

Scientific-Pedagogical Basis of Forming a Healthy Lifestyle in Students by Providing General School Physical Education Classes

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ABSTRACT

In this article, it is stated that healthy life, active optimal movement activity has its theoretical foundations, but this problem has not been fully studied until now, according to the analysis of general and special literature and the analytical results of scientific research conducted in the period after our independence. it is explained about the need to conduct basic research.

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The phenomenon of healthy lifestyle (STT) was first studied from a medical point of view by Hippocrates, the father of medical science, in his Treatise on Healthy Lifestyle. In the treatise, he connected the health of the human body with the factors of the external environment - climate, soil, water, the way of life of people, the laws of society, and the necessary conditions for a healthy lifestyle. During the period of growth of the organism, the increase in strength, development of the body (mental and spiritual development), and physical perfection form the basis. Only a healthy and well-developed body creates an opportunity to absorb new mental and physical sciences, which are increasing day by day.

As a result of health training, not only the strength of the body increases, but also the possibilities of thinking expand. Physical and mental maturity is infinite and boundless, and it depends on everyone's aspiration, hard work, patience, and will to give it a slow or fast pace.

Based on our research and the analysis of general and special literature, we focused on the positive aspects of having the following theoretical knowledge about the simplest means and methods of increasing the level of physical fitness through health training and the norm of physical loads in it.

Physical culture of a healthy lifestyle, its leading term "health training" and "health training" have not had, and still do not have, a scientific definition. But a number of authors express their opinions on this concept or term. For example, K. Cooper, the founder of "aerobics", insists on the need to call the (aerobic) movements performed with oxygen consumption in our stable, unchanging ordinary state as health-improving loads. Loads for the purpose of strengthening should have a single common feature during training, their volume and intensity should not require a strong strain, the suitability of such loads for the body, not exhausting the reserves of our body's resources. , they recognize that there should be a benefit that develops and improves the organism, and that it means keeping the indicators of physical development and physical fitness without lowering them.

The scientific proof of the emergence of specific biologically active substances as a result of regular exercises in the body of those with a healthy lifestyle culture is considered an achievement of the last 10 years of research. They showed that the body can resist various diseases and the harmful effects of the external environment, and it is also useful with the improvement of the protective function.

In particular, certain mutual structures in the brain, that is, alcohol and narcotic drugs, interact with the registers that give pain-like sensations, resulting in a natural state of happiness, good mood, openness, clarity of thinking, or it creates natural impulses like its opposite. A similar situation occurs in those who are engaged in systematic fitness training. This is a physiological condition and is related to the creativity of the body of the person who exercises.

The endorphins created in the blood block the pathological stimuli produced by alcohol and drugs and gradually suppress them. This is the specific role of physical exercises in relation to harmful conditions in the human body.

Those engaged in health training should have some knowledge about the transmission of the most common, and in some cases hidden, infectious diseases that have a negative effect on athletes.

It has now been proven that chronic angina, dental caries, furunculosis, gall bladder infections and other diseases, without knowing that they are developing in some cases, will have bad consequences.

Each STT physical culture owner consciously, voluntarily, sets the goal of improving his health through physical exercises and fitness training, without treating his existing chronic diseases, and is careful about the consequences of starting such activities. It is appropriate to think more.

One of the most common, avoidable mistakes is to start doing physical exercises without getting treatment, as a result of which flu, angina, and acute respiratory diseases will not leave your body. Subjective health is called "clinical" health, but it does not always correspond to "anatomical" health. In some cases, rushing into training means forcing our body, which has not yet managed to fight the disease and restore its energy reserves. After the disease, some tissues and cells fail to restore their function.

The positive effect of physical exercises in fitness classes is not only in improving the functions of the most important organs and structures of the human body, but also in increasing endurance, mood, and well-being after exercise. This, in turn, stimulates the energy of activity (tonus), prevents the organism from being affected by various unfavorable factors of the external environment, including infectious diseases, overcomes the disease, increases endurance, and others. is showing its effect.

The concept of health resulting from a healthy lifestyle and fitness training includes the following, - writes professor T.S. Usmonkhojaev (2014).

Health is:

- not to be "excessive" for your family, loved ones, your working community, as well as your country;
- maintaining beauty and charm for many years;
- to continue high creative activity, maintain and continue mental and physical work ability;
- Means to be one of the long-lived ones.

The development of computer fitness programs began in the 80s of the last century, and they were mainly focused on independent training.

There are the following types of computer software:

- Educational (training of personnel to improve physical education).
- Technical (computer training equipment, fitness centers)

With the help of computer programs, it is possible to determine the level of individual health, physical condition, physical development, and the level of disease risk.

The production of individual programs to be solved with the help of computers includes: health training, physical development to increase efficiency during production activities, recovery after work and active

recreation and activities on days off. increasing efficiency, correcting individual, psychological characteristics of a person, rational physical activity, etc

As an example, let's consider "aerobic" computer programs (CYBEX).

The program is a computerized version of aerobic video recording, all movements are described in the form of video animation. They are close to the real reality, and together with this, it will be shown to what extent their image and amplitude are realized. The program offers 3 different types of training, which are formed into individual sets and last approximately 16 minutes.

Each training session (lessons) includes more than 20 exercises (596-293 elements) consisting of 4 parts.

1. Warm-up exercises (Razminka) from 7 exercise (276±13.3 elements).
2. Aerobic section (part) of 5-6 exercises (174±6.7 elements).
3. Strength section (part) - 4 exercises (94.7±1.1 elements).
4. The restorative final section (part) will consist of 6-7 exercises (volume 52.3 ± 24.4) elements.

The advantages of computer fitness programs are: the ability to see each exercise in training, entertaining - colorful design, viewing them, with music (recomposing them if desired), etc.

It should be clearly stated that there is a lack of recommendations on the selection of a set of exercises, even at the world level, in the preparation of individual programs.

Despite the programs adopted in the physical education system of our country, there are still no specialists for the new profile and no way to provide them. Also, while the development of physical culture and healthcare technologies is considered a continuous process, it should be noted that in some developed countries (the USA, Great Britain, Canada, etc.), this has become a normal situation and new professions are emerging. For example, it would be appropriate to use personal fitness trainers.

The world experience shows that foreign countries train specialists according to their level, and they are always encouraged to improve their skills.

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