

Important Features of Physical Education and Sports for Human Health

Mulladjanov Umid Akhmedovich ¹

Abstract

The article discusses the issues of the state of physical health of modern society, the negative dynamics of these changes is noted. The reasons for the decline in the quality of life are indicated, as well as possible ways to improve health by means of physical culture and sports are proposed.

Keywords: *health, lifestyle, motivation, nutrition, physical culture, sport.*

¹Physical education teacher at Termiz State Pedagogical Institute

Enter. For the 21st century, the topic of healthy lifestyle is undoubtedly relevant. Now this problem is becoming more and more popular, because the trends of environmental degradation, replacement of natural products with synthetics, and the rhythm of modern life have a negative impact on people's health. The World Health Organization understands health as a state of complete physical, social, and mental well-being, and it is clear that everyone has health problems in one form or another throughout their lives.

A good complex drug to solve all, but most of these problems are sports. The concept of sport includes the following: fitness; acquiring knowledge about the basics of physical culture and a healthy lifestyle; to achieve the optimal level of physical qualities. In addition to influencing the physical side of human development, sport helps to develop a person's psychological readiness for professional activity (passion, inner endurance and confidence in achieving the goal).

The purpose of the study. According to statistics, every year more than 300 people are recognized as disabled due to osteoporosis. 76% of them are people of working age. In order to prevent this disease, it is necessary to fight against a sedentary lifestyle.

Osteoporosis is not the only disease that can occur due to lack of physical activity. At the same time, there is a risk of cardiovascular pathology, obesity, insomnia and sleep disorders, neurosis-like disorders, cerebral circulation disorders, etc. To maintain and strengthen health, doctors advise spending time on physical exercises and turning to sports, as this has a beneficial effect on the human body. During moderate exercise:

- 1) strengthening of the musculoskeletal system - bones are resistant to stress, muscle strength indicators are developed, nutrition of oxygenated muscles is improved;
- 2) improvement of the cardiovascular system - the heart and blood vessels become more resistant, quickly get used to loads and quickly recover after them;
- 3) improving immunity and improving blood composition - with regular training, the level of red blood cells and lymphocytes increases, which allows the body to get sick less often and fight viruses and bacteria faster;
- 4) strengthening and development of the nervous system - increases speed, agility, improves movement coordination, and new conditioned reflexes are formed, as a result, the speed of nervous processes also develops;
- 5) improving metabolism - there is an effective regulation of the content of sugar and other substances in the blood;
- 6) improving the work of the respiratory system - due to the body's need for oxygen, breathing becomes stronger and deeper, the vital capacity of the lungs increases;
- 7) changing attitude to life - physical activity helps to eliminate sudden mental changes, reduce depression, nervousness, and contribute to the formation of an incentive in people's life.

To prevent the occurrence of many diseases, as well as to strengthen your health, you need to choose a suitable sport. There are many sports for all ages and abilities:

- 1) swimming - this sport is very suitable for women, because in this process muscles are strengthened, fatigue is not felt, besides, water is a subject of relaxation and allows to calm the nervous system.
- 2) running - it is useful to maintain uniform movement and running speed, this type of sport has

a good effect on the figure, improves blood supply.

- 3) riding a bicycle - it allows you to tense the calf muscles, strengthen and get a beautiful shape of the buttocks, and improve blood supply.
- 4) jumping rope is the simplest and most effective means of maintaining physical condition, regular exercise can improve blood supply, but this sport is prohibited for people with leg vascular diseases and heart failure.

The variety of sports is not limited to this list. Each type is useful and interesting in its own way, so a person can try himself in any of them and choose the most suitable one. There are no age restrictions in sports: even if an elderly person wants to swim or do sports, it will only have a positive effect on the body and will bring relief and fun.

The usefulness of sports is indisputable, but do not forget that excessive loads can have a negative effect on the body, so you do not need to tire yourself with long daily exercises. This is enough to maintain health:

- ✓ 30-minute interval training per week that reduces the risk of developing diabetes;
- ✓ 2.5 hours of any moderately intense physical activity that reduces the risk of cancer;
- ✓ Walking 3 hours a week to relieve symptoms of depression;
- ✓ 7.5 hours of any activity per week, which reduces the risk of early death;
- ✓ 2 hours per week of any aerobic exercise of moderate intensity, which allows you to concentrate better;
- ✓ 1.5 hours of any activity that allows you to maintain normal blood pressure.

Summary. Sport plays an important role in human life, its diversity contributes to multifaceted development and makes people resistant to negative factors of the surrounding world. Sports activities develop physical data, educate character, harden the body, make a person strong and durable, most importantly - strengthen his health, this is an important quality, because maintaining health is one of the main tasks of a person, especially in the modern world. Thus, in addition to personal benefits in the organization of their motor activity, there are also state motives for improving the physical performance of the country's population, all its layers. This is evidenced by many promising laws and decisions in the field of physical education and sports recently adopted in the Republic of Uzbekistan. It's a reasonable aspiration that pays off if done successfully.

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