

Issues of Physical Health of Young People

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Abstract: this article covers important issues in maintaining public policy regarding the people, first of all, ensuring their healthy lifestyle, maturing them spiritually, intellectually, physically and morally, getting quality education and ensuring wellness and effective use of sports infrastructure.

Keywords: healthy lifestyle, physical perfection, wellness, physical education, functional training, neighborhood, exercise, spirituality.

In our country, a lot of work is being done on attracting young people to regularly engage in physical education and sports, promoting a healthy lifestyle in society, ensuring the effective use of physical education, wellness and sports infrastructure. In maintaining a state policy on young people, it is considered important first of all to ensure their healthy lifestyle, to mature them spiritually, intellectually, physically and morally, to obtain a quality education, to create and support sufficient conditions for their manifestation of talents.

Head of State It is no coincidence that Sh.M.Mirziyoev put forward 5 important initiatives to raise the morale of young people and the meaningful Organization of their free time. In particular, the second initiative is aimed at physical conditioning of young people, creating the necessary conditions for their ability to show in the field of sports. Over the past period, large-scale work has been carried out to promote physical education and sports in our republic, region, in particular, Bukhara State University, to ensure compliance of young people with a healthy lifestyle. The activities of sports clubs were revitalized, mass sports began to be held regularly. I think that the conference organized today will also serve to promote physical education and sports, determining the scope of work to be done in this regard [1,4,6].

The road map, compiled with the aim of ensuring the implementation of the state program on the development strategy of the new Uzbekistan for 2022-2026 and its implementation in the "year of glorification and active neighborhood", also sets out tasks for this direction. In particular, special emphasis was placed on the formation of a desire for a healthy lifestyle in young people, as well as the creation of conditions for the meaningful Organization of youth leisure and the mass development of youth sports [2,3].

In order to have a healthy child, young people were required to have grown up in a healthy family with a healthy lifestyle, and they were also willing to provide physical and spiritual education to their children. In the later period, the spiritual heritage of the peoples who occupied Central Asia was also widely appropriated. Indigenous peoples have adopted in their place the physical-rich heritage of nomadic peoples. Such influence can be seen through the Kushan culture of Central Asia, the culture of Turkic peoples. During this period, we find in the scientific literature that exercises with horses, combat exercises and other physical exercises and exercises that will be needed in it are widely used by Indigenous Peoples. Berunius, Phorobius, Ibn Sina, and our other allomas recorded that they themselves were directly engaged in physical exercise, while revealing the theoretical foundations of physical maturity. Physical maturity required a

person to engage in constant training according to Ibn Sina's views. Ibn Sina's views are valuable to coaches, mentors, and young people who still serve in the sport today, regardless of the sport. When our allomas mean exercise in their views, a person understood the activities that he performs daily, running, walking, jumping, exercises performed on horseback and other physical activities. In their physical vision, special attention is paid to the health of the human body and the foods it needs to be healthy. The wide use of products created by nature is indicated [2,7]. These recommendations have not lost their relevance even today in order for our athletes to perform well in competitions on the world's sports fields. Today it is time to consider the importance of the components of the human factor, which were not previously given sufficient importance, not only theoretical perception, but also their historical value in practical activities. In particular theory, the attitude to physical education is changing both in production and in production. Signs of physical capacity of all types of Labor activate them, the level of human health is being taken into account. The concept of population wellness cannot be concluded as a theoretical study. The moment has come to reveal many components of this concept. It is necessary to understand this primarily in activating human activity, increasing the efficiency of its labor, creating conditions for a healthy lifestyle, firmly establishing the place of physical education of the individual [6].

It is necessary that physical education and sports are an integral part of the general culture of citizens of the country. At the modern stage of the development of a humane society, issues related to increasing the level of general physical fitness of students in the field of physical education and sports, the development of their talent are of paramount importance. The lessons of Physical Education organized in the traditional way are aimed at developing a certain physical capabilities of schoolchildren, the formation of knowledge and qualifications characteristic of those of this age, knowledge that meets the requirements of physical education. In the process of organizing such a training session, the physical fitness of children and the variety of opportunities for movement, teachers of physical education should fulfill their goals with each student individually or by dividing them into degrees[2]. However, little attention is paid to this issue in the educational process. An important aspect of the physical education of students in modern concept is that it is aimed at increasing the role of the problem of wellness in physical education classes. Unfortunately, this direction is not given enough attention in the educational process. The imperfection of the previously developed system for physical education classes is again that its main purpose is not to be a health-improving one, but to be structured on the basis of an educational character. In the school physical education system, as well as taking into account the physical development of students and functional training, physical exertion is the absence of an individual approach to exercises. This is due to the fact that the diagnostic methodology is partially not provided for in determining the level of physical fitness. In order to achieve an improvement in the physical fitness of society, especially children, physical education and sports should become an integral part of the daily lifestyle for all segments of the population [1,7].

The study of the factors of the origin of the dissatisfaction that arises with physical education and sports classes in those involved helps them to study the conscious attitude towards training, increasing their activity in the process of physical education classes. This is primarily due to the fact that students in the same class are not the same, their interest and turfitude of abilities. In the groups being taught, there may be such students that the educational material being passed on to them is already familiar, while the driving exercises may not cause any difficulties. In order for the participation of such students in classes to be taken into account by the teacher separately and melt to a relatively high result in their mastering, it is required to more complex re-develop the task assigned to them, to deepen the driving exercises.

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