

DIDACTIC OPPORTUNITIES TO FORM KNOWLEDGE ABOUT HEALTHY LIFESTYLE TO THE STUDENTS IN PHYSICAL EDUCATION CLASSES

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ABSTRACT

The following article deals with the didactic possibilities of forming healthy lifestyles for students in physical education classes. There is a scientific justification for the formation of healthy lifestyle in students, taking into account their psychological, physical development and age-specific physical activities.

Keywords: Physical education, didactics, pedagogy, healthy lifestyle, endurance, wills and psychological factors.

INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

Our nation has long been aimed at bringing up the younger generation with the principle of "Healthy mind in a healthy body", to educate them spiritually, morally and spiritually.

Physical education plays an important role in the comprehensive development of childhood and adolescence. With the birth of a human being, there is a need for a variety of actions. According to Ibn Sina opinions, the various toxic substances in the tissues of the human body excrete by sweat when they move.

The education period plays an important role in strengthening human health and Physical education lessons are especially important.

The main purpose of a physical culture lessons in schools is to promote healthy growth in pupils from the first grade. The lessons of physical culture cultivate the qualities of community, hard work, discipline and morality. It is important for all teachers and coaches of physical culture to be conscious of the fact that physical education is not a private affair but a requirement of society. Our health is of paramount importance not only for ourselves, but also for other people and for the motherland.

According to the opinions of N.M. Amosov, it is necessary to evaluate the health of a healthy person, not in the absence of disease, but in the amount of different types of rapid actions and the type and number of daily activities. Restrictions on doing different things are a sign of imperfect health.

Exercise of physical culture should be one of the constant and personal goals of every student in their daily lives, but should also be one of the noble endeavors for their own development, love and protection of their homeland.

Many scientists have contributed to the development of human health like Geppocratic, Socrates, Aristotle, Ibn Sina and others. In particular, Ibn Sina has said that those who are engaged in physical training do not need medicine or treatment.

It should be noted that the health effects of exercise do not limit the growth of student strength and endurance performance, but also improve the performance of all body organs, not only the muscles, but also the heart, lungs, blood vessels, bones, and finally the brain that controls our characters. Due to the lack of scientifically proven tools for the value of health, vale logy does not pay sufficient attention to physical exercise and as the levels of learning increase, there is deterioration in physical and functional readiness of students. Rational methods for improving health depend on the proper definition of health success, its goals and content, and the means by which it is achieved. Teaching methods are defined as a systematic, purposeful system of relationships between teachers and students that ensure the implementation of health education goals.

Experimental studies have identified effective methods of Valeology education of students (games, competitions, strictly regulated exercises, and ways of word influence).

The method of playing - the organization of movement activity in the form of mobile, national sports - is widely used in physical education and has a number of advantages over other methods. The essence of this method is that the action is based on the game's content, terms and conditions. Characteristics of the method of play: a) the activity of the trainees is carried out against the background of high enthusiasm; b) there are complex relationships between the players involved in the game.

These characteristics increase the students' interest in the activity of the movement, which relieves them of the mental fatigue that occurs during the same exercises. It helps to improve the skills learned and master the skills to use them.

Competition method is a method of organizing exercises in the form of competitions. The essence of the competition as an educational method is that it fosters the spirit of friendly, healthy competition and the desire to be equal to the strong. The evaluation system in particular helps. The method of competition develops the interest in physical education.

A strictly regulated exercise method. Strict regulation of the exercises is the main methodological direction of the experiment in physical training. Using these techniques will help develop physical strength and strength, which will have a positive effect on bodybuilding: running, walking, and improving the cardiovascular system.

Method of word influence. Vocabulary techniques are subdivided into the following condition groups: command, instruction, methods of command; methods of analysis, consultation and oral evaluation.

Another way to exert influence on the word is to emphasize persuasion. Persuasion is done through explanations, advice, well-grounded recommendations. The installation process is complex and relies on data from science and practice. Different, multifaceted new factors on the healing effect of exercise are influenced by trust. The art of persuasion is closely related to the knowledge of the individual characteristics of young people.

One of the most effective ways to improve health is exercise. Exercise has a good effect on the lungs and mental state of the student. If the muscles do not move regularly, the central nervous system of the human body will lose its positive charge. The depressed vitality tone, depression state is intertwined with anger and inadequate reactions. Exercise has a positive impact not

only on the student's physical but mental state, but also on the effectiveness of the educational and health-improving process.

The age of development of the human body ends at the school age. Students in this period will have great opportunities to study, learn, and engage in socio-political activities. That is why physical education and sports are the natural and biological basis for the development of a healthy person, which is an important tool for the promotion of health.

Exercises produce various shifts that positively affect the functioning of human organs and systems. The basis of exercise is muscle contraction, which is about 3-4 parts of the human body weight. Muscle contraction is caused by an increase in the flow of oxygen and various nutrients to the muscle at which it works, while improving the functioning of the heart and lungs. In the working muscle, many small capillary vessels form.

Thus, nutritional conditions are improved during muscle development and overall blood circulation is alleviated. During the school year, the circulation is slower than that of a young child. It is necessary to activate heart function to accelerate blood circulation. Cardiac activity, in turn, is enhanced by muscle activity. When the muscles contract, blood flows through the veins to the heart, and when released, it flows from the capillaries to the vein. To limit the moving and inadequate actions can lead to heart failure and various diseases.

It is well-known that in the process of cultivating physical qualities there is sometimes a positive relationship between the development of strength, speed and endurance, and sometimes there is a lack of interdependence. It has a negative effect on the development of Studies in the field of physical education are primarily concerned with the study of the process of health improvement.

The benefits of the methods and tools used are indicative of the pedagogical effect of the development of traits, features of the cardiovascular system. Pedagogical effect is two-dimensional (quality and quantity).

Methodology enriches pedagogy with statistical methods of research. They allow them to express the objective laws they have opened in the form of a mathematical model, that is, relationships between indicators that characterize different aspects of the phenomenon studied. Such a model of certain relationships between indicators is called functional dependence. The essence of this is that the change in one indicator, as a rule, leads to a similar change in the other. The knowledge of functional dependence allows predicting the subordinate (function) parameters by any of the controlling magnitude variables. This is due to its functional and scientific significance. Functional models predict the course of the described process, allow it to control the process, and assist in the selection of effective teaching methods. Functional communication reflects a strict dependence, where a change in the value of a factor causes a similar change in the value of the other factor. Such communication is typical for certain sciences.

Determination of scientifically grounded exercises to physically enables students to plan effective preventive work and to choose the appropriate tools to accelerate the health improvement process.

It is well known that girls have a significant correlation between height and weight ($r=0.9$), vital capacity of the lungs, and neck circumference, forearm dynamics, and body fat. In boys, there

is considerable dependence between height and weight, wrist dynamics and body strength (r-0.9). Functional dependence between physical structure and physical development of boys and girls has been identified, which is a small number of contacts.

Bodybuilding and physical development are one of the main conditions for the physical development of students through regular use of special exercises aimed at developing strength in the process of wellness.

Development of the body structure allows improving the body's normal function of the spine. The correlation dependence of the learner typological characteristics revealed that there was a significant (r-0.6) dependence between the awakening and motor activity of the nervous processes.

Students with high levels of arousal and mobility of nervous processes will have better physical training. They are encouraged to exercise with high activity and often changing conditions. Students with moderate to high nervous activity and high arousal and braking have the same level of exercise. Exercise involving a large number of muscles and high activity can help improve cardiovascular function.

The identified dependencies allow students to develop scientifically sound requirements to be considered in the selection of physical exercises used in the course of Valeological upbringing. This will ensure the effectiveness of the educational process.

Findings from studies of blood circulation characteristics of students of all ages and genders show that there is a high correlation (r-0.9) between the DC and DC, while the greater blood circulation and metabolism, the better. There is also a high negative correlation (r-0.9) between the blood circulation index and peripheral vascular resistance.

Motion activity increases muscle contraction and pump function, which allows the blood vessels to flow to the heart, reduces the peripheral vascular function, and increases the efficiency of the cardiovascular system. The stated factors should be taken into account when selecting the tools used in the lessons on Valeology education for students.

Thus, the known morph functional state of the musculoskeletal system is of vital importance, and its level is reflected in the indicators of muscle strength. It follows that a certain level of muscle system is necessary for health. Increased activity during exercise, upper shoulder rotation, incorporation of abdominal press muscles into the body of exercise, increasing their tone improves the activity of the internal and external organs, preventing body dysfunction.

Based on the above, it can be concluded that comprehensive training requires the improvement of a person's physical abilities and is an important factor in harmonic development achieved through special exercises.

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