



Classification of Healthy Factors and Healthy Exercises in the Process of Physical Education

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Abstract: *The article discusses the health-improving direction of physical activity and measures for their implementation, the impact of health-improving factors on the body of health-promoting factors in the process of physical education.*

Keywords: *Sport, physical education, exercise, movement, medicine, science.*

If sports medicine in the first decades of its development focused on medical supervision of injuries to the motor organs of athletes, today a new, valeological direction is emerging. This trend is based on the emergence and growth of a number of diseases as a result of changes in life. Currently, the worst diseases are cardiovascular, oncological and gastrointestinal diseases. Cardiovascular diseases are based on atherosclerosis and the pathological conditions that lead to its development. These include obesity, diabetes, hypertension, limited mobility, mental stress and eating disorders, among others.

According to the method of N.I. Arinchin, our researchers have identified the risk of developing a vascular-pathogenic form of hypertension in senior students.

Studies by Russian and foreign experts have shown that aerobic exercise helps lower blood pressure. This leads to normalization of the cardiovascular system and weight loss. For example, a 20-minute brisk walk, 15 minutes of cycling, and 10 minutes of jogging on a regular calorie-dense diet can help you lose a whopping 5 pounds a year.

There is a wonderful proverb in French: a warned man — an armed man. Healthy exercise is an effective way to prevent various diseases. Regular physical activity is the basis of good mood, high activity and moral balance.

Regular exercise has a positive effect on the health, movement and functional capabilities of the student's body, which is the basis of valeology.

Healthy exercise increases the body's resistance to the negative effects of the external environment and is therefore an effective tool in promoting health and preventing disease.

Therefore, fitness exercises should be the basis of the pedagogical process of valeology. In this regard, the content of valeological education of young people should be focused on the implementation of specific interrelated tasks that help to educate young people as full-fledged human beings. These are:

- Strengthening the health of students, physical development, hardening, improving their ability to work;
- fostering the need for regular physical activity, the desire for physical maturity, creativity and protection of our independent state;
- fostering the high moral qualities of the builders of an independent state, the formation of the understanding that caring for their own health is not only a personal but also a public duty;



- developing healthy lifestyle skills;
- to teach the use of various forms, methods and means of health, disease prevention;
- to teach the skills of effective use of free time, self-assessment, self-control, organization of daily routine;
- development of motor skills.

Addressing the issues of maintaining and strengthening the health of schoolchildren is the basis for the physical and spiritual upbringing of the younger generation, the comprehensive education of active builders of the developing state.

The issue of youth health is relevant for a number of reasons. Student youth is the main reserve of independent state leaders.

The new concept does not set specific goals for trainees, but focuses on human relationships, limiting marital worries, and improving health. This has led to a gap between sport and fitness in many countries. Not included in the traditional programs of sports clubs and associations.

New forms and types of physical fitness activities have emerged. They quickly became popular among the population. The dramatic increase in the number of gymnasiums and gyms, other wellness facilities, and the increase in the production and sale of sports goods were the outward manifestations of this social phenomenon. General physical activity is widespread.

Depending on the chosen sport or recommended program, aerobics, running, walking, golf, tennis, swimming, and bodybuilding clubs began to operate.

Student valeology should focus on health, teaching forms, methods and tools to improve and maintain health in order to increase the effectiveness of academic and future work. Diagnosis of physical capabilities allows you to objectively determine the direction of pedagogical impact to address the identified shortcomings.

According to N.I. Arinchin, these diseases are a burden on the heart.

Studies on the Rufe test confirmed that students' heart rate was satisfactory (moderate heart failure).

The above grounds once again confirm the need to reconsider the valeological education of students.

An assessment of physical fitness found that as young people grew older, their strength increased and their endurance and agility decreased. In general, the physical fitness of boys is much better than that of girls.

One of the reasons for the deteriorating health of young people is the lack of attention paid to the development of the theory and methodology of health-improving physical education. Student health is not a major focus of physical education. Therefore, there is a need to form a scientific and pedagogical concept of valeology, based on objective indicators of youth health.

Information about physical development, functional and physical fitness of the body, personal mental characteristics are the components of human health.

The pedagogical concept of valeology is based on the didactic principles of comprehensive development of the individual, the consciousness and activity of the teacher, the unity of generality and individualization, the direction of health, continuity. The basis of this concept is the principle of individualization. This will make the healing process more efficient.



The goal of healthy physical education is to achieve physical maturity. To do this, perform the following tasks:

- ✓ Determination of the initial state of the contingent using anthropometric research methods (physical development, physical and functional readiness of the body);
- ✓ Improving the health of students through physical training;
- ✓ Introduce effective methods and forms of self-assessment and control to improve physical condition.

The developed concept, in turn, will increase the need for regular exercise, provide a non-traditional approach to physical education, maintain and strengthen health, and develop the individual in all respects.

In short, there is a clear concept of the use of fitness-oriented exercise.

Wellness exercises have become an effective means of recreation, the basis for improving health and meeting human needs.

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