



## **PARTS OF PERSONAL HEALTHCARE IN THE FORMATION OF PHYSICAL CULTURE**

Bekmurzaev Abdikarim Kulmurzaevich  
Ajiniyoz Named Nukus State Pedagogy Institutes  
“Physical Education” Department Assistants

Kulmurzaev Matkarim Abdikarimovich  
Ajiniyoz Named Nukus State Pedagogy Institutes  
Physical Culture” Faculty 2<sup>nd</sup>-Year Student

### **Annotation**

In the article Promotion of physical culture and sports in the country, promotion of healthy lifestyles among the population, creation of necessary conditions for physical rehabilitation of people with disabilities about statement reported.

**Keywords:** Health, training, athletes, pression, results, changes, healthy life, stress, dynamics.

### **Introduction**

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sonly healthy lifestyle wide application reach and mass sports more development on decree acceptance This was done decree based on Consistent measures to promote physical culture and sports in the country, to promote a healthy lifestyle among the population, to create the necessary conditions for the physical rehabilitation of people with disabilities and to ensure the country's worthy participation in international sports arenas is being done.

Health is a complex and at the same time integrated, a multidimensional dynamic condition that develops in the process of realization of genetic potential in a particular social and economic environment and allows a person to be healthy in different conditions Healthy liquid is a way of life that corresponds to the genetically determined typological features, specific conditions of a particular person. The formation, maintenance, and strengthening of life and health are aimed at the full realization of human socio-biological functions.

Health culture is part of the overall culture aimed at maintaining and strengthening human health. Personal health culture is characterized by a person's life positions. Features of actively regulating the human condition, taking into account the organization of a healthy lifestyle, the implementation of self-protection programs, self-awareness, self-development, health lead to the harmonious unity of all components of the league and the holistic development of the individual. The process of forming a culture of personal health is carried out primarily in the education system, and they are closely interrelated. {1: 5}

Along with the methodology of teaching the basics of a healthy lifestyle, the existing education system often leads the way. Lack of opportunities for education and sports is one of the main causes of physical inactivity of schoolchildren and students. system air conditioning.



The most important subjective factors are the motivation for health and a healthy lifestyle. The presence of the volitional qualities necessary for the manifestation of a person's activity is determined by the desire for self-development and self-awareness, overcoming their inertia towards health and a healthy lifestyle.

The following components of personal health culture are distinguished:

- The motivational and personal component - includes a set of norms and values that provide an idea of the role and place of health culture in the system of social relations;
- Developing motivation for a healthy lifestyle and improving the level of health, improving personality traits and qualities, ensuring an active life position about health;
- Cognitive component - a practically oriented system of ideological knowledge and skills of physical and mental self-development;
- Activity component - ensures a certain level of health through a personally meaningful and individually oriented healthy lifestyle. [1:10]

Ensuring the unity and interdependence of biological and social development The role of physical education in shaping a culture of health is determined by the tasks of education, training, and recreation. The essence of multifunctional physical culture is that it is aimed at the development of physical, aesthetic, and spiritual-moral qualities of man, the organization of socially useful activities using physical activity, healthy rest, disease prevention, recreation, and rehabilitation. [2:10]

Although physical culture plays an important role in shaping the culture of personal health, the modern education system does not fully use its potential, in the process of improving the health of the population, it depends on several reasons. lack of communication in the process of learning about human health, the educational process, the motivation of participants, and, above all, teachers themselves for a healthy lifestyle, should be a healthy culture and personal example. changing the direction of very good modern education Physical education systems meet the needs from the utilitarian-motor direction to the formation of healthy lifestyle motives to cultivate a culture of personal health in regular physical education and sports, healthy health mesh in conjunction with other means of improving ligament Thus, a systematic approach to health culture allows us to consider physical culture as a factor in shaping the system. lifestyle determines the process of self-improvement and self-awareness of an individual.

Rehabilitation is the interdependence of physical education and mass sports, and this is a contradictory character in the field of sports with the highest achievements. the problem of content and procedural filling, physical education of different age groups of the population, methods,d principles of its formation in the education system have not been solved. [3:25]

Features of general health physical training.

It is known that optimal physical activity combined with proper nutrition and a healthy lifestyle is the most effective in preventing many diseases and increasing life expectancy. Exercise ensures the adaptation of the cardiovascular, respiratory tract, and other systems to the working conditions of the muscles, the duration of functional recovery, due to physical activity, activates and improves metabolism, improves central nervous function.



Physical activity has several effects that lead to improved flexibility and regulatory mechanisms:

- 1) Saving effect (reduction of oxygen prices in the stomach, eco the nomical activity of the heart, etc.);
- 2) Antihypoxic effect (improvement of blood supply to tissues, a wide range of pulmonary ventilation, increase in number mitochondria, etc.);
- 3) Anti-stress effect (increasing the resistance of the hypothalamic-pituitary system to adverse environmental factors, etc.);
- 4) Regulatory effect of genes (activation of the synthesis of many proteins, cell hypertrophy, etc.);
- 5) Psychoenergetic effects (increase in mental ability to work, the predominance of positive emotions, etc.).

For physical education to have a positive effect, the following rules of human health must be followed.

- 1) Means and methods of physical education should be applied taking into account the scientific substantiation of their health value;
- 2) Exercise should be select both the individual characteristics of those involved (gender, age, health status, professional activity, etc.);
- 3) In the process of using all types of physical culture it is necessary to ensure the regularity and unity of medical, pedagogical supervision, and self-monitoring. Specialists in physical education and sports should organize physical education in a way that fulfills the functions of prevention and development, adhering to the principle of health-oriented. [5:24]

### **C. The concept and types of physical education**

Rehabilitation physical education is a type of physical education aimed at maintaining and strengthening health. The task of healing the physical culture is to improve health, increase the body's resistance to the harmful effects of environmental factors, create an optimal background for human life, prolong activity, increase longevity, etc.

physical culture of well-being, the following three aspects can be distinguished: activity, subject-value, and effectiveness.

Recreational physical culture (as a type of exercise) achieves the maximum healing effect possibly by applying these focused exercises. Physical culture and leisure activities are just as important as work or study. It is one of the forms of human activity, which provides improvement of physical condition and health, contributes to the prolongation of life.

Physical education hygiene is a form of physical education, the main function of which is the operational optimization of the flow of daily life (morning exercises, walking, physical, daily routine exercises).

Recreational physical education in health is the use of a type of recreational physical culture and exercise aimed at restoring human energy expended during labor, exercise, or competition.

Recreation is an objective social phenomenon, the main content of which is to relax, entertain, heal, master, and expand their motor and cultural-cognitive abilities. [5:51]



The main means of motor recreation are gymnastics, running and walking, swimming, skiing, cycling, outdoor and sports games, types of tourism. Depending on the number of students, holiday classes can be individual or group. (family, interest group, etc.).

Health Physical Culture-Uses exercise as a means of treating illnesses, injuries, overwork, and illnesses and restoring bodily functions.

Exercise therapy improves the blood supply and oxygen supply in case of injury to improve the health of the body and improve tissue tropism by increasing muscle tone and muscle tone.

The direction of rehabilitation includes the following forms:

- 1) dispensaries, therapeutic physical culture, adaptive physical culture or physical rehabilitation groups in hospitals;
- 2) health groups in physical culture teams, enterprises, and organizations, residences, physical culture, and sports complexes;
- 3) self-study.

Health-recreation and health-rehabilitation physical education play an important role in the system of scientific organization of labor. Carrying out preventive measures in health and wellness centers improves the activity of overcoming the negative consequences of physical and mental stress during labor, as well as performance.

Rehabilitation of sports and physical education is aimed at restoring the functional and adaptive capabilities of the body of athletes. It is used after a long period of intense training and competitive load, especially during overtraining and sports injuries. [5; 44]

Rules of health training.

The effectiveness of health-improving exercises is based on the frequency and duration of the training intensity and means, work and rest routines. Rules must be followed. Feelings, weather, depending on the level of preparation of the trainees, the preparation, the main and final parts of the training can be increased or decreased.

Systemic exercise affects all organs and systems of the body, providing healing. To improve health, people of all ages are recommended the following weekly motor activity (in hours):

- Preschool children 21-28
- School students 14-21
- Students of secondary vocational schools 10-14
- Students 8-10
- Staff 6-8

Motor activity varies depending on the individual characteristics and condition of the organism, living conditions.

The most effective exercise in the implementation of constant monitoring of physical activity increases the heart rate from 100 to 170-180, depending on the age and state of health of the body. To manage the intensity of the load, each practitioner must know his or her lower and upper extremities, the heart rate limit, as well as the optimal heart rate fluctuation value for himself. {6:15}



### **Used Publications**

#### **Basic Textbooks and Manuals**

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2. Sodikov BA Textbook of physiology and hygiene of youth New Age Generation 2009 88-95 b.
3. DJ Sharipov "Health is the work of everyone" T., 2001. 4.Dokuchaeva G. N. «Biologicheskiiaktivnye dobavki: zdorov`eserdechno-sosudistoysistemy», Izd-vo «ENAS-kniga», Moscow, 2016 - 129 p.
- 5.Bichkova T.I Organization of uchebno-vospitatelnogo process in obsheobrazovatelnoy school on the basis of zdorovosberegayushix technologies; 2005. - 18 p.
- 6.Vavilov YU. N. O proekte vsemirnogo sportivno-ozdorovitel'nogo dvijeniya YU.N. Vavilov, K.YU.A.YU. Silina. Physical culture: vospitanie, obrazovanie, trenirovka. - 2001. - № 4. –S. 58–61.

#### **REVIEW**

The article discusses the tasks of physical education, health and strengthening, increasing the body's resistance to the harmful effects of environmental factors, and the effectiveness of the training process.

#### **REVIEW**

In the state rassmatrivayutsya tasks ozdorovitel'noy fizkultury, ozdorovleniya i ukrepleniya, povysheniya soprotivlyaemosti organismma vrednomu vozdeystviyu faktorov okrujayushchey sredy i effektivnosti trenirovochnogo protsessa.

#### **SUMMARY**

The article deals with the tasks of health-improving physical education, health improvement and, strengthening, increasing the body's resistance to the harmful effects of environmental factors and the effectiveness of the training process.