

HEALTH-IMPROVING ORIENTATION OF THE SYSTEM OF PHYSICAL EDUCATION IN UZBEKISTAN

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ABSTRACT

The article analyzes the principles of the health-improving orientation of physical education and the main characteristics of the rehabilitation pedagogy, and shows the ways of designing various physical education and health systems.

Keywords: Physical culture, physical exercises, sport, health-improving character of sport, pedagogy.

INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

In Uzbekistan, the law defines the main directions of state policy in the field of physical culture and sports. Therefore, great attention is paid to the formation of a fully developed personality. All physical culture should promote health. The concept of health American Physician G. Sigerist gave the following definition: "Healthy can be considered a person who has a harmonious development and is well adapted to the surrounding physical and social environment. Health does not mean simply the absence of disease, it is something positive, it is a cheerful and willing performance of the duties that life imposes on man." It corresponds to the definition adopted by the world health organization (WHO): "Health is a state of complete physical, mental, and social well-being, not merely the absence of disease or infirmity." The ability of the body to quickly change its functional parameters and maintain optimality in various conditions is the most characteristic criterion of norm, health. Studies have shown that human health is only 10-15% dependent on the activities of health care institutions, 15-20% - from genetic factors, 20-25% - from the environment and 50-55% - from the conditions and lifestyle. Studying the history of mankind, you can make sure that the health nature of any physical activity has always been a priority. The problem of movement and health had sufficient relevance in Ancient Greece and in Ancient Rome. Thus, the Greek philosopher Aristotle (IV century BC) expressed the idea that nothing destroys the body so much as physical inaction. The famous physician Hippocrates not only widely used physical exercises in the treatment of patients, but also justified the principle of their application. He stated, "Harmony of function is the result of the correct relation of the sum of exercise to the health of the subject." The ancient Roman physician Gallen in his work "the Art of restoring health" wrote: "Thousands and thousands of times I returned health to my patients through exercise." The French physician Simon-Andre Tissot (XVIII century) wrote: "movement as Such can replace any remedy, but all the remedies of the world can not replace the action of movement." In modern conditions of technological progress, there is a sharp decline in the health of the population. According to various studies, only about 10% of young people have a normal level of physical condition and health, life expectancy has decreased by 7-9 years, as a result, the productive potential of society is reduced. The close relationship of health and physical performance with lifestyle, volume and nature of daily physical activity has been proven by numerous studies that strongly suggest that optimal physical activity in combination with a balanced diet and lifestyle is the most effective in overcoming the "coronary epidemic",

preventing many diseases and increasing life expectancy. Foreign researchers (E. G. Bulich, I. I. Brekhman, A. A. Viru, L. p. Matveyev, R. E. Motylyanskaya, I. V. Muravov, L. Ya. Ivashchenko) and teachers of Uzbekistan (P. Khodjaev, K. Makhkamdzhanov) are United in the opinion that any physical culture should have a health-improving character. It is proved that physical culture has a positive impact on human health, it is necessary to follow certain rules:

first, the means and methods of physical education should be used only those that have a scientific basis for their educational value;

second, physical activity must be planned in accordance with the capabilities of students;

third, in the process of using all forms of physical culture, it is necessary to ensure the regularity and unity of medical, pedagogical control and self-control. The frequency and maintenance of medical and pedagogical control depend on the forms of exercise, the amount of physical activity and other factors.

The principle of health orientation obliges specialists in physical culture and sports to organize physical education so that it performs both preventive and developmental functions. This means that with the help of physical education it is necessary to improve the functional capabilities of the organism, increasing its efficiency and resistance to unpleasant influences; to compensate for the lack of motor activity that occurs in modern life.

The leading role in the optimization of physical culture and health-improving process is given to the design of various physical culture and health-improving systems on the basis of scientifically grounded and adequate relations of external and internal factors of human development.

To date, a number of author's complexes and programs of physical exercises of health-improving orientation, which are intended for wide use, have been developed and practically tested. Their main advantages are accessibility, ease of implementation and efficiency. These are primarily controlled running loads (Cooper system); 1000 movements mode (Amosov system); 10,000 steps every day (Mihao Ikai system); running for life (Lydiard system);

Only half an hour of sport a week against the background of everyday natural physical activity, taking into account the rules: if you can sit and not lie-sit, if you can stand and not sit-stand, if you can move-move (Morgause system);

- arbitrary alternate contraction of the muscles of the body without changing their length throughout the "waking" part of the day (hidden isometric gymnastics by Thompson);

- callanetics: a program of 30 exercises for women with emphasis on stretching (Pinckney Callan system) and so on.

Now there are new directions of improving physical culture giving undoubted improving effect. These include recreational aerobics and its varieties: step, slide, jazz, Aqua or hydro aerobics, dance aerobics (funk aerobics, city jam, hip-hop, etc.), velo aerobics, aerobics with a load (a small barbell), aqua jogging, shaping, stretching, and so on.

In Uzbekistan developed and introduced into practice the methodology of programming physical education classes and recreational field, based on energy efficiency criteria of the training and simulation and computer modeling of the process of the exercise to check their conformity with the energy possibilities of individual or homogeneous energy possibilities group of people. The choice of a particular method of exercise with a Wellness focus correlates with the real situation, opportunities, requests, sometimes it is a matter of individual taste and interest.

The health-improving effect of physical exercises is observed only in those cases when they are rationally balanced in orientation, power and volume in accordance with the individual capabilities of the participants. Physical exercises activate and improve metabolism, improve the activity of the Central nervous system, ensure the adaptation of the cardiovascular, respiratory and other systems to the conditions of muscular activity, accelerate the process of entering into the work and functioning of the circulatory and respiratory systems, as well as reduce the duration of functional recovery after shifts caused by physical activity.

Not less than the positive effect of regular exercise (and procedures of therapeutic physical culture) have on the activity of the organs of digestion and elimination: improves peristalsis of the stomach and intestines, increasing their secretory function, strengthens muscles of the abdominal wall, which plays a big role in the intestines; becoming more sophisticated functions of the excretory organs, and endocrine glands.

In addition to the health effect, physical exercises have a training effect on a person (increases mental and physical performance), can increase the level of physical qualities, contribute to the formation and further improvement of vital motor skills (swimming, skiing and other).

Health, therapeutic and training effects of physical exercises on the body becomes more effective if they are properly combined with hardening agents in the form of water treatments, sun and air baths, as well as massage.

Thus, regular use of physical exercises and tempering factors increases the vitality of the body of the patient, his natural immunity, improves the functions of the autonomic systems, efficiency and prevents premature aging.

A healthy lifestyle implies the rejection of bad habits and high physical activity, so the most simple and common advice to people who want to join it is to increase the number of steps taken per day. Regular walking, especially in the Park or in the woods — is a great way to strengthen the muscles of the body, develop endurance, and get rid of excess fat reserves. It has almost no contraindications; regularly walk long distances can elderly or suffering from hypertension people with heart disease and joints. To increase daily activity, you can simply take a certain number of steps per day, adhering to a comfortable pace. But to make walking more beneficial to health, it is recommended to use existing elements of the technique. The heart rate should not exceed 140 beats per minute; the average speed is 6-6, 5 km / h. for convenience, you can use a heart rate monitor or fitness tracker in the form of a wristwatch. In addition, many modern smartphones are equipped with special sensors that allow you to measure the pulse while driving.

One of the most popular options for health training is Nordic walking with special sticks. Initially, such training was used by skiers in the summer, so the classes used ski poles, but as the spread of this technique sports equipment slightly modified and improved. Due to the use of sticks, the physical load on the arms, back and shoulders increased, which allowed working out the muscles of the upper torso during the walk.

In zaklyuyeni, proceeding from the studied material it is possible to assert about the main characteristics of pedagogy of improvement:

- ideas about healthy generation as an ideal standard and practically achievable norm of children's development;
- healthy generation is considered as a whole body-spiritual organism;

- improvement is treated not as a set of therapeutic and preventive measures, but as a form of development, expansion of psychophysiological capabilities of children;
- work on improvement of children cannot be carried out only by medical methods;
- the effectiveness of medical methods increases if they are supplemented with psychological and pedagogical methods.

REFERENCES

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