



Issues of public health and involvement in mass sports

Jamilov Shohruz

Buxoro davlat universitetining Pedagogika institute 1-bosqich magistri

ABSTRACT

This article describes the effects of exercise on the human body and on improving the health of the population and creating opportunities for them to engage in regular sports.

Keywords:

Coronavirus infection, proper nutrition, skill, physical activity, mass sports, tourism, Prime-time, family sports, physical education classes, special sports tests.

The outbreak of COVID-19 in the world has not bypassed Uzbekistan, as well as other countries. Coronavirus infection primarily affected the health of citizens with cardiovascular and respiratory diseases, as well as obesity (overweight). This is due to inactivity, lack of regular exercise and poor diet. It is no exaggeration to say that today's pandemic has caused many citizens to die prematurely.

We can all conclude from this that regular participation in mass sports, adherence to the principles of proper nutrition, regular physical activity and sports in their spare time, in short, a healthy lifestyle. The present time itself demands that we should make this style our daily life.

Of course, today in our country special attention is paid to the development of physical culture and mass sports. In particular, the President of the Republic of Uzbekistan on June 3, 2017 "On measures to further develop physical culture and mass sports" PP 3031, March 5, 2018 "On measures to radically improve the system of public administration in the field of physical culture and sports PF 5368

of October 30, 2020 PF-6099 "On measures for the widespread introduction of a healthy lifestyle and further development of mass sports" These issues include the implementation of specific programs to promote the health of the population, the broad involvement of young people, women and the elderly in a healthy lifestyle and the creation of additional conditions for their physical activity. 'z has found a solution.

The main goal and driving force of society in the world is the harmonious development and well-being of man and his all, the creation of conditions and effective mechanisms for the realization of individual interests, the modernization of outdated patterns of thinking and social behavior.

Young people are more vulnerable to the negative effects of the environment than other social groups, suffer from various diseases, and have a special character. They are also characterized by varying degrees of physical fitness. Of course, today the population of our republic has a different level of physical fitness and physical development.

Although Alpomish and Barchinoy tests have been developed in our country to determine the level of physical fitness of the population, many people of different ages are not fully ready to perform the tasks specified in the standard programs. This calls for the development of new tools and methods for the development and implementation of training for this type of population.

The results of the analysis of the available scientific and methodological literature show that in recent years there has been an increase in the number of people with varying degrees of physical fitness and the risk of contracting the disease.

The research is aimed at clarifying the dynamics of physical development of all segments of the population through the innovative cluster of physical culture and sports, as well as their physical well-being in accordance with the level of negative changes in health. One of the most scientifically based problems facing the field of physical culture and sports today is the lack of development of targeted programs that take into account the specifics of the regions.

Today, the attention paid by the government to public health and the innovative sports cluster method, developed on the basis of the requirements of the relevant resolutions and orders, in the individualization of physical education, health problems and physical weakness. A methodology for conducting physical education and sports with all segments of the population will be created.

The aim of the study is to develop and experimentally substantiate an innovative sports cluster of public health in the field of physical culture and sports, taking into account the specifics of the regions.

The purpose of the study was to:

- identification of problems and goals in the field of physical culture and sports on the basis of innovative methods of public health among the population, taking into account the specifics of the regions;

- Analytical analysis of the implementation of innovative methods of public health in the field of physical culture and sports, taking into account the specifics of the regions;

Methods of assessing and monitoring the state of physical fitness of students in the world have developed the didactic structure of the cluster-cluster-module cluster-module (YI Yevseyev, IG Zakharova, AI Fyodorov, OK Filatov, JK Kholodov).

One of the key issues in the educational process in higher education is the individual training of students with different levels of physical fitness.

At present, there is great interest in the development of new health and information technologies based on the achievements of the cluster-modular approach to education and the computerization of the educational process in physical education. The peculiarity of new information technologies in the physical education of students is the software and methodological support of the lessons, the availability of modern computer tools (Ilinich VI, Novikov B.I., Sonkin V.D., Talizina N.F.).

The available scientific literature provides a wealth of information on the role of physical education in the development of the human body and the development of a healthy lifestyle. At the same time, it is noted that in higher education institutions there is almost no data describing the actual state of implementation of curricula in physical education for students with different levels of physical fitness (AGFurmanov, 2003; GIXozyainov, 2006; BCCherepanov, 1989).

In this context, it should be noted that there is a contradiction between the actual implementation of physical education curricula and its real contribution to the dynamics of physical training and development of students, as well as education. at different stages of delivery, there is a mismatch between the low efficiency of the formation of the student's personality in terms of value and motivation for physical education and the significant time spent on training.

This process can be done only with the help of modern information technology.

The cluster-module approach allows for a multifaceted systematization of research areas. It also leads to anticipation of possible trends in changes in the dynamics of the state of physical fitness of students, which in turn provides an opportunity to develop individual programs of physical development and fitness technologies aimed at improving fitness and physical fitness (BAKarpushin, 2003; AAKovalenko, 2001; YE.S.Kryuchek, 2003; ABChogovadze, 2001). In the field of physical culture and sports, the development of a healthy lifestyle through the creation of an innovative sports cluster of public health is characterized by the creation of a theoretical and practical, science-based basis for physical education and sports.

At the heart of the ongoing reforms in the territory of the Republic today is to introduce the country to the historical reality. That is, the foundations of a new renaissance are being laid by a healthy generation. This period requires enthusiasm and attention to a healthy life from every careless citizen. By developing an innovative cluster module on public health, taking into account the specifics of the regions to be implemented under the project, the preservation of the nation's gene pool, the formation of a healthy lifestyle through innovative cluster methods in the minds of the population and the population in physical culture and sports there is a need to develop an innovative sports cluster of health. This will be achieved through the creation of e-learning literature, a set of exercises developed in the field and in the field of science.

Cluster-module education was first introduced in vocational education in 1974. The UNESCO conference in Paris this year gave impetus to the practical application of cluster-module technologies. According to some researchers (Goldshmid, Russell), such an organization of teaching focuses on the development of students in a way that suits them. On the other hand, it helps to integrate the forms and methods of education and to understand the content of the formed educational materials.

An important factor in the development of a cluster module is the

assumption that it has an easy-to-use content. The word "cluster module" has its etymological abbreviation. Undoubtedly, the effective acquisition of a cluster module depends not only on the completeness of the training data, but also on the extent to which this information is collected. Each science collects information on its own. There is the following set of knowledge "Cluster-module"; Logic cluster module, production cluster module, frame (frame) cluster module, semantic network cluster module and others. Thus, as a result of the generalized analysis of cluster module education, we have proved in practice that it is a high-tech education system based on the principle of conscious learning and activity approach.

In short, the examination reveals gaps in the acquired knowledge. This is an effective way to fully master the modules.

References

1. Abdullaev M. J. Methodology of application games in the training of young athletes //European Journal of Research and Reflection in Educational Sciences. – 2020. – Т. 8. – №. 11.
2. Samijonovich, T. S., Abdullaev *Molecular & Clinical Medicine*, 7(6), 2907-2914.
3. Abdullayev, M. J., Berdiyev, O. I., & Omonova, N. R. (2021). Methodology Of Organization Of" Physical Education And Sports" Lessons In Higher Educational Institutions. *The American journal of social science and education innovations (TAJSSEI) SJIF-5.857 DOI-10.37547/TAJSSEI*, 3(02), 312-320.
4. Абдуллаев, М. Ж. (2018). Бошланғич тайёргарлик босқичида шуғулланувчи ўсмир енгил атлетикачиларнинг жисмоний тайёргарлиги динамикаси. *Фан-Спортга*, (2), 13-15.
5. Abdullaev, M. J. (2020). Characteristicsages. *European Journal of Research and Reflection in Educational Sciences Vol*, 8(11).
6. Абдуллаев, М. Ж. (2018). Swot-анализ в структуре информационных технологий физического воспитания.

- In Система менеджмента качества в вузе: здоровье, образованность, конкурентоспособность. Сб. науч. тр. VII Междунар. науч.-практ. конф (pp. 14-18).
7. Junaydullovich, Abdullaev Mehriddin. "METHODOLOGY OF APPLICATION OF MOVING GAMES IN THE TRAINING OF YOUNG ATHLETES." *Конференции*. 2020.
 8. Абдуллаев, М. Ж. "ВЗАИМОСВЯЗЬ ФИЗИЧЕСКОГО И ПСИХИЧЕСКОГО РАЗВИТИЯ ДЕТЕЙ В ПРОЦЕССЕ ФИЗИЧЕСКОГО ВОСПИТАНИЯ." *ВЕСТНИК ИНТЕГРАТИВНОЙ ПСИХОЛОГИИ* (2018): 10.
 9. Абдуллаев М. Ж. Физкультурно-оздоровительные подходы в процессе физического воспитания студентов вузов //Система менеджмента качества в вузе: здоровье, образованность, конкурентоспособность. Сб. науч. тр. VII Междунар. науч.-практ. конф. – 2018. – С. 10-14.
 10. Абдуллаев М. Ж. О некоторых особенностях кинематики метания диска с места //Система менеджмента качества в вузе: здоровье, образованность, конкурентоспособность. Сб. науч. тр. VII Междунар. науч.-практ. конф. – 2018. – С. 7-10.
 11. Abdullaev M. J. Characteristics, forms and methods of extracurricular activities with athletes of different ages //European Journal of Research and Reflection in Educational Sciences Vol. – 2020. – Т. 8. – №. 11.
 12. Tajibaev, S. S., Abdullaev, M. J., Niyazov, A. T., & YuNiyazova, O. (2020). This article scientifically analyzes and substantiates the methodology of using movement games in the development of physical and psychological training of 11-12-year-old athletes in the primary training group. *European Journal of Molecular & Clinical Medicine*, 7(6), 2907-2914.
 13. Abdullayev, M. J. (2021). Teaching 18-20 Year Old Girls For Healthy Aerobic Exercises. *The American Journal of Medical Sciences and Pharmaceutical Research (ISSN-2689-1026) Published: February, 28*, 77-85.
 14. Abdullaev, M. (2018). Zh. the Relationship of physical and mental development of children in the process of physical education. *Journal. Bulletin of integrative psychology. Yaroslavl*, 17, 10-13.
 15. Junaydullovich, A. M. Methodology of application games in the training of young athletes. *Academicia: An International Multidisciplinary Research Journal. ISSN*, 2249-7137.
 16. Junaydullovich, A. M., & Istamovich, A. K. (2021). BASIC LAWS AND DESCRIPTIONS OF WAYS TO DEVELOP TECHNICAL SKILLS IN BOXING. *Web of Scientist: International Scientific Research Journal*, 2(05), 15-26.
 17. Junaydullovich, A. M., & Istamovich, A. K. (2021). ANALYSIS OF MODERN TECHNOLOGIES FOR THE DEVELOPMENT OF PSYCHOPHYSICAL QUALITIES OF BOXERS IN THE PROCESS OF TRAINING. *Web of Scientist: International Scientific Research Journal*, 2(05), 1-14.
 18. Junaydullovich, A. M. (2021). METHODOLOGY OF TEACHING ATHLETICS FOR CHILDREN OF DIFFERENT AGES. *Web of Scientist: International Scientific Research Journal*, 2(05), 49-59.
 19. Junaydulloyevich A. M., Haydarqulovich Q. H. THE DEVELOPMENT OF EFFECTIVE WAYS TO IMPROVE REPRODUCTIVE HEALTH OF MARRIED STUDENT GIRLS //Web of Scientist: International Scientific Research Journal. – 2021. – Т. 2. – №. 04. – С. 249-258.
 20. Abdumalikovna T. D., Oktamovna J. N. The Use of An Example of People's Oral Creation and Modeling Technologies in The Development of Creative Thinking of Students During Learning the Uzbek

- Language in Primary School //Zien Journal of Social Sciences and Humanities. – 2021. – Т. 2. – С. 69-72.
21. Абдуллаев М.Ж., Олимов М.С., Тўхтабоев Н.Т. Енгил атлетика ва уни ўқитиш методикаси. Дарслик. “Баркамол файз медиа” нашриёти Тошкент-2017 й. 620 бет
22. Ikromov A. A. Improvement of action based games for young learners // Theoretical & applied science. – 2020. – №. 2. – с. 170-173.
23. Ikromov A. A. THE INFLUENCE OF GAMES ON THE DEVELOPMENT OF INTELLECTUAL AND PHYSICAL ACTIVITY FOR PRESCHOOL CHILDREN // Scientific reports of Bukhara State University. – 2020. – Т. 3. – №. 4. – С. 324-328.
24. Aminovich I.A. Mastering of Motion (Action Based) Games for Primary School Pupils by Using Information and Communication Technologies //International Journal on Integrated Education. – Т. 3. – №. 3. – С. 5-8.