

THE CONCEPT OF PHYSICAL ACTIVITY

Ismatulla Tukhtanazarov, Lecturer,
Ferghana State University, Uzbekistan, Ferghana city

ABSTRACT:

This article highlights the concepts of healthy lifestyle and physical activity. In particular, the article explores the interrelated aspects of a healthy lifestyle and physical activity.

KEYWORDS: physical education, physical activity, physical culture, upbringing of a healthy generation, healthy lifestyle, modernization

INTRODUCTION

In many countries around the world today, people are running to improve their health. Running for healing has now been tested, and folk wisdom has laid the groundwork for its use. It is no coincidence that less than 3,000 years ago on the Forum wall in Hellas (Greece) was written: "If you want to be strong - run, if you want to be beautiful - run, if you want to be smart - run." This is now confirmed by scientific research.

Knowing how to live and work is great enlightenment. Life honors quality, productive, meticulous performers. The proverb "If you work, you will enjoy" defines the demands of everyone's life. Today's market economy lives by established rules, which require theoretical knowledge, such as diligence and business acumen, proper rest, quick and good rest.

METHODS

It is no secret that the result of unhealthy lifestyle and insufficient physical activity causes unpleasant situations among the population, among young people, namely - non-communicable diseases such as cardiovascular disease, malignant tumors, chronic respiratory diseases and diabetes. are the leading causes of death. They are mainly caused by risk factors such as high blood pressure, consumption of tobacco and alcohol products, high blood cholesterol, overweight, inadequate consumption of fruits and vegetables, and sluggish physical activity.

Spiritual and educational events organized in educational institutions, the introduction of the subject "Healthy Lifestyle" in the curriculum, articles published in newspapers and magazines, radio broadcasts, television programs to create a need for a healthy lifestyle in the younger generation, the benefits of such a life. aimed at creating the right image.

RESULTS

Indeed, a person's health depends in many ways on himself. To do this, he must lead his life wisely, live a healthy lifestyle and follow the requirements of a culture of life to prevent any disease. According to the definition of the World Health Organization: "Health is a disease,

not the absence of any defects, but physical, mental (mental) and social well-being." Health cannot be bought with any material wealth and money. A person can live happily only when he has good health.

"A healthy lifestyle includes increasing a person's cultural and physical development, productivity and creativity. A healthy lifestyle is one of the key measures in disease prevention. A healthy lifestyle allows a certain amount of mental and physical needs to be met satisfactorily"[4, 85].

DISCUSSION

Objectives of sports training: the requirements of health promotion and spiritual education, the harmonious development of the individual in all respects; mastering sports techniques and tactics; development of physical, mental and volitional qualities specific to the chosen sport, acquisition of practical and theoretical knowledge in the field of sports hygiene and self-control. During the training, not only high skills, but also health, development of physical qualities, hard work and acquisition of vital skills necessary for the defense of the Motherland are solved.

Physical culture is a set of achievements in the creation and rational use of special tools, methods, conditions for the purposeful realization of the physical maturity of members of society.

Physical training is a set of test exercises that determine a person's health, armed with special knowledge, the formation of vital movements, skills and abilities, as well as the level of development of physical qualities.

Physical development - the gradual natural formation of the human body - is the process of changing its appearance and function.

Physical activity. Exercise-related lifestyle, exercise, physical education and sports are one of the important factors of a healthy lifestyle, and active movement, ie exercise, plays a key role in a person's healthy lifestyle.

In order to develop sports in our country, decrees and resolutions have been developed, which have laid a solid foundation for the development of physical culture and sports, as well as the formation of a healthy generation.

Awakening of love for physical education and sports in everyone begins with the family. Most importantly, physical education and sports as one of the foundations of a healthy lifestyle serve to increase the opportunities and potential of young people, their physical and spiritual development. Regular physical activity and sports stimulate the child both physically and mentally, his whole body develops in harmony.

CONCLUSION

This means that everyone should exercise to the best of their ability, with the amount of physical load the body is accustomed to doing, which is a guarantee of physical maturity. The basis of the theory of fitness training is the recommendation to increase the load norm slightly after feeling the ease of performance compared to the period when the exercise was performed, and their full mastery by the trainee.

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