

THEORETICAL FOUNDATIONS OF A HEALTHY LIFESTYLE, PHYSICAL EDUCATION AND PHYSICAL ACTIVITY OF PUPILS

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ABSTRACT

The article summarizes the content of domestic and foreign experience and training materials on the classification of physical activity, their effect on the body, which students must master in a healthy lifestyle, physical education, and physical activity. The subject of physical education is intended for physical education teachers, children's sports trainers and numerous students of middle and senior school age who want to achieve a healthy lifestyle through physical education.

Keywords: “Improving physical culture”, “physical activity”, “sports load”, “load size”, “load volume”, “load intensity”, “stimulating load”, “power load”, “practical load”, “Load efficiency”, “posture”, “body properties”, “heart rate”, “physical aging”, “biological aging”, “physical status” and others.

INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

The culture of a member of our society, especially physical culture, is determined by its lifestyle. The possession of a healthy lifestyle, physical culture - obvious external manifestations of health - is manifested in the physical appearance of the body (thin or incomplete physique), tall and slender figure, posture, graceful movements, behavior.

As described in the book of Academician A. A. Mikulin, “Active Longevity”, sensational in the 90s of the last century, lifestyle is “... an external manifestation of the internal order and everyday level of lifestyle, conditionally general physical harmony (perfection) - the correspondence of physical and spiritual qualities, human dignity, harmony, which consists of expediency¹.”

These qualities and advantages are achieved due to the impact of the load on the body as a result of regular exercises in physical harmony, performing appropriate movements (exercises) in it. Our goal is to monitor the formation of theoretical knowledge about this effect in our students. This is the relevance of our topic.

Islam Karimov, the first president of the Republic of Uzbekistan, wrote in his definition of lifestyle that “... he plays a key role for society in modern society, its life, working conditions, access to education, health, physical and moral maturity, and education of the young generation. Because he knew that in Eastern philosophy the problem of physical and spiritual unity is a priority.

The President of our Republic, Shavkat Mirziyoyev, on a September 4, 2019 video selector highlighted the development of physical culture and sports, preparation for international competitions, physical training of schoolchildren, selection of talented athletes among them,

¹Тартаковский М.С. Жисмоний камолот сирлари.”Медицина” 1989, 152 сах.

including the choice of the Olympic reserve, a healthy lifestyle of schoolchildren, did not pass physical education (mass health-improving physical culture of youth) and outlined specific tasks for existing problems ².

That is why in our article we had in mind the theoretical knowledge of “physical activity” in the lessons by means of a comparative analysis of the physical condition of students of the youth of our country and foreign peers - physical culture, physical development of theoretical knowledge about and innovative means. Improving skills, how much and how to repeat the exercises, not knowing how to choose a load, spending the energy of your body in vain and thereby wasting precious time. Our observations, interviews with experienced specialists in this field, interviews, round tables are as follows: what is the purpose of the proposed workload and what is its purpose; rate of exercise load; the effect expected from the pace of its implementation and what it is aimed at; In our profiles, we found that specific theoretical knowledge, such as the size of the load and the methods used, are not enough for students in this field, even for teachers in this field. The loads of exercises in training, their norm, intensity (rate of completion) are estimated by the level of their influence on the body of students of youth engaged in such types of loads. More than 70 students with a working experience of 10-15 years of the Fergana branch of the Center for retraining and advanced training of specialists in sports and physical education at the Ministry of Physical Culture and Sports of the Republic of Uzbekistan and more than 83 students of middle and senior school age (63.2% of them are sports athletes schools) of comprehensive schools No. 1, 31, 34, 64 of the city of Namangan do not know simple concepts that are the “alphabet” of the theory of physical activity: **sports loads** (1), **recreational loads** (2); **practical workloads** (3) theoretical knowledge of the content (respectively 49.1% of teachers and 87.3% of students at the 1st load; 43% - 62% at the 2nd load; 57% -68% of respondents) indicates that they do not meet the requirement.

Answers of questionnaires on our questions about such most important concepts and terms as “the amount of physical activity”, “intensity of physical activity”, “loads that restore energy expenditures to normal levels”, “preparing the body - restoring”, activating and training loads (teaching movements) and others also did not satisfy us (given the limited volume of our article, we did not provide respondents’ answers to theoretical questions in percent).

In particular, the fact that our questions “determine the main criteria for the correct normalization of the load” is a requirement of the time when higher education institutions providing theoretical knowledge on professional theoretical training of specialists in this field should create a new generation of professional theoretical and practical training. Because knowledge of the physical load of every person involved, including students, is important for their (regardless of age) life, healthy, free from disease, not physical, but biological aging is important. That is, teaching an individual at an early age to teach the individual “optimal physical activity”, to choose its “size”, to acquire theoretical knowledge and practical skills regarding the energy used to carry the load, in order to give deeper knowledge about the effect of exercises on the body, and knowledge of the process mechanism has important.

² Жисмоний тарбия ва спортни ривожлантириш бўйича қўшимча вазифалар. Ш. Мирзиёев раислигида сентябрь ойининг 4 кунли жисмоний тарбия ва спортни ривожлантириш, халқаро мусобақаларга тайёргарликни кучайтириш масалаларига бағишланган видео селектор йиғилишидаги нутқи. Халқсўзи, 2019 й. 5 сентябрь, №184, 1 сах.

In the book of I.A. Arshavsky's "Energy costs of skeletal muscles" states the energy costs of physical activity and emphasizes that "... every person in different age periods is forced to perform" special expenses" ³.

Academician of the Russian Academy of Sciences M.R. Magendovich says that the age periods of study - younger, middle, senior school age - they have a high need for action, as well as an "excessive" ability or potential to satisfy these needs, and calls it "kinesophilia" and emphasizes any kind of training - mental and physical, it must be taken into account ⁴.

Based on the foregoing, we developed an experimental program summarizing the theoretical knowledge of physical activity at physical education lessons for students of our country and foreign countries (Russia, Germany) and were used at seminars to train public physical education practitioners, public referees. The program is divided into three sections: theoretical topics related to the definition, selection and management of physical activity: Part I, used in schools in the country - heart rate; minute volume of breath; training with the maximum number of repetitions of the resistance value; We included topics that should be used throughout the life of students as "the main criterion for the correct distribution of the load." Section II - strong physical activity; physical activities that affect only minor (insignificant, useless); physical activity with moderate impacts (which have some benefit for the development or foundation); we included topics that are completely exposed (boosting high loads). In Section III - these days we have been tested in control schools, including the loads that are currently used in schools in Russia and Germany: normalization, training, stimulation, activation and training for body loads.

In our experimental classes, during classes, such simple questions as "how many repetitions do you have during training?", "When do you need to exercise?", "What gives the calculation of heart rate?", "What is the purpose of knowing the frequency and depth of breathing? decreased by 97% and in the end it was understood that the exercises "were not bending, twisting, stretching or other movements of the body or its parts", as noted in current school physical education programs.

Foreign experience - in Russian schools, the effectiveness and efficiency of normal recovery, preparatory, stimulating, activating and training physical activities with effective and important innovative physical activity (Zh.K. Kholodov, V.S. Kuznetsov, 2014, V.I. Lyakh, 1997 ; 1998) are considered high ⁵.

In Russian schools, "restorative loads are used to improve health, reduce fatigue, and increase student performance — in the form of hiking, pleasure boats, physical breaks, outdoor games, boating, cycling, and other types of exercises. It is advisable to use natural healing powers (water, sunlight) in energy-saving loads. Training physical stimuli are used to maintain a relatively high level of overall functional activity of the body. In some cases, downloadable tasks are compatible. For example, previous fatigue from physical activity decreases (recovery effect) during pauses of physical culture and stimulates the next effect of physical activity (stimulating effect).

³Евсеев Ю.И. Физическая культура/-Изд.5-е.-Ростов Н/Д:Феникс,2008.-378.

⁴ Лукьянов В.С.,Турсунов М.Т.Здоровье и долголетие человека.Т.,”Фан”, 1976.55 с.

⁵Ж.К.Холодов,В.С.Кузнецов.(2014), Теория и методика физической культуры.Учебник,12 изд. испр,гл. 24,441 ст.

Stimulating - preparatory loads are used for morning hygiene, gymnastics, preliminary training, stressful exercises that require precise coordination, mental work and precise coordination of actions.

It is difficult to establish a threshold for recovery and stimulating loads, since such effects do not occur immediately after training (the effect is delayed or not observed). Similar performance indicators that could contribute to a change in workload are increased ability to work, improve mood, reduce fatigue, or even disappear altogether. The systematic use of restorative loads throughout the day, week and year is recommended.

Activating loads - it stimulates all body processes (circulatory, respiratory, neuromuscular, digestive) and, ultimately, trophic nutrition and ensures adequate muscle metabolism.

Loads (developing, restorative, training-stimulating, supporting results) are activating loads. However, their size does not always provide the desired activity. Activation of the load should be performed when fatigue is not observed (rest). 15-30,000 steps are set daily ⁶. In table 1, we propose regulations on gender and age.

Table 1: Norms of everyday motor activity of pupils

Age groups	Locomotion of steps (thousand)	The amount of energy consumed (day / kcal)	Duration (in hours)
8-10 (boys, girls)	15-20	2500-3000	3,0-3,6
11-14 (boys, girls)	20-25	3000-4000	3,6-4,8
15-17 boys, girls	25-30 25-30	3500-4300 3000-4000	4,8-5,8 3,6-4,8

Classification of load intensity (2 table)

Intensity zones	Load intensity	Heart rate indicators, Min, contractions	
		boys (15-18) (15-18)	girls
I	Low	To 130	До 135
II	Medium	To 131-155	To 136-160
III	Big	To 156-175	To 161-180
IV	High	176 and higher	181 and higher
V	Maximal	Critical voltage high	

In the form of a conclusion:

a) it has now been proved that without theoretical knowledge of the physical load on the workout, the goal cannot be achieved.

b) Purposeful, systematic analysis, physical education programs mainly include practical training materials (92.2%), prioritizing teaching methods only in the classroom, and negatively affecting a modern student in a healthy lifestyle. This was confirmed by the pilot program of our pilot program.

⁶ Ханкельдиев Ш.Х., Абдуллаев А. ва бошқ.Соғлом турмуш тарзининг жисмоний маданияти. Ўқув қўлланма, "ФАРФОНА" нашрети, 2010 йил-228 б.

c) the inclusion of curricula in the country's curriculum on the subject of physical activity, its purpose, degree of effectiveness, its final result, effects on the body, its orientation, size, methods of use and other topics of instruction.

d) The development of scientifically based standards for everyday activity and physical activity of students based on foreign experience enriches the theoretical knowledge about physical culture of a healthy lifestyle for students in our country.

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