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## THE IMPORTANCE OF PHYSICAL EDUCATION IN THE FORMATION OF A HEALTHY LIFESTYLE

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### ABSTRACT

*One of the main tools for the formation of a harmonious generation is physical education and sports. Because, physical education and sports play an important role in the growth of young people in adulthood, healthy. In a healthy person, self-confidence, perseverance, skills and virtues of being able to bring The started work to the end are formed. Therefore, the development of this sphere and the identification of the problems that arise in it and the proposal of its solutions are one of the pressing issues.*

**KEYWORDS:** *Sports, Physical Education, Competition, Skill, Healthy Generation, Physical Preparation, Sports Psychology.*

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### INTRODUCTION

It is known that physical education and sports activities lead to the development and strengthening of the human organism in all respects, the improvement of physiological functions and the improvement of Health. Correctly organized physical education classes are highly effective, taking into account the age, gender and individual characteristics of the participants. Otherwise, they lose their importance in addressing the health-improving function of physical education. "In the process of physical education, special pre-implementation is planned, applied for training, a system of physical exercises that favorably affect the form and function of the body, the forces that restore nature and hygienic factors are used"[1, 19].

#### **The main part**

The development of physical education and Sports has always been one of the pressing issues facing the state and society. The Negus of people's health was built on physical education and sports, and the regular physical education and sports activities of the people played an important

role in the restoration of his health. And this served to the training of great commanders, brave warriors, people with a healthy mind. In very ancient times, thinkers and educators in Central Asia believed that nothing can effectively educate such feelings as kindness, truthfulness, patriotism, love for the ecological purity of nature in a person as national games and sports. They are formed in our country due to the ethnographic, climatic, geographical, historical, spiritual conditions of Uzbekistan. They are the result of the people's creative activity in continued for thousands of years. They are reflected in labor activity, social and everyday order, lifestyle, culture and belief. During the entire historical evolutionary course of the formation of the nation, the selection work was carried out on the selection of the optimal methods, means and ways of physical education of the growing generation. At the same time, they reflected the views, ideals and aspirations of the Uzbek people on living in harmony with nature, living a healthy lifestyle. It can be seen that the primary sources of the socializing role of physical education in the upbringing of the growing younger generation are explained in the annals, in ancient times, by the people, that physical education was considered to be a universal phenomenon at a daily, intuitive level. He not only limited himself to health and strengthening it, striving to form a certain moral and physical qualities in children, but also provided for the perfection of a certain attitude to the existing procedures for living in a community in which he was born.

The current development of science, technology, production and technology determines the image of modern society. The most important characteristic feature of modern society is that in all its spheres globalism is conspicuous. Globalization itself is subject to rapid movement, the immediate capture of the necessary information, their processing and effective implementation into practice. They will have the opportunity to move in this way only those personnel who are knowledgeable in their field, have a high level of professional skills, have rich experience and skills. Therefore, in the process of training personnel in higher educational institutions, it is desirable to take into account this requirement of the period.

"Physical education is one of the most ancient means of education that affects human perfection. The main tasks of physical education, which are carried out in secondary schools, are to strengthen the health of students, prepare them for labor, protection of our independent country and social life. It is given to students in school through physical education, mobile games, gymnastics, sports, classroom and types of extracurricular sports activities"[2, 23].

It is established through a culture of physical harmonious generation education and its perfection, a stable lifestyle. The main criterion for it is the level of health, health of the individual. Health, as well as health, goes to the perfection of the human body, and the laying of its foundation is carried out from the very first period of its biological age.

Before each age to choose a type of physical education, it is necessary, first of all, to assess its level of health by passing a medical examination, what kind of sport it is possible to engage in, it is necessary to correctly choose the type of physical activity, assessing the age, the season of the year, the current state of the organism and.

In each person, physical education and sports begin with a loving awakening family. "A person who is regularly engaged in physical exercises will rarely need treatment," wrote Abu Ali ibn Sina.

The health-improving and educational functions of physical education are as follows:

- You will be in a good mood for the whole day;
- Your work will be productive, your creative activity will be strong;
- Nervous system balanced, press, you will be thoughtful;
- Feelings of activity, initiative, bravery, friendship are formed;
- Regularly engaged in physical exercise leads to the formation of hygienic skills;
- Fats in the body will decrease, you will become more compact, agile, agile;
- Your muscles will tighten, your muscles will become more slender and shapely;
- improves blood flow in the vessels, oxygen to the body and organs, as well as the progress of nutrients;
- The protective ability of the organism increases;
- You will be younger, more sympathetic, more working and healthier than others.

The content of physical education training is expressed in the work of physical perfection, diagnosis of physical condition, culture of physical education, sports work, physical reference. When we say physical perfection in pedagogy, we understand that the data on the growth of physical culture in a person, that is, the formation of a sequence of exercises and exercises that bring about physical and mental changes in a person, from simple to complex.

When we say physical maturity - harmony in the external appearance of the body - the form of beauty, the qualities of Jimenez - we understand the way to achieve a high degree of perfection of agility, elasticity, strength, agility. Physical culture is a component of physical education and its content includes:

1. The structure of human organs and their functional perfection.
2. Strengthen the health of those involved.
3. Habituation to the rules of hygiene.
4. Improve the skills of the contestant in every way.
5. Formation of physical and physiological qualities of future workers-servants.
6. Create conditions for physical and age characteristics in the occupants.
7. Perfection of the sense of Will, endurance, perseverance, discipline, friendship in the host.
8. Educate personal physical abilities.

Physical Education coach educators are obliged to perform the following tasks:

- ensure the passage of the lesson at a high level and complete the corresponding class physical education program;
- Together with the doctor, timely conduct medical examination of students and take into account the results of medical examination in their work;
- To ensure that the places where the lessons are held are kept in the appropriate sanitary and hygienic condition;

- To achieve that all students are engaged in physical exercises in comfortable clothes;
- participation in organizing and conducting work in addition to studying in physical education, as well as wide involvement of students in it;
- To carry out explanatory work on the importance of physical education of students;
- Regularly increase their knowledge in the field of physical education;
- formulate habits to interest students in Physical Culture and to engage in regular exercise in them.

## CONCLUSION

According to the above ideas, having drawn a conclusion from these opportunities, we are working with each student, attracting them to sports, organizing their leisure time, forming a healthy lifestyle, choosing young people with good health and energetic attitude, an indicator of further glorification of the name of Uzbekistan in high sports arenas. After all, we should not forget that physical education and sports on the one hand have a positive effect on the strengthening of Health, a high level of physical development, the performance of all kinds of activities throughout life. On the second hand, educational value, which has a wide world view, has a positive impact on spiritual and socio-biological adaptation, serves as an important factor in the Prevention of diseases, the fight against delinquency, cocaine addiction, the restriction of harmful habits of adolescents.

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