

## THE IMPORTANCE OF OLYMPIC EDUCATION IN SHAPING HEALTHY LIFE STYLE FOR STUDENTS

**Karimov Bekzod Boyqobilovich**

Teacher of Karshi State University, Faculty of Physical Culture,

**UZBEKISTAN**

### ABSTRACT

This article discusses the new concept of Olympic education. It explains the peculiarities of the Olympic education module, based on a three tier student system.

**Keywords:** System, value, students basics of Olympic knowledge, Olympic sports, Olympic movement, Olympic education, history of Olympic movement, upbringing, morality, healthy lifestyle.