



Pedagogical Activity of Physical Education and Sports Specialists in Correct Organization of a Healthy Lifestyle

Vaniyan Sergey Boraevich ¹

¹ Senior teacher named after Kamoliddin Behzod, National Institute of Art and Design

Abstract: Physical education and sports are widely used as a spiritual, ideological and practical tool in the formation of the national gene pool, the proper organization of a healthy lifestyle, and the healthy upbringing of the young generation. The article is devoted to the pedagogical activities of physical education and sports specialists in the proper organization of a healthy lifestyle.

Keywords: physical culture, healthy life, sport, teacher, teacher trainer, practical training, bravery, agility, pedagogy, psychology.

The practical result of physical training in human activities is the level of physical fitness and movement knowledge and skills of a person, high vitality, achievements in the field of sports, mental development.

Physical education and sports are used as a moral and ideological tool in the formation of the national gene pool, the proper organization of a healthy lifestyle, and the healthy upbringing of the young generation.

Today, we are trying to establish a democratic society based on the heritage of our ancestors, national values, and based on the requirements of our own way of life. The basis of these actions is the healthy human factor. Forming a healthy person through physical education and sports should be the task of the whole society.

Every person, family, parent makes physical education and sports a habit, and respecting it as a value leads to continuous physical education and sports in the society. Physical education is a pedagogical process aimed at forming physical and volitional qualities in students, preparing them mentally and physically for work and defense of the Motherland, and is considered one of the important components of the social education system.

The issue of ensuring that young people grow up healthy has been one of the main ideas of our national pedagogy, folklore and works of thinkers.

Abu Ali ibn Sina enumerates the positive qualities characteristic of a person, and emphasizes the following: 1. Courage - a person's courage in doing something, endurance, the power to stop the evil that befalls a person. 2. Prudence is the ability to avoid haste in doing something. 3. Perceptiveness is the ability to quickly explain the true meaning of things given by intuition.

According to Abdulla Awlani, it is necessary to engage in physical education in order to have a sound mind, good morals and knowledge: "Healthy and strong body is the most necessary thing for a person. Because in order to read, teach, learn and teach, a person needs a strong, disease-free body. People who don't have a healthy body allow shortcomings in their actions and work.

Physical training is also helpful for mental training. The body and the soul are like the right and the wrong of a shepherd. If the body is not decorated with cleanliness, if it is not protected from bad habits, then it is like a busy man who puts on a coat and washes the lining, which constantly rubs the dirt on it. Work and a healthy body are necessary for education of thought.

The great pedagogue Abdulla Avloni in his work "Turkish culture and morals" stated the following in this regard: "Nazofat (hygiene) means keeping our organs, clothes, and tools clean. Purity makes your mind and perception broad and sharp. It causes attention and fame among the people. With purity, we get rid of all kinds of diseases and live with the value of our souls. Cleanliness is the most important thing for our health and happiness.

It is not a sin to wear torn old clothes, but it is a great sin to wear new clothes with dirt and grease. It is necessary to get rid of the scourge of pollution with the remedy of purity. So, if a person wants to be physically strong and mentally sharp, he should first of all attach great importance to cleanliness. At the same time, the people whose upbringing of purity is a priority have all the qualities necessary for a good life and the defects that contradict morality disappear.

Physical education has a great impact on people, strengthens their health, increases their ability to work, and helps them live longer. Sport is a great way to keep fit at any age. Sport serves as a source of alternation of labor with rest.

Pupils' physical culture is considered an important factor determining the effectiveness of physical education. Also, physical culture is an integral part of the general culture of man and society.

The following is reflected in the content of physical culture: 1. Ensuring ownership of functional maturity of human organs (internal organs, nerves and movement, musculoskeletal system, body harmony and the ability to manage their functional activities). 2. Strengthening the health of students. 3. Accustoming them to follow hygiene rules. 4. All-round development of students' skills. 5. Forming the physical and physiological qualities of future professionals from a professional point of view, increasing their ability to work.

Formation of students' strong will, firm character, unconditional adherence to discipline. In the process of organizing physical education, it is important to familiarize students with the rules of hygiene, to acquire the skills to follow them unconditionally. Physical education should be effectively organized for children not only in the process of organizing education in the family or in educational institutions, but also during classes, various competitions, events held outside the classroom and school.

The meaning of physical education is summed up in the saying "healthy mind in a healthy body". Raising physical education to a higher level in accordance with today's requirements prevents the spread of negative situations among students.

Forming a healthy lifestyle in our society, creating conditions suitable for the population, especially the young generation, to regularly engage in physical education and mass sports, strengthening youth confidence in their will, strength and capabilities through sports competitions, instilling feelings of courage and patriotism, loyalty to the Motherland In order to improve, further develop physical education and mass sports, to attract all layers of the population, especially young people, to regularly engage in physical education and sports, to develop the effectiveness of the effective use of the conditions created in this regard in our country, the President of the Republic of Uzbekistan dated June 3, 2017 "Physical education and mass sports" scientific and methodical support of personnel training, retraining and qualification improvement institutions in the field of physical education and sports, based on the tasks specified in the decision PQ-3031 "on further development measures" and the importance of providing sports schools with highly qualified trainers and medical staff, defining functional tasks in their educational institutions is shown by the current period itself. Pedagogical management of the activities of physical education and sports specialists is a special feature, and teachers, trainers and sports specialists work in various educational institutions (general secondary schools, sports schools for mature children and teenagers, non-state sports educational institutions).

Those who work in different educational institutions approach based on the functional task of the educational institution. should know. In addition to the knowledge of his subject, the teacher must have a whole system of knowledge related to pedagogy, psychology, anatomy, physiology, hygiene, medicine and human physiology. A school physical education teacher should know the following:

- determining the general and specific goals of physical education as a component of national education;
- determining the purpose and tasks of physical education and sports training;
- selection and application of modern methods in physical education;
- use of various means of physical education and sports;
- being able to choose different forms of training, taking into account the age-sex, morphological and individual psychological, as well as socio-psychological characteristics of sportsmen, using national types of sports, cultural traditions;
- to use a set of methods and tools to form the skills of students to observe personal hygiene, strengthen their body and control its condition;
- doctor's control and pedagogical control methods, methods of ensuring safety in training, acquiring first aid qualifications;
- use of methods of self-service skills formation in students preparing for classes and conducting them;
- preparing an active athlete who is able to help organize and conduct various forms of physical training every day;
- analysis, generalization and creative use of advanced pedagogical experience, constantly increasing the level of psychological-pedagogical knowledge and professional training;
- high organization and initiative, continuous improvement of the content of one's activity. The work of a sports teacher-trainer is significantly different from the work of a physical education teacher. The coach's work is primarily aimed at identifying and developing the sports abilities of students and young people, and foreseeing their sports life path. Harmonic and physical development of a person serves as the basis for his life path in sports.

List of references

1. Avloni A. Turkish culture or morals. - T.: "Teacher", 2008.
2. Kholova S. M. PECULIARITIES OF THE MOTOR ACTIVITY ORGANIZATION OF STUDENTS //ResearchJet Journal of Analysis and Inventions. - 2021. - T. 2. – no. 04. – S. 348-364.
3. Mardonovna K.S. Forms of Motor Activity of Students //Central Asian Journal of Theoretical and Applied Science
4. Khayitov Tursun Shomurodovich, SOCIAL AND PEDAGOGICAL FACTORS FORMING A HEALTHY LIFESTYLE, Gospodarka i Innowacje., 2022