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# THE ROLE OF PHYSICAL EDUCATION IN STRENGTHENING THE HEALTH OF STUDENTS

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**Abstract:**

The health status of young people is the most important component of the healthy potential of the nation. Modern living conditions set us the task of forming students' conviction in the need to lead a healthy lifestyle. Moral health is determined by moral principles, which are the basis of a person's social life.

**Keywords:**

Health, healthy lifestyle; moral health; physical health; health-saving educational environment.

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The purpose of this article is to determine the role of physical activity in improving the health of students. The influence of physical activity on various organ systems is also considered.

In the modern world, the issue of physical education of schoolchildren is in the first place and is becoming more and more relevant in Uzbekistan every year. Now everyone is actively engaged in physical culture and cannot imagine life without it. However, students prefer to just look at it. Most of them do not understand that physical training has a positive effect on our body.

Physical culture is an organic part of universal culture, its special independent area. At the same time, it is a specific process and result of human activity, a means and a way of physical improvement of the individual.

Physical culture affects the vital aspects of an individual, obtained in the form of makings that are transmitted genetically and develop in the course of life under the influence of upbringing, activity and the environment. Physical culture satisfies social needs in communication, in some forms of personal self-expression through socially active useful activities. Physical exercises in strengthening the health of students. Actively using a variety of physical exercises, a person improves his physical condition and fitness, physically improving.

The physical culture of the individual manifests itself in three main directions. Firstly, it determines the ability to self-development, reflects the orientation of the individual "to himself", which is due to his social and spiritual experience, ensures his desire for creative "self-building", self-improvement. Secondly, physical culture is the basis of an amateur, initiative self-expression of a future specialist, a manifestation of creativity in the use of physical culture tools aimed at the subject and process of his professional work. Thirdly, it reflects the creativity of the individual, aimed at the relationships that arise in the process of physical culture, sports, social and professional activities, i.e. "on others".

Physical health is a natural state of the body due to the normal functioning of all its organs and systems. If all organs and systems work well, then the entire human body (a self-regulating system) functions and develops correctly.

Mental health depends on the state of the brain, it is characterized by the level and quality of thinking, the development of attention and memory, the degree of emotional stability, the development of volitional qualities.

The richer and wider the circle of personal connections in this activity, the richer the space of its subjective manifestations becomes. Everyone should take care of their health. After all, our health depends on lifestyle, heredity, ecology and, of course, medicine. After all, only a person most affects his health and can improve or significantly worsen his condition.

Students of medical and humanities faculties occupy the 4th place, ahead of only students of cultural studies in health. Therefore, these students suffer from diseases of the digestive system, cardiovascular system, refraction of vision (myopia), etc. How do students feel about physical education lessons and how often do they go to gyms? We asked these questions to the students of our state university.

The analysis shows that only 15% of students do sports on their own. When asked how often they go to the gym, 78% of students answered that they do not go to gyms at all due to lack of free time. 14% said they go to the gym once a week. 21% of students answered that they do not need physical education classes.

The study showed that only 55% of students are engaged in physical education. The main reasons for not visiting gyms are lack of time, laziness, illness, etc. After the survey, it turned out that many students of our university are interested in physical culture, but at the same time our students do not have the motivation to exercise regularly. The question arises how to motivate students to exercise.

The answer is simple, in order to attract students, it is necessary to organize the following conditions:

- in the process of conducting classes, apply modern methods and technologies taking into account the interests of those involved;
- to improve the material and technical base and provide it to our students;
- diversify elective courses in physical culture based on the study of motivation and interests of students.

Physical culture at the university performs the following social functions:

- transformative and creative;
- integrative-organizational;
- projective-creative;
- projective-predictive;
- value-oriented;
- communicative and regulatory.

Studying all these functions of physical education at the university will provide a deeper understanding of the content and importance of the subject "physical culture", for this

educational institutions need to develop new methods of motivating students to regular classes.

In the modern world, the younger generation has pathologies of the musculoskeletal system, cardiovascular system, nervous system, etc. To prevent this, we need to exercise regularly, eat properly and rationally, and adjust our sleep regime.

A healthy lifestyle includes the following main elements:

- fruitful work;
- rational work and rest regime;
- eradication of bad habits;
- optimal motor mode;
- personal hygiene;
- hardening;
- rational nutrition;
- psychological self-regulation, etc.

Lectures, practical and laboratory classes, educational practices, test and examination sessions are the main time for the formation of the personality of a future mid-level specialist. All this requires from students not only preparedness, concentration, high efficiency, but also good, strong and stable health.

Modern living conditions set us the task of forming students' conviction of the need to lead a healthy lifestyle (using free time with health benefits, observing the daily routine, developing a negative attitude to such bad habits as smoking, drunkenness, drug addiction, etc. and it is no coincidence that recently the role of an educational institution as a social institution has been increasing, forming not only a competent specialist, but also a full-fledged, healthy personality with such formed qualities and personality properties as social activity, orientation to a healthy lifestyle, aesthetic ideals and ethical standards of life. In other words, health should be taught.

The modern development of Uzbekistan is connected with modernization in the field of education, which primarily affects the problems of the formation of a person and a citizen integrated into modern society. A person who is focused on a healthy lifestyle (HLS) can be successful in various areas of life.

Moral health is determined by moral principles, which are the basis of a person's social life, i.e. life in a certain human society.

The distinctive signs of a student's moral health are, first of all, a conscious attitude to work, mastery of cultural treasures, active rejection of morals and habits that contradict a normal lifestyle.

A physically and mentally healthy student can be a moral freak if he neglects the norms of morality. Therefore, social health is considered the highest measure of human health. Morally healthy students have a number of universal qualities that make them real citizens.

The health status of the younger generation is the most important indicator of the well-being of society and the state, not only reflecting the current situation, but also giving a forecast for the future. The country's labor reserves, its security, political stability,

economic well-being and the moral level of the population are directly related to the health of young people.

Health is the greatest social value. Good health is the main condition for a person to perform his biological and social functions, the foundation of personal self-realization.

Students are the most dynamic social group, which is in the period of formation of social and physiological maturity, adapts well to a complex of factors of social and natural environment and at the same time, for a number of reasons, is at high risk of health disorders. The preservation and strengthening of students' health is an urgent pedagogical problem and requires a comprehensive solution to a system of interrelated issues. One of the most important ways to solve this problem is to optimize the influence of the environment on the student's personality and body.

A health-preserving educational environment, along with many other factors, ensures the formation of a healthy lifestyle of students, which, in turn, is impossible without the formation of a health culture of students. Under the student's health culture, specialists understand an integrative personal quality that is formed in the process of systematic, purposeful education and training based on an emotional and value attitude to one's health and the organization of a healthy lifestyle, the accumulation of experience in applying knowledge, skills and abilities in the practice of organizing a healthy lifestyle.

The formation of a health culture takes place in the process of education and upbringing of students, including self-education. Therefore, purposeful, rational management is necessary not only at the level of planning and organizing physical education classes, but also at the level of students' holistic life activity. Since cultural development presupposes the formation of a system of personal values, one of the goals of forming a culture of health of students is the development of their value attitude to their health. Physical health is not just a desirable quality of a future specialist, but a necessary element of his personal structure, a necessary condition for building and developing social relations.

So, the opinion is firmly established in the public consciousness that a healthy lifestyle of society as a whole and of each individual is a basic condition for the formation and implementation of a healthy lifestyle, which, in turn, is not only the basis of well-being and cheerful mood, but also the way to the improvement of the nation, to the solution of many social problems.

After all, an active lifestyle has a positive effect on our body, on health and improves the quality of life. You need to move more, sit less!

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