



## The Role of Sports Clubs in Forming a Healthy Lifestyle of Students

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**Abstract:** This article provides important recommendations for the organization of sports clubs with students, as well as for students in these clubs to introduce promote and widely apply the rules of a healthy lifestyle and compliance with it in practice and daily life.

**Keywords:** health, healthy lifestyle, proper nutrition, clubs, sports, training, sports.

Health is important for everyone at any age. In order to maintain and strengthen health, it is necessary to lead a healthy lifestyle.

Health is a normal psychosomatic state of a person, reflecting normal physical, mental and social well-being, ensuring the full performance of work, social and biological functions.

Human health is, first of all, the development of his mental and physiological qualities, the maximum duration of his life, the ability to work and maintain his social activity. According to many scientists, the functional capabilities of the human body and its stability to unpleasant factors from the external environment change throughout its life, because maintaining health is a dynamic process that improves depending on age, gender, professional activity, and living environment. Health is the most important social asset. The issue of forming a healthy lifestyle is very urgent for the family, school and other places involved in human education and development.

The health of the nation is also naturally determined by a healthy lifestyle. Health is a balanced unity of biological, mental, physical conditions and labor activity of the human organism. Health is happiness for everyone. Its labor productivity is a necessary condition for the development of the economic power of the country and the well-being of the people.

Conscious and responsible approach to health should be the standard of life and morals of society and all its members. To maintain and strengthen health, first of all, a person needs to know the structure of his body, the laws of normal functioning, growth, development and reproduction of all tissues and organs. Also, like all living creatures, it is necessary to know and create the necessary conditions for the preservation and further improvement of these biological characteristics, which are characteristic of humans.

A healthy lifestyle is an individual system of human behavior that ensures physical, mental, and social well-being in the real environment (natural, man-made, social) and active longevity. A healthy lifestyle creates the best conditions for the normal development of physiological and mental processes, which reduces the likelihood of various diseases and increases the life expectancy of a person. A healthy lifestyle helps us to fulfill our goals and tasks, to successfully implement our plans, and to cope with difficulties. Health, maintained and strengthened by the person himself, allows him to live a long and happy life. Health care is an invaluable asset of each person and the entire society. The formation of a healthy lifestyle should begin with the birth of a child. A healthy lifestyle is a factor that helps to stay healthy as well as prevent various diseases and accidents, and it is permissible to follow it strictly from the teenage years. "Protect health from youth!" - this proverb has a deep meaning.

Factors that have a positive effect on human health are: strict adherence to the daily routine, proper nutrition, exercise, sports, good relations with adults, parents and friends. Health risk factors include: lack of physical activity, disordered diet, smoking, alcohol, drug and other toxic substance intake, emotional and mental stress at home, school, with friends, as well as environmental risk factors. By following simple rules, leading a healthy lifestyle, reading health articles and following their recommendations, we can avoid many serious health problems, even diseases like cancer, and simply add a few years to our lives.

There is no person who does not want to be healthy. German philosopher Arthur Schopenhauer said: "Nine-tenths of our happiness is based on health. With it, everything becomes a source of pleasure, but without it, absolutely no external benefit brings pleasure, not even subjective benefit: the qualities of mind, soul, temperament are weakened and lost. It is not without reason that we, first of all, ask each other about health and wish it to each other: it is really the main condition of human happiness.

What is health and a healthy lifestyle? The Charter of the World Health Organization states that health is "not only the absence of disease and infirmity, but also a state of physical, mental, spiritual and social well-being." Unfortunately, in the rhythm of modern life, people cannot take time to pay attention to their health. Therefore, we should all have a good idea of how to live and behave in society. One of the main factors of health care is the individual lifestyle, which plays an important role in the formation of health, which largely depends on the person himself and his behavior.

In raising the energetic young generation striving for a healthy lifestyle, full adherence to the rules of proper nutrition, avoiding bad habits, relying on the main components of health: spiritual and physical condition, knowing and taking into account the dominant factor - individual lifestyle, observing a healthy lifestyle, strengthening the health of a person to carry out propaganda activities among teenagers about the need not to forget that it is in their hands, to strive to be physically and mentally healthy. Forming the concept of a healthy lifestyle in the minds of teenagers, promoting a healthy lifestyle, explaining the rules of the law on compliance with a healthy lifestyle in schools, developing personal characteristics necessary for a healthy lifestyle.

**Material and methods.** Organization of healthy lifestyle classes and clubs in higher educational institutions, as well as during the lesson, students acquire knowledge about healthy lifestyle and its rules, exercise, and disease prevention, and practice this knowledge in practical training, held at the higher educational institution, district and regional level. At events, various meetings, they learn to share with others the knowledge and results they have learned in the circle, and encourage them to lead a healthy lifestyle. After seeing these results, the students have a great desire to lead a healthy lifestyle, and they also have a desire to do sports and lead a healthy lifestyle. Conducting these lessons in the method of playful projecting is another form of student interest in such lessons, in which students, based on their professional activities, think about various projects and innovations in the promotion of a healthy lifestyle, and come up with ideas that lay the groundwork for the development of this field. This role reversal is an interactive method of self-management, typical of the workhouse. In this case, one of the students will be selected as a virtual teacher and this student will be notified one day before the practical training. The selected virtual teacher prepares various interactive games to engage the students in the subject matter. Conducting the lesson in this way will lead to the formation of skills and knowledge related to the formation of a healthy lifestyle, especially in the future students will fully master the subject.

**Summary.** Thus, a healthy lifestyle does not consist only of harmful habits, work activity and rest regime, nutrition system, various training exercises; perhaps, it embodies the system of attitudes towards oneself, other people, life, as well as the meaningfulness of existence, life goals and values, and a number of other concepts. Skillful use of all types of factors that affect various components of health care (physical, mental, social, spiritual), health, restoration, refraining from harming nature. A healthy lifestyle largely depends on the worldview, social and moral experience of students. Social norms, values of a healthy lifestyle are considered personally important by them, but do not always coincide with the values developed by the public consciousness. Analyzing the above and promoting

a healthy lifestyle, organizing healthy lifestyle classes and clubs will help students to deeply understand that leading a healthy lifestyle is important for their health and future, and promote it.

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