



DEVELOP STUDENTS AWARENESS OF THE VALUES OF PHYSICAL EDUCATION

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Article history:		Abstract:
Received:	July 26 th 2021	Knowledge of physical and environmental education is learned as the main idea of the scientific-methodological concept of "Physical education as a means of student health" to offer physical activity as a means of student health, systematization in the educational process, conditions in the article. In addition, the relevant skills of many professionals, schoolchildren in the formation of a healthy lifestyle are also described.
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INTRODUCTION

Physical education is an integral part of community education and includes all the achievements in the field of cultural, spiritual and moral values, strengthening human health, spiritual support, physical fitness and physical education.

In the context of physical ecological education, we assume that the level of its usefulness, functional capabilities, level of ability to physical loads, more precisely than the development of the body's internal capacity to ensure the body's resistance to adverse environmental influences.

Throughout human life, its interaction with the external environment is systematically mediated by muscle activity. It should be noted that the failure of the environmental situation has a direct impact on physical education. As the volume and speed of physical activity load is constantly increasing, not only has the body slowed down in development and height, but there have also been many cases of stagnation. According to experts in the field of physical education in our country and abroad, high physical activity, which leads to an increase in heart rate of 180-190 beats / minute, can adversely affect the activity of the heart department and lead to non-recovery of normative processes there. For this reason, students should not be engaged in such vigorous muscle activity, otherwise it will lead to fatigue of the body's systems necessary for human life.

MAIN PART

This is the beginning of irreversible changes in the activity of the organism, which in turn lead to a decrease in the functional systems of the young organism. This condition is more common in children when they are involved in physical activity or competitions during infancy. In some cases, regular participation of 4-5 year old children in different sports

(swimming, rhythmic gymnastics, etc.) can be observed in the formation of their skills for such systematic exercise loads. The body's functional capabilities and exposure to age-inappropriate physical loads increase the environmental impact of the environment.

Knowledge of the physiological mechanisms and patterns of adaptation of the world to different environmental conditions provides different pedagogical conditions for achieving useful results in physical education, so adherence to pedagogical laws in such training has a special health feature.

In the developed countries of the world, the process of adaptation in the system of "organism-environment", which is called a social environment, can be carried out only on the basis of a healthy lifestyle. (Tursunov S. T., Nodirov T. S. Healthy lifestyle: a textbook for professional colleges).

The science of epidemiology, which teaches the origin and development of a particular type of disease, is a complex field that requires many years of experimental work with a large number of people in opposite situations. The data collected on the basis of "epidemiological observations" describe the direct impact of external conditions on the origin and development of the disease. For this reason, according to the scholars who developed the program to improve physical education, not being able to adequately assess the socio-value skills of physical education is equivalent to not knowing its importance in health care.

According to the scientists, proposing the relationship of the human body with the external environment only on the basis of the process of muscle activity does not allow a complete study of the system of knowledge related to physical ecological education. The processes of homeostasis, which represent the dynamic stability of the internal



functions of the body (blood, lymph, body temperature, cardiovascular and nervous system) in any organism, indicate the need to study them as a whole. In particular, the effectiveness of health-oriented physical education is related not only to external conditions, but also to internal relationships, internal conditions, and systems that arise from engaging in general physical activity.

Based on the above information, it should be noted that the involvement of physical activity indicates the need to take into account the system of interdependence of pedagogical and medical-biological conditions. On the one hand, if the organism has a supportive effect on physiological processes, on the other hand, it is necessary to use fertility tools to restore the organism. The health training system developed by us offers biologically active substances, supplements, various vitamins and plant-based nutrients as a means of helping to adapt to an environmentally unfriendly condition.

It should be noted that in order to achieve the effectiveness of education in the educational process, through systematic integration, which is a reliable tool of integrative educational functions in creating and maintaining the need and good results can be obtained rewarding students in health care based on the acquisition of knowledge relevant to the subject. Learning is a necessary and sufficient condition for the implementation of a system of education as a source of health in the educational process.

Positive knowledge provided in the basic reading standard and reading business plans, additional information on the basics of a healthy lifestyle, psychological-pedagogical and medical-biological resources aimed at maintaining and strengthening the health of students are the basis of the sequence of systematic integration in the educational process. The main idea of the scientific-methodological concept "Physical training as a means of maintaining the health of students" developed by us and used in practice by modern secondary schools is to propose physical activity as a means of maintaining the health of students. According to this, the use of physical training should be based on the achievements and irregularities of physical education, the determination of the amount of physical activity, personality-individual combination and systematic medical-biological control.

Therefore, the concept of health care includes the continuous implementation of professional and pedagogical experience of teachers and school leaders in the field of health care: the rationalization of the educational process, the role and content of active recreation in physical education, the use of biologically

active substances in supporting and implementing physiological functions takes place.

Among several categories of physical education, physical education as a special pedagogical process, a comprehensive set of health education tools (education of physical qualities, formation of motor skills, composition of motor skills, etc.) has a different place. Physical education, carried out with the help of special training, describes the healing ground as a form of physical maturity and physical development. Like any other type of human fitness, physical education is a social process that takes place in the form of interactions between people. This social work capacity acts as one of the external factors in a student's physical development.

The inherent features of physical education are that the social and pedagogical impact is mainly focused on the optimization of biological processes in the human body. This feature of physical education differs from other types of education in terms of specific methods, techniques and means.

Physical education as a pedagogical event describes a very active process of interaction between the coach (object of pedagogical influence) and the pupil (object of educational influence). The coach realizes the demonstrative effect on the trainee by conveying clear messages. This message must be deeply expressed at the level of becoming a force that awakens the inner feeling in order for the trainee to accept and perform an action. In particular, physical education reflects the conditions that have a healing effect through physical activity.

As the student performs physical exercises, there is a correlation between the educational effect and the biological processes that are objectively formed in the body. Social communication processes provide a form aimed at increasing the healing effect of biological processes occurring in his body through a sense of engagement.

Physical training leads to a great additional result by cultivating physical qualities and shaping movement experiences. They include not only the healing effects of physical activity aimed at improving the physiological functions of the body, but also the elimination of functional disorders and physical rest of the organism, which are likely to occur in the future. The reason is that the concept, which focuses on the use of physical activity for health purposes, focuses on the constant self-control that occurs in the body during the performance of individual physical loads. The health-oriented content of physical activity plays a role in increasing the functional level of the body's basic living system. According to scientists, the emergence of a health boost is a health energy.



Rationally generated physical activity, rather than maintaining a person's health, creates a sustained need and resilience, while a valuable focus on health in the process of physical education becomes one of the essential needs in life. Sustained needs for a healthy lifestyle, the use of effective means of health, a rational mode of study, and active recreation, physical education can be grouped into five groups: social, cognitive, valeological, cultural and etiquette (Sharipova D.D. and others. Fundamentals of Valeology. - T.: Science and Technology).

CONCLUSION

In the process of health-oriented physical activity, the energy supply of the human body organs and vital activity system is increased, it is easier to adapt to physical activity, health recovery conditions are improved and accelerated, which in turn increases human resistance to environmental impacts.

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