



THE ROLE OF MASS SPORTS IN THE UPBRINGING OF A HARMONIOUSLY DEVELOPED GENERATION

Askarov Mukhriddin Alisherovich

Master Student, The Department of Theory and Methodology of Physical Education and Sports, Namangan State University, Uzbekistan

Oripova Nigora Makhsutali qizi

Master Student, The Department of Theory and Methodology of Physical Education and Sports, Namangan State University, Uzbekistan

Askarov Akhliddin Alisher ugli

Third year Student, The Department of Theory and Methodology of Physical Education and Sports, Namangan State University, Uzbekistan

ANNOTATION

Human health is the most important asset. This puts the family, school, and other institutions in the area of upbringing and education in a healthy way of life. The health of the nation is also naturally resolved through a healthy lifestyle. Health is a balanced unit of biological, psychological, physical and labor activity of the human body. Health is a happiness for everyone. In this article role of sport in upbringing healthy generation is discussed.

KEY WORDS: *sport, healthy lifestyle, living, human*

DISCUSSION

Labor productivity of human is a prerequisite for the development of the economic potential of the country and the wellbeing of the people. A conscious and responsible approach to health, which is a nation's property, should be the standard of living and morality of society and all its members. In order to maintain and strengthen health, one must first be aware of the regularities of the structure, functioning, growth, development and reproduction of all the tissues and organs of the body. It also requires a thorough understanding and creation of the conditions necessary for the preservation and enhancement of these biological characteristics that are inherent to all human beings.

Creation of necessary conditions and opportunities for upbringing healthy and harmoniously developed generation in our country, realization of creative and intellectual potential of young people, upbringing of young men and women of the country, fully developed students are out of importance. The year 2010 has been declared the Year of Harmoniously Developed Generation in the

Republic of Uzbekistan for the purpose of implementation of wide-ranging targeted measures on the country. The program promotes healthy lifestyles among young people. Implementation of comprehensive measures to protect against drug addiction, various fatal threats, as well as religious and extremist influences that are alien to us are put in the first place. Healthy lifestyles - philosophical, psychology, pedagogical and general physiology, anatomy, hygiene, genetics, ecology and other natural sciences, are based on the methods they rely on.

Under the project "Healthy Lifestyles", students have been trained to apply the healthy lifestyles in their activities. In order to create these courses, the qualities that students need to develop are improved. Below you will find the basic set of healthy lifestyles, special courses and the skills to promote healthy lifestyles.

The main health care measure is the medical service. The high level of awareness raising among the population, the increased emphasis on healthy life style, the regular exercise in sports significantly reduces the incidence of heart disease in many



countries. Exercise-aerobics and scraping, developed by American scientist Kenneth Cooper, have been used extensively in many countries, have helped many people improve their health, and are an effective means of preventing heart disease.

The person must be mentally and physically strong. Healthy lifestyle promotes cultural, physical development, labor productivity and creativit. The main components of the healthy lifestyle are effective work, personal hygiene, abstinence from bad habits, and proper nutrition at regular intervals, physical training, and regular exercise. Healthy lifestyle is one of the key preventive measures. It allows a certain number of psychological and physical requirements to be satisfied. Every day, there are a growing number of health slides: exercise, diet, sleep, bathing, and more. Everything should be aimed at one goal - to improve the health of people.

The transformation that is taking place in our society is the most important task of bringing up and educating a person who has an independent mind in the process, who has a clear purpose in life, and who is committed to a healthy lifestyle. The physical culture of healthy lifestyle requires daily routine and physical activity selection and planning to suit their age and physical fitness. The main issue is how to organize your activities and how to do exercise to meet the stated needs. It depends on the type of workout you choose to do, based on age and individual characteristics. Someone chooses to walk, run, swim, ride a bike, lift a 1-2-pound pack of stone, and some other sport they like. The physiological focus of various types of exercise above is mainly on the development of strength and endurance, leading qualities of the body's health. This training not only prepares a person for high-performance (mental, physical) work, but also facilitates life and practical skills, such as coping with the difficulties of social life, overcoming them, and coping with extreme situations in peace and war.

The results of the sociological survey showed that students do not have the necessary knowledge and skills in choosing one of the popular sports. Students (63%) who believe that they have a healthy lifestyle, physical culture feel it is important that they become accustomed to regular sports during their school years (37%). Because of the current lifestyle, they noted that they have more time (40.1%) for passive activities. The need for computers, phones, television, etc. is the cornerstone of modern day life. Regular exercise in the field of physical activity and the promotion of good health also raise the question of how to choose the right kind of sport. The solution depends on the individual's physical abilities, their training and fitness. Examples include lower body weight, hand wrestling, backpacking, swimming, table tennis, soccer, gymnastics, boxing, tourism, chess and more.

For middle-aged athletes such as handball, individual wrestling, volleyball, tennis, badminton, national wrestling, track and field athletics, and basketball. But this does not mean that they cannot be involved in other sports. Because each person is different from his / her own interests, the movement, and liking it. They are not engaged in the pursuit of a sport they like, or they can take into consideration the good conditions for those sports the goodness of the base, their proximity, their favorite coach and more.

In addition, 18-24 years are the first stage in the body's maturity, with periods of high load and energy consumption. It has been proven in practice that during this period a certain mode of action, the formation of a habit becomes a lifelong habit. According to V.D.Chernyavsky, the following types of physical activity can be included in the weekly exercise regime: games (30-60 minutes 2 times a week), special exercises (5-7 minutes 2-3 times a week) and active forms of work and leisure.

Physical culture, mass sports and its categorization are our nest topic. Humankind has passed through the gates of the 21st century with great triumphal movements and is in the social sphere but to solve problems such as successes, victories, difficulties, puzzles, crises and ways to overcome them. The physical culture and sports of the members of our society, especially the youth, are no exception. Practically all countries are taking steps to intensify the search for and implement new ideas and methods of physical culture, sports, and to develop innovative projects, new programs, projects and more. A number of leading, wealthy countries in the world also have a high physical image of the USA, Germany, China, Japan and others.

Local and foreign researchers have shown that improving and preventing health, healthy lifestyle physical culture, mass sports, combining and incorporating various forms of training and finding effective methods that do not require significant financial costs. It plays an important role in addressing the goals and objectives of use. Physical culture is the set of achievements on creation and rational use of material, spiritual values and special means, methods and conditions for the purposeful realization of the members of society.

Physical culture is a product of certain historical conditions, wealth and property of the people, and remains a common imperative for the full development of the individual. Physical culture is an area of social activity that is part of the universal culture and is aimed at strengthening human health and developing physical abilities. The main indicators of the physical culture of the existing society are the health and physical well-being of people, the role of physical culture in education, in production, in life, in sports, and so on. Physical culture, speed and physical inclusion of a member of society with the level of



inclusion of physical culture in the daily life of the body, using the necessary material and technical base for the achievement of its physical health, perfection and development are very important. To meet the requirements set by biological age, possess vital skills and skills related to healthy lifestyle etiquette and traditions, interpersonal relationships, attitudes, ethics, and behavior are of great importance.

In the upbringing of a harmonious generation, a person does not have time to rest during fatigue, family tension, physical and mental stress, excessive mental activity, disruptions in his or her life, living, working and others, what is missing can lead to anxiety.

Stress factors, which have a constant effect on the upbringing of the adolescent generation, increase the metabolism disturbance in the human body, lead to the destruction of brain cells and memory. It reduces human capabilities and leads to impairment of activity. In upbringing harmoniously developed generation the followings lead to a better life:

- Healthy lifestyle, nutrition, good rest, physical education
- Goodwill, creative activities, leisure activities
- Hygienic factors

REFERENCES

1. Abdullaev A, Honkeldiev SH. "Theory and Method of Physical Education", 2007
2. Azimov I, Sobitov SH. "Sport physiology" Tashkent -1993
3. Ahmedoa N.K. "Atlas of Human Anatomy" Tashkent – 2006
4. Ashmarin B. A and others "Theory and Methods of Physics". 1990
5. Weinbaum Y.S. "Hygiene of Physical Training", Tashkent, 1988
6. Goncharova OV "Development of physical abilities of young athletes", Tashkent, 2005
7. SH. Honkeldiev, A. Abdullaev, Yu. M. Kasach, R. Hamrakulov, A. T. Hasanov, M. M. Yuldashev "Physical Culture of Healthy Lifestyle", Fergana, 2010
8. Aminov V. Healthy lifestyle is the key to strengthening the human factor. Tashkent, 1999.
9. Arzikulov R. Fundamentals of Healthy Lifestyle, Tashkent, 2005
10. Makhkamov M, Sodikov K. "Let's create a healthy generation", Tashkent, "The teacher", 1996.
11. Rassuov A.S. Khalimova D.A. "Healthy Lifestyle" Tashkent, Ibn Sina, 2003
12. D.J. Sharipova, G.S. Fuzailova, G.A. Shakhmurova, M.T. Toirova, M. Turkmenova, D. Zufarova "Healthy lifestyles in students", Ferghana, 2010

INTERNET SITES:

1. W.W.W. Ziyonet
2. W.W.W. Sport education