



SOCIAL SIGNIFICANCE OF PHYSICAL EDUCATION IN SOCIETY

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ABSTRACT	KEY WORDS
In this article, the essence, purpose, tasks of wellness technologies in modern conditions, as well as the relevance and importance of wellness technologies in physical education and sports, the functions of physical wellness in the formation of a healthy lifestyle today, and international experiences are scientifically based.	prevention, individualization, sports, optimization, recreation

Introduction

After the independence of the Republic of Uzbekistan, we can see that there is a gradual improvement in all areas. Physical, political and spiritual changes are a renewal in the system of universal human values, all personal needs, requirements and benefits of a person are being promoted to the first place, especially the spiritual, moral and physical capabilities of the growing young generations are increasing. not a secret today.

A number of decisions and decrees of our head of state on the formation of a healthy lifestyle in society, strengthening the health of the population, raising a physically healthy, intellectually rich young generation, ensuring the wide involvement of the population in physical education and sports developed.

MAIN PART

On December 28, 2018, in the address of the President of the Republic of Uzbekistan Sh.M. Mirziyoyev to the Oliy Majlis, "...it is an urgent task to establish a healthy lifestyle in society, to popularize physical education and sports. To develop sports rapidly, to encourage athletes who have achieved high results in international competitions." and we attach great importance to support from now on." In recent years, one of the most important tasks in our Republic is the development of mass sports. The task of educating mentally healthy generations and future patriots of independent Uzbekistan ultimately rests with educators and specialists.

According to the topic, regarding the relevance and importance of wellness technologies in physical education and sports, wellness technologies are primarily aimed at maintaining and strengthening human health through physical culture. Fitness performance is a mandatory component of any form

of exercise. In this regard, all components of physical culture (sports, basic, professional-practical, health and physical culture) perform the functions of health.

Health technology is a medical-pedagogical and social science. undertakes. The main purpose of health care is to create a basis for the strengthening of the family, society, nation and state by controlling and ensuring the health of a particular person.

Health is the greatest wealth of man. Undoubtedly, health is the main condition for the realization of human biological and social functions. This is the basis of a person's self-awareness.

At the same time, in modern society, the need to strengthen health care with the help of physical education, including new and developing equipment and technical means, is increasing. This requires, first of all, specially organized activities designed to effectively solve health problems. One of the main goals of health technologies in physical education and sports is to urge that each person should strive to strengthen his own work capacity in the body, and that each person himself and others should create a "healthy lifestyle" and a healthy generation. to live in one's dream and to create an opportunity to achieve it, to encourage health, strengthening and longevity.

A distinctive feature of the use of wellness technologies is an optimal mechanism for optimizing and personalizing people's physical load, taking into account age, gender, labor and educational activities and health.

As a type of health care technology, they have their goals and objectives. The purpose of using health technologies is to improve the population. The goals of using health improvement technologies are:

- Increasing the functional capacity of the body;
- Prevention of diseases;
- Optimization of vehicle mode;
- Reduce fatigue due to active rest;
- Introducing healthcare technologies as an integral part of a healthy lifestyle;
- Development of professional activity.

According to the components of health technologies, it can be considered as a type of human activity as a result of human activity and as a set of subject values.

CONCLUSION

Forming a healthy lifestyle in our society, creating conditions for the population, especially the young generation, to regularly engage in physical education and mass sports, strengthening the confidence of young people in their will, strength and capabilities through sports competitions. , courage and patriotism, developing feelings of loyalty to the Motherland, as well as systematic organization of selection of talented athletes from among young people, and large-scale work aimed at further development of physical education and mass sports is being carried out.

A number of activities are being carried out to involve young people in mass sports in order to organize their free time in a meaningful way, to preserve and strengthen their health, and to involve mass sports in the social environment in order to strengthen the health of the population. It is one of the urgent tasks of today to educate the young generation about a healthy lifestyle and the harmony of medical culture and sports.

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