

## **Vorbeugung von Krankheiten und Stärkung durch Sportunterricht und Sport**

**D. K. Zaynobiddinov**

**Außerordentlicher Professor am Institut für Maschinenbau in Andijan**

**Andischan, Usbekistan**

**Anmerkung:** Die Faktoren, die die menschliche Gesundheit beeinflussen, sind vielseitig und beeinflussen sowohl positiv als auch negativ. Der Sportunterricht und der Sport waren immer die Hauptbestandteile bei der Stärkung der menschlichen Gesundheit und der Vorbeugung verschiedener Krankheiten. Im Artikel werden verschiedene Richtungen betrachtet: von Morgengymnastik bis zu physiotherapeutischen Übungen, als Indikatoren für die Verbesserung der Lebensqualität, des psychischen und physischen Zustands der Person.

**Schlüsselwörter:** gesunder Lebensstil; Prävention von Krankheiten; Sportunterricht; Stärkung der Gesundheit

## **Prevention of diseases and strengthening through physical education classes and sport**

**D.K. Zaynobiddinov**

**Associate professor at Andijan machine-building institute**

**Andijan, Uzbekistan**

**[dlshod196510@gmail.com](mailto:dlshod196510@gmail.com)**

**Abstract:** The factors affecting human health are many-sided and render both positive, and negative influence. Physical education classes and sport were always the main components in strengthening of human health and prevention of various diseases. In article various directions are considered: from morning exercises to physiotherapy exercises, as indicators of improvement of quality of life, psychological and physical state of the person.

**Keywords:** healthy lifestyle; prevention of diseases; physical education; strengthening of health

### **Introduction**

The physical education is one of the major elements in life of each person. Today it is already impossible to present our life without sport. The majority just likes to watch sports competitions, to support athletes, to rejoice to their victories and together with

them to endure defeats. But, unfortunately, not everyone independently daily is engaged in physical education, at least at the level of morning exercises. People cannot understand up to the end that the sport, having joined a stream of a current of their life, will be able not only to change several its course, but also well to affect the state of health not only physical, but also psychological. It is no secret, that physical activities reduce stress level, bringing psychological functions to a steady state. Health implies full physical, spiritual and social wellbeing.

**Relevance.** This subject is extremely relevant presently and occupies minds not only of physicians, but also ordinary citizens. The static character of modern society leads to deterioration in a condition of physical and mental health. It is important to draw once again the attention of the population to the created situation, to face the problems and to tell "yes" to a healthy lifestyle.

**The purpose** of work is consideration of ways of prevention of diseases and strengthening of health through physical education classes and sport.

There are different methods of strengthening and maintaining health. The system of these methods is called the healthy lifestyle (HL). Its components, besides physical activity, are also respect for personal hygiene, the correct food allowance, hardening, high-quality rest and lack of addictions that is important for the general state of health. Even at vigorous physical activity the non-compliance with other points will surely have an effect. It is impossible to achieve result, observing just one, association of all methods involves excellent result even if there will pass not a lot of time. But it is impossible to start something sharply, in everything preparation is surely necessary.

The morning exercises play an important role, only without forgetting to carry out daily morning exercises of people will be able to reach the best physical training, and then and physical perfection. It is important to make competently the plan of exercises, to pick up under specific features of the person. At the same time it is impossible to apply intensive loadings and also to bring itself to a condition of strong exhaustion. The morning exercises remove slackness and puffiness after a dream, bring nervous system into a tone, improve work as respiratory and are warm - vascular systems. Thanks to charging both the physical, and intellectual operability of an organism increases. Gradually removing something harmful and unnecessary and introducing into life something useful can be passed to new, more correct and healthy stage almost without serious consequences.

Because of a computerization in all spheres of society the people began to move less, their physical activity falls every year, and the state of health because of sedentary

work worsens. And though our present life cannot be presented without computer, but it is important not to forget to give rest to the eyes and charging to the muscles relaxed from sitting. There is a set of sets of exercises which can be done even in a workplace at office. Thus, muscles will not stand and the general state of health will not worsen so strongly.

One more factor which is not promoting strengthening of health is the car. If the distance allows, then it is possible to reach on foot. It will be useful not only for your purse, but also for a body. Daily walking strengthens health of heart, regulates blood pressure, improves blood circulation, promotes weight loss, reduces risk of diabetes, strengthens bones, muscles, improves digestion, enhances immunity, reduces stress, increases efficiency of the person.

Besides exercises during the working day there is also other way to remain in a tone during the sedentary work. The amateur sport is fine means for prevention and strengthening of health. If the road to professional sport can open not to everyone, then with amateur the situation is absolutely differently. Doors to it are open for all, only if the person is not forbidden to do this sport according to testimonies of the doctor. Loadings in amateur sport have to be dosed and feasible to avoid an overstrain.

One of the most useful sports is swimming. Unfortunately, not so many people do swimming all the year round. Polls show that only 15% of adult population find time for this sport within a year though trainings on swimming positively influence cardiovascular, nervous, respiratory systems, strengthen joints, form a correct posture, temper an organism, strengthen immunity, develop all groups of muscles, scoliosis and osteochondrosis treat and also increase efficiency of the person.

Each person should watch over the health. Health is rather strongly affected by heredity of the person and ecology of the environment, but there are also other factors which are also affecting it. Important not only to follow rules of personal hygiene, but also to regularly have examinations at the doctor. According to scientists of a condition and the way of life of people is the major factor affecting the state of health of the person. Thus, only the person more affects the health, and only he can or improve the state, or it is essential to worsen it.

With development of science the physical activities of the person become less. In ancient times people with own hand plowed the earth, cared for own ground, at the same time no speech about cars then existed. Today's day all similar work is mechanized, it does not require as much forces how many it was required earlier. There is less work,

connected with physical work, and more and more sedentary, not demanding special physical efforts. Such work becomes the cause of many diseases.

Today statistics shows that sick people become more and more, it is harder and harder to cope with physical activities to them therefore there is rather popular a medical physical education. Such type of physical education is treatment-and-prophylactic, helps to restore quickly and more fully human health. In addition it prevents emergence of complications of various diseases.

Physical exercises in medical physical education are applied as a nonspecific irritant which helps the patient to be rehabilitated and to be on the mend. These exercises restore not only physical, but also moral forces, help the person to move forward, motivate on achievement of the best results. The physiotherapy exercises, as well as usual, also use natural factors of the nature. Without enough air, the sun, water and other factors it is impossible to receive as much advantage how many it is possible to receive with them. Their favorable influence increases the speed of recovery of the patient.

Work therapy and mechanotherapy is in addition performed. Work therapy, by means of specially picked up labor processes, restores the broken functions of an organism. Mechanotherapy, by means of special devices, restores already lost functions of an organism.

Let's consider in what way physical activities influence a condition of human organs. If to speak about heart, then the number of beats per minute at the trained person are much less, than at not playing sports. The more blows makes heart, the more it wears out, and it means that trainings give a chance of longer, healthy life. Besides warm reductions at the trained person also metabolic rate decreases that too leads to more economical work of an organism and increase in life expectancy.

At a lack of movements negative changes in respiratory organs are observed. Amplitude of respiratory movements becomes less, and, respectively, the volume of residual air in lungs becomes more and more that leads to oxygen starvation. Oxygen is very important for a human body. Only thanks to it we can receive energy. Its shortage leads to emergence and development of a hypoxia.

The physical activity favorably affects immunity of the person. Thanks to it the immune system fights against various bacteria and viruses better, immunobiological properties of blood and leather improve.

In addition the physical activity helps to develop resistance of an organism to adverse factors of the environment. It can be not only the atmospheric pressure or

various temperatures, but also even some poisons or radiation. These data were received by scientists thanks to experiments with rats which were trained, and not exposed to physical activities.

Physical exercises remove a condition of a stress, bring positive emotions, thereby normalizing many functions of an organism. Under the influence of moderate loadings the efficiency of the person, ability to creative thinking increases.

Jogging is considered one of the most available types of physical education. This irreplaceable means for a discharge and removal of nervous tension. In a certain dosage, in combination with water procedures, it becomes one of the best methods of fight against insomnia. Tachycardia, asthmatic and bronchial manifestations. Moderate run or sports walking reduces risk of high blood pressure, heart failure, vascular diseases, infarctive or insultny states. Run promotes weight loss process, improves endurance of an organism, increases its immune forces. One of types of run is morning run which intensifies metabolic processes, improves brain activity.

### **Conclusion.**

It is impossible to challenge the fact that moderate physical activities well influence a human body. The lowered activity leads to development of various diseases, withering of an organism and reduction of life expectancy. And for persons of mature age the quality of life plays an important role.

People should treat more seriously physical education, as prophylactic of diseases and strengthenings of health. The sedentary life and lack of due physical activities are current problems of modern society. It is impossible to allow deteriorations in a situation, so it is necessary to carry out sports actions, to call people for participation in them and on own example to show how the sport strongly affects human health.

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