



TASKS OF HEALTH IMPROVEMENT IN PHYSICAL EDUCATION CLASSES

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ABSTRACT

Physical education lessons sports sections are an integral part of the general sciences to train young people in the spirit of humility in accordance with modern requirements. It serves as an essential tool in the physical fitness of every young person to his profession in his development as a person.

KEYWORDS: Physical education, sports, sports schools, healthy generation, education, independent exercise, great confidence, hygienic gymnastics.

Young people should be brought up healthy, mature in all respects, worthy of a harmonious generation. The famous Greek wise man Aflotun mentions happiness as saying: "the first happiness for a person is his health, the second is beauty." Indeed, good health is the source of all wealth. The descendants of a healthy and high-spiritual nation will also be healthy, energetic, faithful and faithful, that happiness will become a factor of the Mother-Motherland's glory and power. A healthy generation is needed for such happiness of the people.

In order to attract students to physical education and sports, to sort out young athletes from them, as well as to form sports schools and gyms of adolescents, to participate in sports competitions later, important tasks in the future for the selection of athletes, students of the movement, Organization of sports clubs and classes, further development of physical education and training were also defined.

When we say a healthy generation, we mean people who are both physically and spiritually mature, cheerful, capable of all kinds of work, advanced culture. In fact, educating a generation with such unique qualities, the adult people look to the future with open eyes, a bright face, great confidence.

The implementation of these works is determined by increasing the effectiveness of education in the lessons of physical education.

The lesson of physical education and sports circles are an integral part of General Science in the preparation of young people in the spirit of humanism, in accordance with modern requirements. It serves as an important tool in the preparation of each age according to its specialty, its formation as an individual. At the same time, it is a factor of



health strengthening and plays an important role in the future growth of young people as a mature person.

The purpose of the physical education lesson is to formulate the student jismonan and apply it to his / her profession, life and life.

In the process of training, physical education sets itself the following educational, general education, health improvement goals:

- *physical exertion and self-education in living a healthy life;*
- development of theoretical and practical knowledge through physical education;
- full application of physical capabilities, prevention of diseases, health care and its strengthening, self-defense;
- to acquire theoretical knowledge of physical education, its methods and instructions, to use physical education properly and in the future to become a member of the jury and to be an arbitrator in competitions and organize them.

In general secondary schools, the activities of providing physical education are carried out during the entire academic year in the following form: *training, physical education, sports, tourism, on the agenda independently engage students in physical exercises, Mass Health Promotion, engage in sports clubs with different types of physical education and sports.*

These forms of physical education are closely related to each other, forming a single process of achieving physical perfection.

Each student must independently engage in the sport of his choice according to the instruction of the teacher, in order to master it at a higher level. Such exercises are performed taking into account the health of the student. Independent exercise for students in the Sports Group remains a training exercise for them to achieve high results. The remaining students must work on the curriculum.

At extra-curricular time, it is advisable for students to engage in hygienic Gymnastics and athletic exercises. These include running, walking and other exercises.

With hygienic gymnastics it is possible to engage in any time of the day, 1-2 hours after eating and 2-3 hours before sleep.



Carrying out hygienic gymnastic exercises in the open air gives good results. When compiling hygienic gymnastic exercises, it is necessary to determine how long it will last and their type in the exact order (following the medical booklet of Abu Ali ibn Sina).

Mass Health, Physical Education and sports work is carried out regularly during the period of study in higher educational institutions, extra-curricular times, holidays and holidays, the period of practical work, the days off in the hostel, the summer work of students. They can be taken in such directions as: hygienic, general preparation, sports and treatment.

Mass Health, Physical Education and sports work is carried out by students' sports clubs, relying on active participation of general physical education employees, teachers of physical education institutions, youth organizations, trade unions.

The main role in the implementation of these works is played by the faculty Sports Council. The council not only plans these works, but also prepares students in the higher educational institution for this work, conducts organizational work, gathers team members, prepares them for various competitions and organizes competitions.

It also carries out the work of announcing the achievements of lectures, conversations, evenings, visions, posters, record lists, group, Course, Faculty, higher educational institution and others.

Financial affairs of the Sports Council, equipment and equipment are provided by the trade union of the faculty, Sports Club and Dean's office.

In the higher and secondary special educational institutions, the organization of mass physical education and sports, on the schedule and extra-curricular activities, before the Institute SportClub and its management, there are large organizational tasks.

Sports clubs are the primary organization of the Union of volunteer athletes in higher educational institutions. Its activities are aimed at developing such qualities as students, aspirants, professors, teachers, employees of the higher educational institution and their family members living a healthy lifestyle, harmony in creative activities and feeling responsibility before the team.

Sports clubs work in accordance with the law of the Republic of Uzbekistan "on physical education and sports in Uzbekistan", the decisions of the Ministry of Higher and secondary special education, the State Sports Department of the Republic of Uzbekistan.



The purpose of the club members ' activities is to train specialists in all aspects and at a high level, to promote physical education and sports in the educational production process, to help ensure that healthy lifestyles are carried out in good ways.

The functions of SportClub are as follows:

a) to encourage students, aspirants, professors, teachers, employees of the University and members of their families to engage in physical education and sports regularly;

b) to strengthen their health, temper, ensure that all members of the organizations are constantly healthy in their specialties;

c) to improve the quality of knowledge, skills, abilities, skills of students in relation to leadership, along with youth, trade unions and other public organizations, to ensure the performance of civil duties (military service);

D) organization and conduct of mass Health, Physical Education and sports activities;

d) organization of sports clubs, lectures and community associations;

e) to involve those who regularly engage in physical education and sports, a healthy lifestyle, physical education and sports in mass participation in higher educational institutions and political events of the institute, to carry out propaganda and propaganda work in their skills in these works.

The lesson of physical education and sports circles are an integral part of General Sciences in the healthy growth and proper maturation of young people, in the spirit of humanism, in the preparation of them in accordance with modern requirements. It serves as an important tool in the preparation of each age according to its specialty, its formation as an individual. At the same time, it is a factor of health strengthening and plays an important role in the future growth of young people as a mature person.

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Currently, the National types of sports have not lost their social and biological activity, and physical education should be mandatory elements in the process of study in secondary schools, secondary special and higher educational institutions.

The use of all manifestations of the national type of exercise in physical education training is determined by the following factors:

— age compatibility, sexual and psychological characteristics of the participants;
— the correspondence of the state, function and purpose of the lesson and extracurricular activities;

— focusing the main attention on the formation of comfortable movements, psychophysiological qualities, the basis of the social norm;

— change of physical exercises in different directions and on time;

— strengthening psychological and psychological training.

In place of the conclusion, it is necessary to emphasize that in the education of young people as a mature individual in all respects, in the attraction of young people to sports clubs, it is necessary to emphasize the place of physical education and sports training.

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