

## THE IMPORTANCE OF SPORTS GAMES IN THE FORMATION OF A HEALTHY LIFESTYLE

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### ABSTRACT

*In modern society, the problem of preserving and strengthening the health of college students is more urgent than ever before. This is due to the fact that very high requirements are imposed on them, which only healthy young men and girls can meet. And you can talk about health not only in the absence of any diseases, but also under the condition of harmonious neuropsychic development, high mental and physical performance. It is known that health is formed under the influence of a whole complex of factors. Physical education classes are important.*

**KEYWORDS:** *Education, Physical Education, Physical Activity, Physical Culture, Physical Education Theory, Health, Sports, Upbringing Of A Healthy Generation, Healthy Lifestyle, Modernization.*

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### INTRODUCTION

The game is a historically formed social phenomenon, an independent type of activity peculiar to a person. The game can be a means of self-knowledge, entertainment, recreation, a means of physical and general social education, a means of sports. The games used for physical education are very diverse. They can be divided into 2 large groups: mobile and sports. [1]

The specific concept that distinguishes sports games from other sports should be taken as "gaming activity". Sports games are independent sports related to the game confrontation of teams or individual athletes, and conducted according to certain rules. Sports games in which two (or more) teams compete are called team sports games. [2]

Physical activity varies with different sports games. For example, it is very high in football, basketball, hockey, water polo; all these games require a lot of activity, these are games for young people. Tennis, volleyball and especially the old Russian game gorodki, as well as croquet require less stress, so they can be recommended not only to young people, but also to elderly and even elderly people. [3]

Physical perfection is interpreted differently as a concept that has its own ideal classification for any historical period that changes historically, because this ideal reflects the economic conditions of the population, the worldview of social life. Physically fit is a historically formed perception of the norm of health and the level of comprehensive physical fitness, which optimally meets the requirements of longevity of labor, public, military and human creative activities. [4]

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Physical maturity has a clear meaning and social significance in the harmonious development of the individual. It has been proven in practice that activities performed only to achieve physical maturity lead to one-sidedness during the pedagogical process. [5]

## MAIN PART

Sports games are the highest stage of the development of outdoor games. They differ from mobile ones by uniform rules that determine the composition of participants, the size and layout of the site, the duration of the game, equipment and inventory, etc., which allows holding competitions of various scales. Competitions in sports games are of the nature of wrestling and require a lot of physical exertion and strong-willed efforts from the participants. [6]

Young sportsman`s intellectual training in sports games is mentioned in the article. There are also given the most important information about the development of intellectual abilities, with mental functions such as memory, attention, critical thinking, perception and others. They are considered on the main aspects of realizing technical-tactical training in sports games. [7]

The growing competition in the world sports arena, acceleration of the training process, the recognition of athletes' achievements, the development of science in sports, and other facts require strong academic theoretical preparation from sportsmen. [8]

The intellectual training of athletes is understood as the process of understanding the essence of sporting activities and the events associated with it. Now, we see that the gameplay is versatile in the sporting game, and the analysis of this process shows that a number of mental functions that are important for the athlete to play successfully are of great importance. Therefore, a special place is given to the formation and improvement of mental functions that ensure the process of receiving, processing, storing and transmitting information that occurs during the game. During the game, athletes use this information to correct the technical and tactical issues, such as the best place on the pitch, who is with the ball and where the ball, possible opponent's resistance, etc... [9]

For this purpose, the sensory perception parameters, in particular the depth and extent of vision are important. The first determines whether the moving object is capable of detecting distant-action features, such as the ability to detect the distance between the flying ball and the moving player, and the second - determines whether the players are located on the playing field. [10]

## RESULTS AND DISCUSSIONS

When starting the attack, the player must see the position of his or her partners, as well as the defender, goalkeeper, and other opponents. The defender should keep the ball in the protective field and be ready to defend his partner at the same time. Often, the athlete controls his focus on the main subject at that time, in the player, and controls the rest of the peripheral vision. Specific features of this activity create a complex perception of athletes during the process. On its basis, the ability to distinguish between different analyzer, *i.e.*: muscular, vestibular, vision, hearing and sensing analyzer, develops. Such perceptions include "perception of the gate", «perception of sports field", " perception of the ball", "and perception of time" and others. However, athletes who have high sporting results can only achieve such perceptions. One of the main tasks of intellectual preparation is to create a high level of gameplay in athletics. [11]

Their memory features are of great importance in successfully improving the technical and tactical skills of athletes. These include the amount of memory, the speed of memory, the retrieval of the data, and the ability to reprint it at the right time. Memory features of the athletes depend on performance of 2-types of memory: long-term and short-term or operative memory. In the work of sportsmen, more attention is paid to memory. RAM memory is used to store data received shortly and reminder a part of the long-term memory in the athlete's mind. [12]

During the training, players have to remember many tactical schemes. Moreover, during the competition, they need to be able to find and apply tactical, tactical, tricks for the young, original, opponent in the performance of the game. All these things need to be kept by the athlete in his own memory and at the right time. [13]

In sports (handball, basketball, soccer, etc.), because of the acceleration of the pace of play, and often with the athlete's partner in the shortest possible time, they develop the mental functions of the athlete who provide the processing of the information that is needed for accurate and fast moving and predicting the future situation in the game level is of great importance. First of all, operative thinking plays an important role in the immediate development of the information received. Operative Thinking Instantly, the actions that are going to take place in the process of combinations cannot be used to think, that is, in time deficiency. Observations show that in most sports games, players apply their most effective technical and tactical methods to the active opponent's resistance. We think that rapidly changing tactical conclusions as a result of the game are the result of an operative thinking process. The player immediately chooses one of several options, which is appropriate for that situation. Often, volleyball players, basketball players and hand-ballers choose the ones that are well known and familiar to all (combinations). [14]

It should also be taken into account that operative thinking includes elements of creative thinking. The process of educating the intellectual abilities that meet the specific needs of the players is based on the knowledge gained and requires a creative approach in practical work. For example, tactical schemes can be better understood and applied without errors. However, practice has shown that athletes need to be actively involved in finding new and new methods that are used in each particular case to develop operational tactical thinking. [15]

Studying and improving technical methods and tactical movements, enhancing physical and theoretical training and creative approach to them are a practical basis for the development of mental functions of athletes. [16]

High results in sports, physical, technical and tactical training of a sportsman are related to his psychic qualities and development of his personal qualities. For example, if the athlete's motion sensitivity, movement memory, and attention are not tailor-made, it is impossible to accomplish any of these techniques. [17]

Athletes have developed a system of special knowledge that encourages a creative approach to the development and improvement of intellectual abilities. These tasks are focused on focusing, and at the same time concentrating on exercises. For example: two players to practice with more than one ball; two players move in different directions in the motion; exercise will be used to develop a complex selection reaction. [18]

A mobile game with rules is "a conscious, active activity characterized by accurate and timely performance of tasks related to the rules that are mandatory for all players." The deep meaning of

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outdoor games lies in their full-fledged role in the physical and spiritual life that exists in the history and culture of each nation. Outdoor play can be called the most important educational institution that promotes both the development of physical and mental abilities, and the development of moral norms, rules of behavior, ethical values of society. [19]

Outdoor games are primarily a means of physical education. They make it possible to develop and improve their movements, exercises in running, jumping, climbing, throwing, fishing, etc. A variety of movements require active activity of large and small muscles, contribute to better metabolism, blood circulation, breathing, i.e. increase the vital activity of the body. Outdoor games also have a great influence on the neuropsychic development of the player, the formation of important personality qualities. They cause positive emotions, develop inhibitory processes: during the game, players have to react with movement to some signals and refrain from moving with others. These games develop will, intelligence, courage, quick reactions, etc. Joint actions in games bring students closer together; bring them joy from overcoming difficulties and achieving success. The sources of outdoor games with rules are folk games, which are characterized by the brightness of the idea, content, simplicity and entertainment. [20]

Sports and outdoor games enrich participants with new sensations, ideas and concepts. Games expand the range of ideas, develop observation, intelligence, the ability to analyze, compare and generalize what they have seen, on the basis of which to draw conclusions from the observed phenomena in the environment. Sports and outdoor games develop the ability to correctly assess spatial and temporal relationships, quickly and correctly respond to the current situation in the frequently changing environment of the game. Of great educational importance are the games held on the ground in summer and winter conditions: at recreation centers, on hikes and excursions. [21]

Each game has its own characteristics. At the same time, various sports and outdoor games have initial signs that allow them to be divided into certain groups: team and non-team, with direct contact with the enemy and without contact, with an additional projectile (stick, rocket, bat) and without it. When determining the impact of games on the body of students, as well as their significance in the system of physical education, it is necessary to proceed from the general characteristics of game actions. Various movements and actions are used in sports and outdoor games: walking, running, jumping, sudden stops, turns, various throwing and hitting the ball (puck). The players, expediently using game techniques, strive together with their partners to gain an advantage over the opponent, who is actively resisting. Outdoor and sports games are one of the most effective means to help relieve nervous tension and cause positive emotions. For this purpose, the games are used not only in classes with novice athletes, but also by qualified athletes. [22]

Outdoor and sports games, as a means and method of physical education, are widely used in educational institutions. In physical education classes, they are used to solve educational, educational and health-improving tasks in accordance with the requirements of the program. In games at physical education lessons, unlike other forms of classes, the main attention should be paid to the educational and recreational aspects of the game, as well as to the education of physical qualities. The complex movement included in the game is previously mastered with the students with the help of special exercises. Outdoor games are used in the preparatory,

competitive and transitional periods of training, but their scope, nature and methodology of their use change in accordance with the objectives of each stage of training. [23]

The game is a need to restore both physical and spiritual strength. Outdoor and sports games help not only in solving a number of special tasks, but also (bearing in mind the nature of gaming activity) always meets a good reception from those involved, a new interest in classes. The game is a boost to the sport. [24]

It is necessary to select games that bring up the necessary qualities and a correct understanding of life. The importance of mobile and a sports game in the education of physical qualities is also great: speed, agility, strength, endurance, flexibility. Games bring up children's feelings of solidarity, camaraderie and responsibility for each other's actions. The rules of the game contribute to the education of conscious discipline, honesty, endurance, the ability to pull yourself together after a strong excitement, to restrain your selfish impulses. [25]

A variety of movements and actions, usually performed outdoors, i.e. in favorable hygienic conditions, have a healing effect on the players. They help to strengthen the nervous system, the motor apparatus, improve the overall metabolism, increase the activity of all organs and systems of the human body and serve as a useful means of active recreation for many workers, especially for those of them who are engaged in intense mental activity. It is known that the more diverse and intense the movements, the more significant and active the changes they cause in the functions of organs and systems of the body. This multi-sided influence of sports games on the human body is very significant. Depending on the intensity of the gaming activity, the oxygen consumption of tissues increases approximately 8-10 times in comparison with the resting state. At the same time, in trained players, the work of the cardiovascular system and respiratory organs becomes more economical, the body's demand for oxygen and nutrients is better ensured. Exercise and sports games have a positive effect on the development of visual, vestibular, muscular and other analyzers. Under the influence of systematic games, the field of vision of the players' increases, their body tolerates rapid changes in body position better, they develop precision of movements.

## CONCLUSION

Of educational importance are games related to the motor structure of certain sports (athletics, gymnastics, wrestling, swimming, etc.). Such games are aimed at consolidating and improving previously learned technical and tactical techniques and skills of one or another sport. The educational side of the game will stand at the proper height if the teacher, the educator will pay due attention to it.

So, outdoor and sports games have educational, health and educational significance.

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