davr talabiga javob beradigan ilmiy-tadqiqotlar olib bormoqdalar. Ammo ushbu yuqoridagi ishlarda talabalarning sog‘lom turmush tarzi bo‘yicha mustaqil uz ustida ishlash xamda tabaqalashtirish xususida badan tarbiya bilan muntazam shug‘ullanish sharti amalga oshirilmagan.

Ilmiy tadqiqot ishining asosiy maqsadi oliy ta‘lim jara‘enida 1-2 bosfich talabalariga mustafil shug‘ullanishni tabaqalashtirilgan innovatsion texnologiya dasturi va uslubiyanini joriy qilish mexanizmlarini ishlab chiqish hamda tadbir etishdan iborat. Tadqiqot maqsadi shundan iboratki, jismoniy madaniyat fani talabalarga tulaqonli tarzda yo‘naltirilsa, ularning axti‘ej va imkoniyatlari, qiziqishlari, havas, iqtidorlari inobatga olingan holda, muayyan prinsiplari asosida tashkil etilsa, (o‘kuv yili dasturi, ish rejasi, fasliy taqvimiy reja, kun tartiblari, doimiy axtalabki badan tarbiya mashqlari bilan shug‘ullanish joyi, tanlab olingan sport turlari bilan shug‘ullanish joylari, maydon, sport zal va x.k.) jismoniy tarbiya ta‘lim, sport turida shug‘ullanish

Jismoniy tarbiya va sport sohasi samaradorligini oshirishda fiziologik, pedagogik-psixologik yondashuvlar va fanlararo integratsiyalashuv masalalari

natijalari, avvalo, shaxsni, shu bilan bir qatorda davlat, jamiyat, fan faoliyatini rivojlantiruvchi omil darajasiga kutara olish amalga oshiriladi.

Binobarin, OO'Y 1-2 kurs talabalarining mustaqil jismoniy madaniyat yo'nalishida, tabaqalashtirilgan guruqlar bo'yicha sinov-tajriba asosida sog'lom turmush tarzini shart-sharoitlari natijalari mezonlarini ishlab dalillar bilan isbotlash. Masalan: talabalar uchun harakat faolligining optimal darajasi taklif etilgan (M.Ya.Vilenskiy (1984): bir sutkada 14-19 daqiqa qadam quyib yurish e'ki kuniga 1,5-2 soat istalgan mashg'ulotlarda qatnashish.

Taniqli fransuz olimlari Sherrer va Mono taklifiga ko'ra faqat global ish: 70% dan kam bo'lmagan mushaklar o'rtacha energiya sarflab ishtirok etadilar, ya'ni ushbu ko'rsatilgan harakat faoliyati salomatlikni mustahkamlashga erdam berishi aniqlangan. Ularning bajarilishi yurak-qon, nafas olish tizimining jadal faoliyati va ko'p energiya sarflanishi bilan bog'liq. I.V.Muravov (1984) tadqiqotlari chidamlilik rivojlanishi bilan bog'liq jismoniy yuklamalar qon aylanish organlari kasalliklarining rivojlanishi xavfini ancha kamaytiradi. Semizlikda tana vaznini me'rlashtirish uchun muntazam, uzoq davom etuvchi jismoniy yuklamalardan (1-1,5 soat davomida sekin yurish-yugurish, suzish, velosiped haydash) foydalanish kerak deb ta'kidlaydi.

Shunday ekan, yuqorida keltirilgan tadqiqot ishlardan ma'lum bo'lmoqdaki, sog'lom turmush tarzini e'sh talabalarga tabiat qonuni asosida dialektik birligini ehtiёт sifatida singdirish tadqiqot ishining markazida bo'lmog'i lozim deb hisoblaymiz.

FOYDALANILGAN ADABIYOTLAR

1. Xatamov, Zafardjon Nazirdjonovich, Xamidullo Xabibulloevich Boltaboev, and Muxammadjon Axmedov. "POVISHENIE UDELNOY SKOROSTI ZDOROVOGO OBRAZA JIZNI STUDENTOV S ISPOLZOVANIEM INNOVATSIONNIX TEXNOLOGIY I DEYATELNYX IGR." *Ta'lim innovatsiyasi va integratsiyasi* 10.3 (2023): 130-135.
2. Nazirjonovich, Khatamov Zafarjon. "Theoretical foundations of training volleyball players sports techniques of volleyball in youth shoes." *Open Access Repository* 9.9 (2023): 125-129.
3. Nazirjonovich, Xatamov Zafarjon, and Inomov Faxriddin o'rmonjonovich. "Physical Education In Higher Educational Institutions Problems Of Formation Of Professional Skills On The Basis Of Science And Practice Ytegration In The Training Of Teaching Staff." *Journal of Positive School Psychology* (2023): 870-876.
4. Akramovich, Alikulov Akmal, and Yakubjonova Feruzakhon Ismoilovna. "Xatamov Zafar Nazirjonovich." *Technologies for developing of future physical*

Jismoniy tarbiya va sport sohasi samaradorligini oshirishda fiziologik, pedagogik-psixologik yondashuvlar va fanlararo integratsiyalashuv masalalari

education teachers through media education tools." ACADEMICIA: AN INTERNATIONAL MULTIDISCIPLINARY RESEARCH JOURNAL 11 (2021): 885-890.

5. Nazirjonovich, Khatamov Zafarjon. "Improving endurance from physical qualities in student youth." *Open Access Repository* 9.9 (2023): 115-118.

6. Nazirjonovich, Khatamov Zafarjon. "The role of modern pedagogical technologies in the development of the science of pedagogy." *Open Access Repository* 9.9 (2023): 103-108.

7. Nazirjonovich, Khatamov Zafarjon. "Concept of resilience, types of resilience, indicators and methods of its development." *Open Access Repository* 9.9 (2023): 119-124.

8. Nazirjonovich, Xatamov Zafarjon, and Inomov Faxriddin o'rmonjonovich. "Physical Education In Higher Educational Institutions Problems Of Formation Of Professional Skills On The Basis Of Science And Practice Ytegration In The Training Of Teaching Staff." *Journal of Positive School Psychology* (2023): 870-876.

9. Ahmedov, U. (2019). Interaction patterns in elt teaching: group work and pair work. *Theoretical & Applied Science*, (12), 170-172.

10. Sulstonov, Usmon Ibragimovich. "METHOD OF CONTROLLING THE TRAINING PROCESS OF LONG-DISTANCE RUNNERS." *Eurasian Journal of Academic Research* 2.3 (2022): 132-137.

11. Ibragimovich, Sulstonov Usmon. "DYNAMICS OF MORPHOLOGICAL INDICATORS IN THE PHYSICAL DEVELOPMENT OF LONG-DISTANCE RUNNING." *INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH* ISSN: 2277-3630 Impact factor: 7.429 11.01 (2022): 129-132.

12. Ibragimovich, Sultanov Usmon. "DYNAMICS OF FORMATION OF PHYSICAL DEVELOPMENT AND PHYSICAL TRAINING OF LONG DISTANCE RUNNERS." *European Journal of Research and Reflection in Educational Sciences* Vol 7.6 (2019)