

## THE ROLE OF SPORTS IN THE EDUCATION OF A HEALTHY GENERATION

**Abrorjon Abdurahobov oglu**

Faculty of Taekwondo and Sports of the National University of Uzbekistan

**Annotation:** The article discusses a healthy lifestyle in the upbringing of a harmoniously developed generation, exercise, one of the main health measures, physical education activities and their importance

**Keywords:** harmoniously developed generation, healthy lifestyle, health, exercise, physical activity, body, physical culture

Healthy lifestyles are based on philosophy, psychology, pedagogy, and general physiology, anatomy, hygiene, genetics, ecology, and other natural sciences. The most important part of your health is exercise. Abu Ali Ibn Sina emphasizes the need to focus on seven things in a healthy lifestyle (STT) and health: to moderate the client, to choose foods to eat and drink, to cleanse the body of waste, to Maintaining the structure, adequate and good intake of nasal air, attention to clothing, regulation of physical and mental movements (including sleep and wakefulness.) High level of awareness among the population. Increased attention to STT, regular physical activity and sports will significantly reduce the incidence of heart disease in many countries. The exercise package, developed by American scientist Kenneth Cooper, has been used with great success in many countries as aerobics and shaping have improved the health of many people and served as an effective tool in the prevention of heart disease.

At a time when radical reforms are taking place in the education system, the Ministries of Public Education and Health are working to protect and strengthen the health of students, to ensure a healthy direction of the educational process. There is a need to organize according to the plan. In order to protect the health of schoolchildren, it is advisable to introduce the following physiological and hygienic recommendations to school activities, its educational process, parents: - Adherence to the daily routine, ie, the schedule, to regulate the workload at school and at home; - Wide open-air recreation; - Adequate and timely nutrition; - hygienically complete, even sleep; - timely replacement of mental load with physical load; - alternating activities in a way that meets the hygienic requirements; - to be engaged in independent activity. The role of a healthy lifestyle in society is invaluable. That is why in front of the education system of our country, along with the solid education of the younger generation in modern knowledge and skills, they are active in the formation of a healthy lifestyle, achieving spiritual maturity, against any harmful habits that threaten their health. It is a priority to bring up a selfless, high-spirited, well-rounded person who can stand up, have an independent mind, live with great confidence and purpose.

Domestic and foreign researchers show that improving and preventing health, STT physical culture, mixing and combining different forms of mass sports training, creating a complex that does not require large financial expenditures, using effective methods. It plays an important role in solving the set goals and objectives. STT physical culture requires the selection and planning of daily exercise routines and physical activity according to their age and physical fitness. The main issue is how to organize movement activities, how to exercise to address the stated requirements. It depends on the type of exercise you choose to do, taking into account your age and individual characteristics. Someone chooses to walk, someone chooses to run, swim, ride a bike, do dumbbells, a 1-2 pound pack of rocks, someone chooses to do something they like from sports and so on. The physiological direction of the above various forms of exercise is mainly focused on the development of strength and endurance, the leading movement qualities of the health of the body. This training not only prepares a person for high productive work (mental, physical), but also makes it easier for him to cope with the difficulties of social life, to overcome them and to acquire life skills, such as easy recovery from extreme situations in peace and war.

The results of a sociological survey showed that students do not have the necessary knowledge and skills to choose one of the most popular sports. Students who consider themselves to have STT physical culture (63%) consider it important to make it a habit to engage in a sport on a regular basis during their school years (37%). This is because their current lifestyle suggests that they spend a lot of time (40.1%) on passive (sitting) activities. In particular, the high demand for computers, computers, television, etc., is the basis of today's daily life. Regular physical activity to ensure regular mental and physical activity and to promote good health raises the question of how to choose the right sport for oneself. Its solution depends on the development of the individual's physical abilities, physical capabilities, training in choosing a sport.

For example, wrestling for short stature, arm, neck shorts, swimming, table tennis, football, gymnastics, boxing, tourism, chess, and more. For middle-aged people, handball, wrestling, volleyball, tennis, badminton, national wrestling, athletics, basketball and other sports give good results. But that doesn't mean they can't play other sports. Because each person differs from each other in his interest, in the activity of the movement, in his liking for it. They do not pursue the goal of achieving high results in their favorite sport, or the good conditions for these sports may have taken into account the goodness of the base, its proximity, their favorite coach, and so on. In addition, the age of 18-24 years is the first stage of the period of physical maturity of the organism, the period of high doses of loads and the ability to expend energy. During this period, a certain mode of movement, the formation of a habit to it has become a habit for a lifetime. V.D. According to Chernyavsky, the following forms of physical culture can be included in the weekly exercise regimen for the mentally active: Morning gymnastics (15-20 minutes), gymnastics in a rehabilitation group or independently, cyclic exercises , games (30-60 minutes 2 times a week), special exercises (5-7 minutes 2-3 times a week) and active forms of work and leisure.

In short, human life and health are the greatest social wealth. This puts the challenge of creating a healthy lifestyle in front of the family, school and other institutions that deal with human development and maturity. The health of the nation is also naturally addressed through a healthy lifestyle.

#### **List of used literature:**

1. Goncharova OV "Development of physical abilities of young athletes", Tashkent, 2005
2. Sh. Khonkeldiev, A. Abdullaev and others, "Physical culture of a healthy lifestyle" Fergana, 2010
3. Law of the Republic of Uzbekistan "On Physical Culture and Sports" (September 4, 2015), People's speech. - Tashkent, September 5, 2015.