

Physikalische bildung und sport und studentengesundheitsfaktor

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Zusammenfassung: In diesem Artikel werden Leibeserziehung und Sport als Faktoren für die Gesundheit der Schüler betrachtet, die sich in der Avesta, dem Koran und den Hadithen widerspiegeln. Präsentiert werden auch die Ideen unserer Wissenschaftler, wie Beruni, Farobi, Abu Ali ibn Sino, über Gesundheit, die auf diesem Gebiet in der Republik geleistete Arbeit, die Ansichten von Wissenschaftlern.

Schlüsselwörter: Gesundheitsverbesserung, Bildung, Generationen, Jugend, Sport, Sport, Gesundheit, Avesta, Koran, Hadith, Gesetze, Verordnungen, Entscheidungen, Wirkung, Umsetzung, Medizin, Krankheiten, Mensch, Aphorismus, Entwicklung, Bedürfnisse, Abhärtung, Ernährung, Organismus, Bildung, Spiritualität.

Physical education and sport and student health factor

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Abstract: In this article, physical education and sports are considered as factors in the health of students, which are reflected in the Avesto, the Qur'an and hadith. Also presented are the ideas of our scientists, such as Beruni, Farobi, Abu Ali ibn Sino, about health, the work carried out in this area in the republic, the views of scientists.

Keywords: health improvement, education, generations, youth, physical education, sports, health, Avesta, Koran, Hadith, laws, decrees, decisions, effect, implementation, medicine, diseases, man, aphorism, development, needs, hardening, nutrition, organism, education, spirituality.

In Uzbekistan, the upbringing of a generation capable of solving large-scale tasks, developed both physically and morally, brought up in the spirit of national and universal values on the way of building a free democratic society in our country was chosen as a priority strategic task.

On the path of wide disclosure of hidden human abilities, large-scale measures that take into account all its features can be highly effective. Today, without solving social, political, material, moral, physical, environmental, ethical and other problems, it is impossible to achieve an improvement in the level of students' health improvement. Among the complex of these tasks in solving social problems encountered in all areas of human activity, his physical perfection acquires a special priority value.

A rapidly changing time requires a new look at the very concept of public

health. At the current stage of political, social, scientific and technological progress, only with the help of a holistic and consistent approach can one reveal the essence of such a concept as the improvement of society and determine its content. It should be noted that in the sacred book of Zoroastrianism "Avesta" a special place is given to the ideas of improving people's health. It tells about the upbringing of children, about their all-round development. The Avesto says that physical perfection is formed, first of all, in the family, and that both a man and a woman must be physically strong in order to ensure constant wealth in the family. Such good qualities of parents as striving for happiness and goodness, fun, physical perfection (maturity) had to pass from generation to generation, from parents to their children. Therefore, to create a new family according to "Avesto", a man was required, first of all, to ensure material well-being in the family, as well as moral, and at the same time, physical perfection. For the social security of new families, for the creation of their living conditions, it was required to provide them with the necessary kitchen and other utensils, as well as livestock for the supply of food products. For each newly formed family, it was customary to allocate a different livestock. In "Avesto" it is especially pointed out to the beneficial effects of milk and dairy products on the human body and its growth. For the birth of healthy children, their upbringing in healthy and physically strong, it was required that the young, entering into marriage, themselves had to be brought up in healthy conditions. During this period, it was customary to teach children to ride a horse, wrestling, archery and other exercises. These ideas are given special attention also in the holy book of Islam - the Koran and Hadith.

The theoretical foundations of physical perfection were developed by such scientists of the ancient East as Beruni, Farabi, Abu Ali ibn Sina (Avicenna) and others. According to their views, physical perfection required constant sports activities from a person. Ancient thinkers pointed to the benefits of daily physical exercise, incl. from running, walking, jumping, equestrian exercise, travel and other similar exercises. They also paid particular attention to the impact on health status and its strengthening by maintaining a correct diet and the timely use of essential foods.

At the same time, they pointed to the widespread use of natural products and their recommendations, and today they have not lost their importance and are still used to improve the health of people, as well as to improve the results shown by athletes on sports grounds. The opinions of our great ancestors remain relevant and have not lost their value to this day, not only for coaches and specialists, regardless of their sport, but also for young people involved in general developmental exercises, and for the improvement of the entire population.

Despite the fact that humanity has been taking care of its health since ancient times, the very concept of "population health" was first used in 1930 by N.M. Dobrotvorsky, after which it entered scientific use. At the same time, it was customary to look at a person as an element of the "man-machine" system, and the result of his actions, according to scientists, depended on the capabilities of the machine and the abilities of the person. Both of these components of the system have

the most precise and enormous possibilities and, at the same time, certain limitations.

The health of the population in this system and its methodological basis is a systematic approach that includes specialized research in the field of sociology and economics, pedagogy and psychology, physiology and anatomy, ethics and aesthetics, ecology, physical education and hygiene.

In the United States of America, the concept of public health is used as a direction of scientific research in order to increase productivity and safety at work, and the "man-machine" system is used in the design of the organization of production equipment.

In the United States, as part of the improvement of the population, the influence and possibilities of physical culture and sports on increasing labor productivity are constantly being studied. At the same time, the term "recreation" (Latin "restoration") is the main concept. In the West, a scientific direction is developing called "Industrial Recreation". A number of theoretical studies in this direction served as the basis for the creation of "industrial recreation". In the West, many leading business owners have long recognized the need and benefits of subsidies for the development of physical education and sports, and are receiving certain dividends from this. After gaining independence, it became clear that insufficient attention was paid to improving the health of the population. In subsequent years, the very attitude to physical culture changed. Nowadays, all the physical features of labor are taken into account, attempts are being made to activate them, the level of human health, and other components.

The revitalization of human activity consists of increasing the productivity of his labor, creating conditions for a healthy lifestyle, a solid definition of physical culture in the life of an individual. Without such research, it is impossible to take into account the physical and psychological recreation of a person in the process of work.

The fact that in the Republic of Uzbekistan sports and physical education were raised to the level of state policy, priority was given to the upbringing of a healthy and perfect generation, and the creation of comprehensively perfect laws and organizational foundations is one of the most important steps in this direction.

Everything is known that any state, any nation is strong not only for its above-ground and underground wealth, military power, production potential, but also, first of all, for its high culture and spirituality.

Therefore, as in other industries, in upbringing and education, fundamental transformations are also taking place, which are also observed in sports.

The Program for the Development of Physical Culture and Mass Sports for 2017-2021, adopted at the initiative and support of the President of the Republic of Uzbekistan Shavkat Mirziyoyev, in the Action Strategy for the Further Development of the Republic of Uzbekistan (No. 4947 dated February 7, 2017), Decree of the President of the Republic of Uzbekistan UP No. 5368 dated March 5, 2018 "On measures to improve the public administration system in the field of physical education and sports", as well as in other regulatory documents related to this area

The adoption of these decisions determines the policy pursued in the republic in

relation to sports and physical education. The events held, the competitions, as well as the attention paid to athletes, serve as proof of the above. The adopted laws, decrees and decisions will have a positive effect if they are implemented. In Uzbekistan today there are more than a hundred types of folk games, which are preserved and developed. It is thanks to them that dozens and hundreds of world-famous athletes have been brought up and perform in the international arena. Therefore, the Uzbek national games still remain the foundation for identifying talented athletes-nuggets from the people.

If sports facilities do not meet all the requirements for the training of athletes, they can cause various injuries to athletes.

According to medical research, the situation with the morbidity of schoolchildren is as follows: out of every 1000 children, 60 have postural disorders, from 20 to 50 suffer from myopia, about 30-40 people have cardiovascular diseases, 20-30 diseases of the nervous system. 150 people out of every 1000 graduates who graduated from school are recognized as unfit for military (combat) service. According to research conducted among students, out of every thousand students, 565 health does not meet any requirements. Over the four years of study at universities, the health of students has deteriorated by 8.3 times. During the period of independence, the state has carried out and is carrying out a lot of measures for the development and popularization of sports and physical education. In particular, the construction of many modern sports facilities on the ground and their provision with the most modern equipment can serve as proof of this.

It is impossible to develop sports only by providing students and youth with all the necessary material conditions. At the same time, it is also necessary to raise their spiritual world, to educate them in the spirit of national and universal values, taking into account the level of their consciousness, intelligence, interests. Especially, in this very difficult and full of dangers time, we must protect, first of all, our youth with its still not strengthened psyche, from attacks alien to us, our age-old foundations and national values, to preserve their consciousness from hostile attempts to capture their minds and hearts, which is one of the most important pedagogical problems of our time.

In order for our historical traditions and national values to take a firm place in the minds of young people, it is necessary to prevent processes and phenomena that can have a negative impact on their worldview and views, to develop methods of widespread popularization of sports and physical education among the youth. The development of sports will also make a significant contribution to our goal and policy of fostering compassion in our society. A person who considers himself a real athlete, who sincerely goes in for sports, never cheats on anyone's food, avoids such vices as rudeness, greed, jealousy, and does not have a negative impact on the environment. Such children never go to street obscenity and do not show their strength, because new human emotions enter a new look at their inner world through sports.

These ideas prove once again that the comprehensive development of sports and physical education is an important and priority task of today. Because it is through

sports that young people find themselves, together with them they learn to think independently and form such qualities as love for others, generosity, etc. All this is important for the upbringing of humanistic character traits among the representatives of society. Since sport is one of the necessary factors not only for strengthening the health of the population, at the same time it is one of the ways of their spiritual improvement.

You need to exercise on a daily basis to maintain your own health, which is the property of the entire community. As A. Schopenhauer writes in his book *Aphorisms of Worldly Wisdom*, our happiness is 9/10 dependent on health. There will be health, there will be everything else. Without it, even success, and a great fortune is not a joy. During illness, even a person's mental abilities deteriorate. On the path to achieving happiness, i.e. health, which the great philosopher pointed out, physical exercise is of no small importance. By its very nature, sport is humanistic. It helps to discover new, previously unknown possibilities of the human body and psychology. John Locke begins his famous treatise "Thoughts on parenting" with a section on physical education and devotes 30 chapters of the book to this. He quite broadly interprets the concept of "physical development" and includes such actions as hardening, nutrition, exercise, sleep, regimen, etc.

For the improvement of the population of the independent republic, physical culture and sports are of no small importance. For the formation of a healthy lifestyle, which is an inseparable part of social life, physical education, the promotion of sports and a healthy lifestyle, the transformation of physical exercise into a daily human need is one of the urgent tasks of the XXI century.

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