

## **THE IMPORTANCE OF PHYSICAL CULTURE AND PUBLIC HEALTHY SPORTS IN OUR COUNTRY**

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<b>ABSTRACT</b>	<b>KEY WORDS</b>
Fitness sports as part of physical culture of healthy lifestyle trainings serve to ensure the physical development of the population. It is organized by organizations and institutions that form the basis of ideological scientific-methodical, programmatic norms, as well as the physical culture of public health and control its level.	Healthy lifestyle physical culture, maturity of the human body, physical fitness, "subject of study", "public volunteer", "senior sport sport", "high-level high skill sport", fitness sport training.

### **Introduction:**

Our short-term history and its state system have shown that we need children who are not inferior to others in terms of knowledge and profession, who will do the work not at the tip of their hands, but sincerely, giving their heart, with courage and tenacity.

"Since time immemorial, our ancestors have lived with the dream of bringing up the sons of azamat who are able to protect their homeland, motherland and people from evil eye, calamity, and if necessary, ready to sacrifice their lives in this way. "

Relying on the invaluable experiences of respected grandfathers, they taught their children to live and work with their own thoughts in relation to various threats and aggressions. For their spiritual formation, education and training have great, bright goals. Those who brought up the high qualities of our people, such as kindness, kindness, and diligence, on the basis of the values of overcoming difficulties faced by one's family and country as a shoulder to shoulder.

Have proved to be inextricably linked with the high level of maturity and physical maturity of our boys and girls.

The pages of the past history of our people and statehood testify that the prosperity of our country, its development, its continuous unevenness, and the main weight of its triumphant steps have been borne by the youth and their physical fitness. It is also a historical fact that big battles, preventing fruitless bloodshed, and deciding the fate of the country, the nation, and the people were decided by the well-known wrestlers of the two opposing sides, and their physically mature husbands, who were organized before the battle. All of the above are related to the level of physical maturity of our nation, our people.

The highest stage of maturity of the human body is the perfection of his body, which is an eternal concept. The representative of the nation's height, stature, weight, appropriateness of his movements, appearance of his body, leading qualities of movement in his body can be seen through strength, speed, endurance, agility, mobility of joints, and training and education of muscles. appears.

Achieving physical fitness is a continuous, constant work process, which is related to training, making time and space for mass sports, theoretical knowledge and practical skills of physical culture of a healthy lifestyle. Up to now, the current model of physical development and further improvement of physical fitness of young people is not up to the current requirements, it has been emphasized several times by the President and through the decisions and instructions of the government. It is considered one of the current problems of the members of our society to enrich theoretical knowledge, practical skills and skills of the basis of healthy lifestyle and physical culture of young people .

Its solution relies on the most advanced national and universal knowledge, experience, traditions, and values of physical culture education, embodies them, and uses the model of physical maturity and physical perfection as a basis in the process of raising a spiritually rich generation.

The content of the conceptual approach to the physical culture of a healthy lifestyle is reflected in the future of the young generation, the level of physical culture of the President, his possession of it, all his speeches concerning the children of the country, and a number of works, manuals, pamphlets.

In particular, the work "High Spirituality - Invincible Power", dedicated to the youth of our country and imbued with the spirit of protecting them, gave a sufficient assessment of the lifestyle of our great grandfathers, who are still revered by the people of mankind. Their tenacity, their ability to choose the right way to live, to dedicate their lives to something, their understanding in understanding the meaning of the purpose of living, their courage in science, their intelligence, the oppression of their contemporaries, their bravery against man-made difficulties, scientific, theoretical, expressed by a practical proof.

The fact that our grandfathers were worthy of an example indicated that we should not look for ideals in life. Their way of life, their life, which is considered as the leading tool for the formation of our national spirituality, is described in the great book of our holy religion, "Four Muchasi Soglarin" and emphasized that they lived according to the will of the Creator himself.

In this work, which is worthy of a place among the historical works, our intelligent grandfathers are described not only as humane, humanitarian, loyal children of their country, but also as humane, philanthropic, loyal children of their homeland, in addition to their achievements in science, culture, art, literature, and social spheres, but also as the owners of their bodies, strong health, and physically high. has adequately stated the evidence that they are individuals.

Their thoughts about lack of movement, avoiding work, laziness, overeating, negative consequences of sleeping, and living a lazy life will not lose their importance for many years.

The project of healthy lifestyle physical culture "Development and improvement of the content and educational methodical complex of training for the formation of a healthy lifestyle and physical culture in young people has been included in the scientific and technical program of the continuous education system by the Ministry of Higher and Secondary Special Education of our Republic .

Analysis of special literature, including directive documents on school physical culture and sports in practice in our country - "Physical Culture Science DTSs", educational materials of educational institutions "Physical Culture Science State Programs", improvement of public health sports and its training, and shows that a healthy lifestyle is the main means of forming physical culture.

The sport of the peoples of the earth is mainly formed in the form of concepts with its content, structure, principles and special laws in the following form - "educational subject", "mass volunteer", "big sport", "high-order high skill sport".

Since the second half of the 20th century, the concept of "rehabilitation sports" has taken its rightful place in the content of the field experts and the science of sports theory. (L.P. Matveev, V.M. Vydrin, J.K. Kholodov, V.S. Kuznetsov, Sh.Kh. Khankeldiev, A. Abdullaev and others).

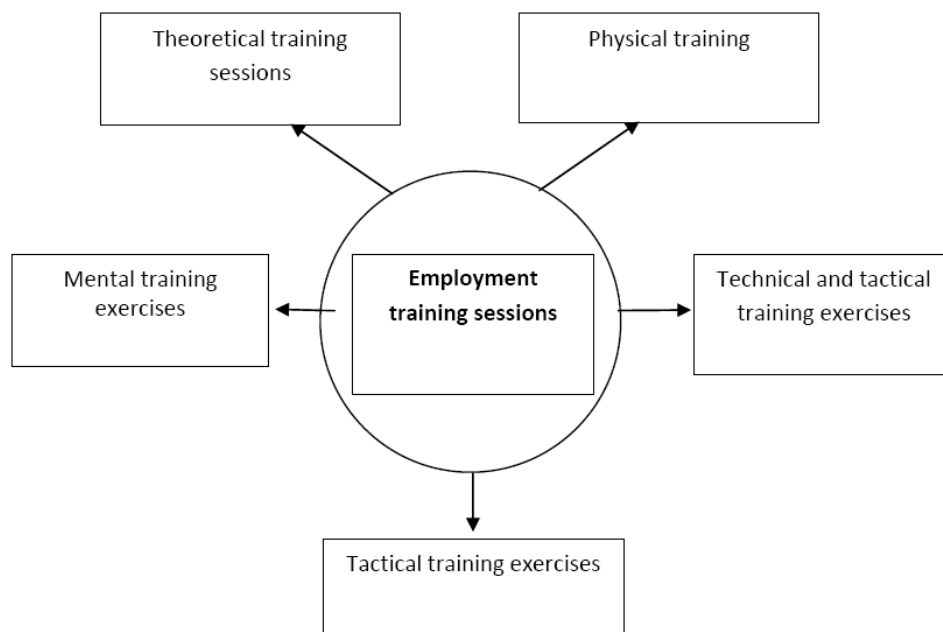
***Fitness sports as part of physical culture of a healthy lifestyle trainings*** serve to ensure the physical development of the population. It is organized by organizations and institutions that form the basis of ideological scientific-methodical, programmatic norms, as well as the physical culture of public health and control its level.

*Sports activities* are mainly conducted in the form of sports training. The main task is aimed at improving the athlete's skills. In the process of sports training, the shape and function of the body changes, the physical development and fitness of the body improves. Participants set the goal of mastering the technique and tactics of sports exercises, other professional-practical qualifications and skills, as well as special knowledge. Sports training has an impact on the mental, emotional and most importantly intellectual preparation.

## Leading tasks of sports training:

- 1) by improving physical development and strengthening health - ensuring physical fitness;
- 2) by acquiring sports and other physical exercise techniques - *to ensure technical readiness* ;
- 3) by mastering sports tactics - *ensuring tactical preparation* ;
- providing theoretical preparation* by teaching a number of knowledge ;
- 5) through the development of intellectual, spiritual, emotional and other specified characteristics - *ensuring mental readiness* (see the diagram).

**Drawing 1**



In conclusion, we must say that it has been proven that it will be problematic to achieve the necessary level of physical development, physical fitness (physical status) of a member of society without the theoretical knowledge of the culture of health care, without targeted training as a means of training, and without knowledgeable specialists of the field who organize and conduct them. .

The monitoring of the somatic health of different strata of the population is based on the knowledge of the energy consumption of their organs and structures, which occurs as a result of actions, and the introduction of theoretical knowledge and practical skills related to the mechanism of this energy recovery.

Mass fitness sports training is considered the main training in the content of physical culture of a healthy lifestyle, and does not set the task of developing movement qualities of the participant's organism during the training. In other words, the leading task of the health training mentioned above is not to achieve high sports results, but to spend his free time actively resting, to satisfy his interest in sports, to test whether his ability is sufficient or not for this sport, and most importantly, to create muscle tone in his body for this day, week and month. , is to improve the state of somatics. In addition, it is necessary to test the level of service activity of the organism through these means, to identify the defects in the functional state that are coming to the surface.

The word "volunteer" was added to the concept during the time of the former Union . This concept is to "friend" the members of our society of all ages with their free time, to "friend" the owners of healthy lifestyle physical culture with physical exercises, to train the body, to use it as a means of health, to spend the extracurricular time of children, students and youth usefully. it is carried out according to the desire and initiative.

According to its content, mass-volunteer sports are sports that many people can play at the same time or that many people like to play - mini-football, football, volleyball, basketball, handball, athletics, walking, running, swimming, chess, checkers and other sports. types are established through the process of mass engagement according to their wishes.

Voluntary participation in various kinds of action games, national games and national sports with their own rules and playing field is not an exception.

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