



## THE SOCIAL SIGNIFICANCE OF PHYSICAL EDUCATION IN SOCIETY

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### ABSTRACT

In this article, the essence, goals, objectives of health-improving technologies in modern conditions and the relevance and importance of health-improving technologies in physical education and sports are scientifically substantiated by its functions of physical health-improving in the formation of a healthy lifestyle today, international experiments.

### KEY WORDS

prevention, individualization, sports, optimization, recreational.

### Introduction

After the independence of the Republic of Uzbekistan, we can see that every increase in all areas is taking place. It is no secret today that physical - political and spiritual changes are being brought to the fore by renewal in the system of universal values, all personal extremes, demands and spirituality of a person, especially the spiritual, moral and physical capabilities of the growing younger generations are further increasing.

A number of decisions and decrees have been developed by our country leader in the formation of a healthy lifestyle in society, strengthening the health of the population, raising a physically healthy, spiritually rich young generation, ensuring the widespread involvement of the population in physical education and sports.

### MAIN PART

On December 28, 2018, President of the Republic of Uzbekistan Sh.M.In Mirziyoyev's appeal to the Oliy Majlis, "...finding a healthy lifestyle in society, further popularization of physical education and sports is an urgent task. From now on, we attach importance to the rapid development of sports, the promotion and support of athletes who have achieved high results in international competitions." In recent years, one of the most important, important tasks in our Republic is the development of ommovy sports. The task of independent Uzbekistan to educate spiritually healthy generations, future Patriots, ultimately falls on teachers and specialists.

According to the topic, in terms of the relevance and importance of wellness technologies in physical education and sports, wellness technologies are primarily aimed at ensuring the preservation and strengthening of human health through physical culture. Wellness efficiency is a mandatory component of any form of exercise. In this regard, all components of Physical Culture (Sports, basic, professional-practical, wellness and Physical Culture) perform wellness functions.

Wellness technology is a science of the medical and pedagogical and social category and takes on such tasks as studying the necessary factors and methods of educating and improving the manifestation of a nation in which both physically and Ruhan are healthy, and introducing them into marriage. The original goal of wellness is to create the basis for the independence of the family, society, nation and state by controlling and ensuring the health of the mauyan individual.

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

Meanwhile, in modern society, the need to strengthen health is growing with the help of physical education, including new and developing equipment and technical means. This requires, first of all, a specially organized activity designed to effectively solve health problems. Wellness in physical education and sports one of the main goals of technology is to encourage everyone to seek to improve their internal capabilities in the human body and to create a "healthy lifestyle "for themselves and others, as well as to create opportunities to live and achieve the dream of a healthy generation, to maintain health, strengthen and promote longevity.

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

As a type of wellness technology, they have their goals and objectives. The goal of using wellness technologies is to improve the population. And the goals of applying wellness technologies are:

- Increase the functional capacity of the body;
- Prevention of diseases;
- Engine mode optimization;
- Reducing fatigue due to active rest;
- Introduction of health technologies as an integral part of a healthy lifestyle;
- Development of work activities of Professional importance.

In accordance with the components of wellness technologies, as a result of human activity and as a set of subject values, can be considered as a type of human activity.

## **Conclusion**

The formation of a healthy lifestyle in our society, the creation of conditions in accordance with the requirements of the time for the regular practice of physical education and mass sports of the population, especially the younger generation, the strengthening of confidence in their will, strength and capabilities in youth through sports competitions, the perfection of courage and patriotism, feelings of loyalty to the A number of works are being carried out on the meaningful Organization of youth leisure activities in order to preserve and strengthen their health, to involve them in mass sports and to attract mass sports to the social environment in order to promote the health of the population. Giving dreams to the younger generation about a healthy lifestyle and a combination of medical culture and sports, instilling in their minds is one of the current virtues of today.

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