



Health Orientation as An Important Principle of the System of Physical Education

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ABSTRACT

It is known that optimal physical activity in combination with a balanced diet and lifestyle is the most effective in preventing many diseases and increasing life expectancy. Physical exercises provide adaptation of the cardiovascular, respiratory and other systems to the conditions of muscular activity, shorten the duration of functional recovery after changes caused by physical activity, activate and improve metabolism, improve the activity of the central nervous system.

In this article, it is written about the health-improving orientation as an important principle of the system of physical education.

Keywords:

Physical culture, sports, physical education, physical development, physical training, physical loading, students, standardization, sports training, exercises.

The essence of the principle of the health-improving orientation of physical exercises lies in the fact that physical culture should contribute to the preservation and strengthening of health, increasing adaptive capabilities.

Regular exercise has a positive effect on the activity of the digestive and excretory organs, as the peristalsis of the stomach and intestines improves, their secretory function increases, and the abdominal muscles strengthen. In addition to the healing effect, physical exercises have a training effect on a person: mental and physical performance increases, the level of development of motor qualities increases, vital motor skills and abilities are formed and improved (swimming, skiing, etc.).

Thus, physical activity and physical activity cause a number of effects leading to the improvement of adaptive-regulatory mechanisms: 1) saving effect (reducing the oxygen cost of work, more economical activity of the heart, etc.);

2) antihypoxic effect (improvement of blood supply to tissues, a greater range of pulmonary

ventilation, an increase in the number of mitochondria, etc.); 3) anti-stress effect (increased resistance of the hypothalamic-pituitary system to adverse environmental factors, etc.); 4) gene-regulatory effect (activation of the synthesis of many proteins, cell hypertrophy, etc.); 5) psycho-energizing effect (increase in mental performance, the predominance of positive emotions, etc.) 6. This whole complex of effects increases the body's reliability and resistance to environmental influences, improves the functions of the body's vegetative systems, strengthens the immune system, prevents premature aging and increases life expectancy.

The healing, therapeutic and training effect of physical exercises on the body becomes more effective if they are correctly combined with hardening measures, compliance with sanitary and hygienic standards, proper nutrition, additional procedures (massage, physiotherapy).

In order for physical culture to have a positive impact on human health, the following rules must be observed: 1) the means and methods of physical education must be applied

taking into account the scientific validity of their health-improving value; 2) physical activity must be selected in accordance with the individual characteristics of those involved (gender, age, health status, professional activity, etc.); 3) 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 content of medical and pedagogical control depend on the state of health of the magnitude of physical activity, the means and methods of physical education used, and the mode of physical activity. Observing the principle of a health-improving orientation, specialists in physical culture and sports should organize physical education in such a way that it performs both preventive and developmental functions. This means that with the help of physical exercises it is necessary to compensate for the lack of physical activity (physical inactivity) that occurs in the conditions of modern life; prevent the development of diseases associated with educational and professional activities; improve the functional capabilities of the body, increasing its performance and resistance to the damaging effects of environmental factors.

Improving physical culture is a kind of physical culture aimed at maintaining and strengthening health. The task of health-improving physical culture is general improvement, increasing the body's resistance to the harmful effects of environmental factors, creating an optimal background for human life, prolonging active longevity, etc.

Health-improving physical culture classes do not set the goal of achieving high sports results or treating diseases (as in therapeutic physical culture (LFK)) and are available to all practically healthy people. At least three aspects can be distinguished in health-improving physical culture: activity, subject-value and resultative.

Health-improving physical culture (as a kind of activity) is an organized motor activity aimed at achieving the maximum possible health-improving effect using physical exercises. Physical culture and health-improving activity is as important as work or

study. It is she who, being one of the forms of human activity, provides an improvement in physical condition and health, and contributes to the prolongation of life. Health-improving physical culture as a set of subject values is represented by material and spiritual values, which are created to ensure effective physical culture and health-improving activities.

These are 1) information about the health-improving possibilities of physical exercises; 2) methodological support of physical culture and health-improving activities and a healthy lifestyle; 3) the necessary material and technical equipment for physical culture and recreation activities; 4) formation of interest and need in physical culture lessons. Improving physical culture as a result of activity is characterized by a set of useful results of its use.

These are 1) prevention of hypokinesia and physical inactivity by increasing the vital volume of movement and physical activity; 2) achieving a consistently high level of health, the maximum extension of effective life; 3) improvement of the main life-supporting functions and systems of the body; 4) increasing the body's resistance to infectious diseases and the harmful effects of environmental factors; 5) improvement of the psycho-emotional state; 6) achievement of a high level of physical fitness; 7) acquisition of applied motor skills and abilities; 8) satisfaction of the need for movement during active recreation and entertainment; 9) body shape and weight correction; 10) increase in mental performance. In the system of health-improving physical culture (OPC), the following types are distinguished: 1) hygienic; 2) health-improving and recreational; 3) health-improving and rehabilitation; 4) sports and rehabilitation.

Hygienic physical culture is various forms of physical culture included in the framework of everyday life (morning exercises, walks, daily physical exercises that are not associated with significant loads). Its main function is the operational optimization of the current functional state of the body in the framework of everyday life and extended rest.

Health-improving and recreational physical culture is a kind of physical culture aimed at rest, restoration of human strength

expended in the process of labor, training sessions or competitions, using physical exercises. Recreation is an objectively existing social phenomenon, the main content of which is recreation, entertainment, recuperation, assimilation and expansion of one's motor and cultural and cognitive capabilities.

Recreation functions:

- health-improving (preservation and promotion of health);
- social and preventive (closely linked with the organization of healthy leisure and prevention of the emergence of such asocial habits as alcoholism, smoking, drug addiction, empty pastime);
- optimizing (improvement of physical qualities, formation of physique, improvement of the functional systems of the body);
- pedagogical (manifested in the joint activities of parents and children);
- aesthetic (physical recreation in nature contributes to the formation of aesthetic feelings);
- socio-genetic (the mechanism of assimilation of socio-historical experience);
 - creatively attributive (allows to consider the function of recreation in development and improvement);
 - system-functional (revealing physical recreation as a function of a particular social system);
 - axiological (value-oriented);
 - communicative (an important means of informal communication between people).

The main means of motor recreation are gymnastic exercises, running and walking, swimming, skiing, cycling, outdoor and sports games, various types of tourism (hiking, water, cycling) and aerobics (fitness aerobics, health-improving, etc.). According to the number of people involved, recreational activities can be individual and group (family, interest group, etc.).

Health-improving and rehabilitation physical culture is a specially directed use of physical exercises as a means of treating diseases and restoring body functions that have been impaired or lost due to diseases, injuries, overwork and other reasons.

This direction of OFC is implemented in the classes of therapeutic or adaptive physical culture. The general idea of treatment with the help of physical exercises is based on the fact of healing the body, due to improved blood supply and oxygen access to both damaged and healthy tissues, increased muscle tone, and improved tissue trophism. Depending on the age of those involved, recovery occurs in some cases due to the normalization of body functions and systems, in others - due to the predominant development of compensatory mechanisms. In health-improving and rehabilitation physical culture, the role of such methodological principles as the principle of individualization and gradual increase in loads is significantly increasing.

The health-improving and rehabilitation direction includes the following forms: 1) groups of therapeutic physical culture, adaptive physical culture (AFC) or physical rehabilitation at dispensaries, hospitals; 2) health groups in physical culture groups at enterprises and organizations, at the place of residence, in sports complexes, etc.; 3) self-study. Within the framework of AFC, therapeutic exercises, dosed walking, running, training on simulators, etc. are widely used.

Motor modes (sparing, tonic, training) are determined, organizational and methodological forms of classes (lesson, individual, group) are developed. Classes in health groups are both of a general health-improving nature for people who do not have serious deviations in their state of health, and are specially directed taking into account the specifics of the disease. The main means of training are exercises of basic gymnastics, swimming, and athletics that are easily dosed according to the load. The best health and training effect is achieved with the complex use of a variety of exercises.

Classes are held according to specially designed programs under the guidance of an instructor and under the supervision of a doctor. Individual sessions of the rehabilitation type can also be of both a general health-improving and a specially directed nature; they help to strengthen the weakest functions and systems of the body.

Within the framework of health-improving and rehabilitation physical culture, kinesiotherapy is actively developing in our country (translated from Greek - treatment by movement). Kinesiotherapy is a direction of physical therapy, which provides for the implementation of special physical exercises using simulators and equipment. Health-improving-recreational and health-improving-rehabilitation physical culture plays an essential role in the system of scientific organization of labor. Carrying out preventive measures in sports and recreation centers allows you to eliminate the negative consequences that arise as a result of physical and mental overstrain in the process of work, as well as increase efficiency. The complex of preventive measures includes various physical exercises used during and after the working day, massage, bath, psychoregulatory and other means.

Sports and rehabilitation physical culture is aimed at restoring the functional and adaptive capabilities of the body of athletes after long periods of intense training and competitive loads, especially during overtraining and eliminating the consequences of sports injuries.

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