

CONDITIONS FOR PROMOTING A HEALTHY LIFESTYLE IN THE ACHIEVEMENT OF YOUTH PERFECTION OF UZBEKISTAN

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Annotation: in order to popularize physical education and sports among students, a sports-wellness event “Sport MIX” and a complex sports event club tournament between the student teams of the faculty were organized and held. An assessment of the effectiveness of the events showed positive results, which showed that student girls actively participate in sports, physical education and recreational activities held by the University.

Keywords: university students; extracurricular activities; physical education and Wellness Event; Competition; Master Class; cause; competition; domination.

Аннотация: в целях популяризации физической культуры и спорта среди студентов были организованы и проведены спортивно-оздоровительное мероприятие “Спорт МИКС” и клубный турнир по комплексному спортивному мероприятию между студенческими командами факультета. Оценка эффективности мероприятий показала положительные результаты, которые показали, что девушки-студентки активно участвуют в спортивных, физкультурно-оздоровительных мероприятиях, проводимых университетом.

Ключевые слова: студенты университета; внеклассные мероприятия; физкультурно-оздоровительное мероприятие; Соревнование; Мастер-класс; причина; конкуренция; доминирование.

It is advisable to increase the lifestyle of students studying in higher educational institutions of the Republic, Follow the agenda, strengthen health, popularize physical education and sports among students and develop them comprehensively. Research educators on this problem are in constant research, conducting research that meets the demand of the period for the further perfection of educational jaraëni, the development of new methods. But in these above works, work on an independent uz on a healthy lifestyle of students is not carried out on the condition of regular physical education in the subject of stratification.

The main purpose of the scientific research work is to develop and implement the mechanisms of the introduction of innovative technology program and methodologies differentiated to 1-2 bosfich students in higher education jaraëni. The purpose of the study is that if the science of Physical Culture is aimed at students in a holistic way, it is organized on certain principles, taking into account their extensibility and capabilities, interests, enthusiasm, talents (academic year program, work plan, seasonal calendar plan, agendas, place of practice of regular morning physical education exercises, places of practice of selected sports, field, gym andk.) the results of physical education in education, sports, first of all, the personality, as well as the state, society, the ability to wait for the level of the factor that develops the activity of science is carried out.

Consequently, in the direction of independent physical culture of students of OO 1-2 courses, on the basis of Test-experience on differentiated gurus, prove with evidence the development of criteria for the results of the conditions of a healthy lifestyle. For example: an optimal level of movement activity has been proposed for students (M.Ya.Vilensky (1984): walking for 14-19 minutes in a single day Valve 1.5-2 hours a day to participate in any training.

According to the proposal of the famous French scientists Sherrer and Mono, only global work: no less than 70% of muscles participate by using moderate energy, that is, it has been found that this indicated activity of movement helps to strengthen health. Their implementation is associated with the rapid activity of the cardiovascular system, respiratory system and a lot of energy expenditure. I.V.Muravov (1984) studies that physical loads associated with the development of endurance greatly reduce the risk of developing diseases of the circulatory organs. In obesity, it is argued that regular,prolonged physical loads (slow walking for 1-1.5 hours-running, swimming, cycling) should be used to normalize body weight.

Therefore, it is known from the above research works that we believe that the absorption of dialectical unity as a precaution on the basis of the law of nature to students of a healthy lifestyle should be at the center of the research work.

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