

FACTORS FOR PROMOTING PHYSICAL EDUCATION AND PROMOTING HEALTH

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Annotation

In this article, Pedagogical work aimed at solving the tasks of education and upbringing of the growing young generation, all-round development of a person, strengthening of this health, education, development and upbringing, increasing the level of health of a person, natural strength, strengthening of body parts according to the principles of hygiene and physical activity such issues are researched. Priority directions for using new technology in physical education classes for students, using non-traditional means of teaching in physical education classes are indicated.

Keywords: Physical culture, human culture, physical exercise, physical abilities, state of health, optimization, education, upbringing and social life, recreation system, physical education, healthy life and general cultural significance, procedural nature, non-traditional means, physical exercise.

Physical education is a branch of the field of education and upbringing of the growing young generation, which serves to develop a person in all aspects, to become strong and powerful, to form a person capable of long-term creative work, and to prepare him for patriotism.

The growing demand for sports and physical education system specialists in new directions in the field of education and in connection with various fields of application in our republic requires that the knowledge, skills, and qualifications for their training meet today's requirements. critical tasks and issues of professional training of future teachers, improvement of the standard and content of education are urgent issues. Full performance of the specified tasks directly depends on the physical education system.

Implementation of physical education is one of the pedagogical tasks aimed at solving the tasks of strengthening health, education, development and upbringing, increasing the level of health of a person, strengthening natural strength, body parts in accordance with the principles of hygiene and physical activity. abilities. performs movement exercises independently, constantly develops himself, teaches to walk cheerfully and cheerfully. The health and healthy lifestyle of our future generation directly depends on the personality of the school teacher, the level of his theoretical and practical training in a higher educational institution.

In this regard, it is necessary to consider the organization of the implementation of the system of physical education of future teachers as a component of professional training. Physical

education and sports specialists should participate in solving complex social problems and be their spiritual leaders in solving educational and educational tasks in accordance with the psychological characteristics of students.

The use of new technology in physical education classes for students is subject to the general laws of education and training. Therefore, in the process of its implementation, it is necessary to follow the general pedagogical positions that reflect these laws, taking into account the age and gender characteristics of physical education. These positions include: comprehensiveness, awareness and activity, step-by-step action, repetition, visibility, individuality.

The continuity of the educational process is reflected in three main principles:

- a) the educational process should be multi-year and year-round;
- b) during the lesson, the effect of each subsequent lesson should leave a layered impression on the previous lesson, because the positive changes in the organism of the young student as a result of previous lessons should be strengthened and matured;
- b) rest should be sufficient to increase the recovery of working capacity.

The position of gradually raising physical loads to a higher level is associated with a constant increase in their volume and intensity, and the gradual complexity of the requirements for training students.

The gradual increase in the complexity of the lessons should correspond to the preparation capabilities and levels of the students and ensure the continuous improvement of their sports achievements. The state of wave-like changes in body loads indicates that their dynamics are wave-like, as it can be characteristic of a small part of the educational process or even lessons and a whole period.

Any type of sports technique and methods of teaching it to improve it have positive aspects, but it cannot fully ensure fast and effective training by itself, therefore, all methods are used in the process of learning sports technique in a complementary way. They are often used simultaneously.

Sport is the dominant form of physical culture, and this word is often used as a synonym for "physical education". Sports can be considered a system of physical training results, as this term refers to the pursuit of physical achievements based on norms and rules, exercises and competitions.¹

The term "sport" is applied to different fields depending on what goals are set for the student or who participates in certain sports activities. These are children's and youth sports, mass sports (leisure time, recreational sports), as well as amateur and professional sports with high results (teenagers and adult athletes). Increasing competition in international sports fields has made sports one of the most active areas of human activity. Physical culture is objectively a

¹Usoltseva S.L. Actualization of the dominant physical qualities of the student to increase the level of engine training: dissertation ... candida pedagogic science. - Yekaterinburg, 2006. - 153 p.

field of public initiative. This is an important factor in forming an active life position. In a number of studies, students who regularly participate in physical education and sports activities and are very active in them form a certain stereotype of the daily routine, increase confidence in behavior, "authority relations, means the formation of flexibility of movement and education of the qualities of appropriate body formation. Analysis, structures - goals, general and special (special) tasks, methods and principles, theoretical and practical content of educational materials specific to educational and sports institutions on the organization and management of the educational process in general education schools. He showed that he entered the field of education and a specific direction. The beginning of the student-athlete's chosen path in this field of education will be the specific structure or content of the initial period of schooling. methods and principles, theoretical and practical content of educational materials. He showed that he entered the field of education and a specific direction. The beginning of the student-athlete's chosen path in this field of education will be the specific structure or content of the initial period of schooling. methods and principles, theoretical and practical content of educational materials. He showed that he entered the field of education and a specific direction. The beginning of the student-athlete's chosen path in this field of education will be the specific structure or content of the initial period of schooling.

Improvement of technologies of development of physical education of students using non-traditional means of teaching in physical education classes; moral education of students in physical education classes, changing the psychophysiology of a person through physical education: forming self-regulation; improvement of physical education lessons through interdisciplinary communication; development of physical abilities through spiritual values; development of psychophysiological abilities of a person through recreation; development of mental energy capabilities and physical education, etc. can be achieved.

We paid special attention to the implementation of the principle of subject-subject relations in the rational system of physical education of cadets with a programmatic approach to the methodology of teaching physical education. All activities within the system were carried out on the basis of classical principles.

The procedural nature of the interaction of subjects of physical education is its main element. It should be noted that the systematicity of physical education, according to experts, is also reflected in the fact that each system can have an infinite number of different sub-systems.

The educational effect of physical education is related to the implementation of forms of education combined with training, as a result of which "educational training" appears and is implemented. It is known that educational education does not realize its goals and tasks, tasks and opportunities by itself. To achieve them, a specially organized educational activity is needed in each training or event. If there is no such activity, this mechanism "does not work",

being limited to the implementation of didactic goals and tasks. If such activities are organized, teaching becomes education.

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