



ORGANIZATION OF PUBLIC SPORTS ACTIVITIES AMONG THE POPULATION

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ABSTRACT

In this article, sports facilities play an important role in the success of mass sports in residential areas. The widespread introduction of a healthy lifestyle and further development of mass sports, as well as the creation of modern conditions for regular physical education and mass sports.

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Creating a healthy lifestyle in our society, creating modern conditions for regular participation of the population, especially the younger generation in physical culture and mass sports, strengthening confidence in the will, strength and capabilities of young people through sports competitions Extensive work is being carried out to develop courage and patriotism, devotion to the motherland, as well as the systematic organization of the selection of talented athletes among young people and the further development of physical culture and mass sports.

Representatives of our country are achieving high results at the Olympic Games, World Championships, Asian Games and championships and international competitions, further enhancing the prestige and sports potential of Uzbekistan in the world, the construction of world-class sports facilities in the regions of our country. It is especially noteworthy that the three-stage sports games "Umid Nihollari", "Barkamol Avlod" and the Universiade are gaining popularity among schoolchildren and students. [1]

At the same time, in all regions of the country, the importance of mass sports in human and family life, to promote its physical and mental health, to protect young people from harmful habits, to give them their own abilities. and creating the necessary conditions for the realization of their talents, including the selection of talented athletes and the improvement of the system of targeted training.

It was noted that the population, especially young people, is not well engaged in physical culture and mass sports, and the use of sports facilities in educational institutions for people of all ages outside of school hours is not organized.

In addition, it is necessary to establish preferential sports centers to attract the population to mass sports on the basis of vacant private facilities. Sports facilities play an important role in the success of mass sports activities in residential areas. These facilities meet the requirements of established building codes and meet the needs of children and adults. should be in harmony with the construction of housing.

Sports grounds. health camps, jogging and jogging paths, and outdoor playgrounds with playgrounds should be comfortable. Such stadiums should have covered areas and good lighting, which will extend their service life. [2]

Particular attention should be paid to equipping sports facilities with special equipment and trainers. Because in this way, first of all, it is possible to use them in summer and winter, as well as to increase the effectiveness of individual training.

The organization of health-improving activities in the settlements should be carried out with the participation of community elders' councils and specialists. In preparation for Navruz, Independence Day and other holidays, football, wrestling, volleyball, running and national games should be held in the form of competitions. More active involvement of district and city governments, sports committees, and sponsors will be needed.

Content and objectives of physical culture and sports in the activities of the "Mahalla" Foundation Association, "Ma'naviyat va Marifat" Public Center, the Council of Elders of the "Mahalla" Foundation Association , measures have been taken to protect their mutual harmony and health.

Measures to organize self-government of the population on the basis of decrees of the President of Uzbekistan and the Cabinet of Ministers of the Republic of Uzbekistan have become important.

On this basis, the Mahalla Fund of the Republic of Uzbekistan was established, and the Mahalla Fund was established within all regional and district administrations. The Mahalla, approved by the Oliy Majlis, and the primary self-governing organizations of the population, the mahalla councils of elders, were established.

Regular physical activity and mass sports, as well as the formation of life skills for a healthy lifestyle, to ensure that every citizen has a strong immune system against the disease, to give up bad habits, follow the principles of proper nutrition, rehabilitation and rehabilitation, and systematic physical activity. and effective organization, it is advisable to create the appropriate infrastructure and other necessary conditions in this regard.

The main directions of the implementation of a healthy lifestyle and the further development of mass sports:

- creation of conditions for physical culture and mass sports in each family, mahalla and district (city), preschool, general secondary, secondary special, professional and higher education institutions and other organizations:

- Regular holding of sports competitions between families, classes, labor communities and regions for the development of mass sports:

- creation of conditions to meet the needs of different groups of the population for healthy eating, reduction of salt, sugar and age-related and excessive consumption of pastries and sweets, bakery products, elimination of harmful habits, especially alcohol and tobacco reduction of morbidity, obesity and premature death by abstinence from food

- Promoting a culture of healthy eating among the population, including the elimination of irregular and bedtime eating habits: promoting compliance with sanitary and hygienic rules as an integral part of a healthy lifestyle at the level of families, neighborhoods, preschools and secondary schools:

- preschool education, general education, secondary special, professional and higher education institutions, enterprises, organizations and all other types of institutions for physical education and sports in preschool education, general education, secondary special, vocational and higher education institutions, enterprises, organizations and other types formation of modern material and technical base for physical culture and sports in all institutions:

Walking, running, mini-football, cycling, badminton, streetball, and workout (neighborhood and street fitness) have been identified as priorities in the development of mass sports and promotion of healthy lifestyles among the population [3]

All of us have come to the conclusion that it is necessary to give up harmful habits, to engage in mass sports, to adhere to the principles of proper nutrition, in particular, excessive consumption of pastries and sweets, which contain a lot of salt, sugar and age.

In short, we need to make a healthy lifestyle a part of our daily lives.

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