



IMPROVEMENT OF METHODOLOGY OF DEVELOPMENT OF PHYSICAL EDUCATION AND SPORTS IN GENERAL SECONDARY SCHOOLS

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KEYWORDS

culture of healthy living,
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ABSTRACT

The article explores the opportunities and effectiveness of physical education and sports, the involvement of secondary school students in physical education and sports, the inculcation and development of the concept of a healthy lifestyle in them.

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Today's global development of modern educational processes is determined by the diversity of its various socio-pedagogical directions and changes, reforms, actions. In order to promote physical culture and sports in the Republic of Uzbekistan in recent years, to promote a healthy lifestyle among the population, to identify priorities for improving the skills and knowledge of the population in the field of physical culture and sports, , the implementation of specific programs in the field of physical culture and sports that will help to strengthen the health of the population is very important and topical.

The problem of developing a culture of healthy living through physical education and sports is an important issue that needs to be addressed. The health status of young people is an important component of the healthy potential of the nation, so maintaining and developing the health of students, developing in them a culture of healthy lifestyles is a priority today.

Resolution of the President of the Republic of Uzbekistan No. PP-3031 of June 3, 2017 "On measures to further develop physical culture and mass sports". Decree No. PF-5924 of the President of the Republic of Uzbekistan dated January 24, 2020 "On measures to further improve and popularize physical culture and sports in the Republic of Uzbekistan" is the result of attention to youth, health and sports development.

Youth health is one of the most pressing socially important issues that need to be addressed in today's society, and to ignore this problem is to lose sight of the future of future generations.

One of the main conditions for the modernization of society in the process of globalization is the development of the culture of life of the population and the improvement of the social environment.

The purpose of the study. The pedagogical conditions for the formation of a healthy lifestyle, identification of factors influencing the development of young people, the formation of a healthy lifestyle through physical education and sports, improving health, the development of a culture of healthy living are studied and researched.

Research methods. Theoretical analysis of the general factors of the development of a culture of healthy living among students, the educational value of physical education and sports as a pedagogical tool, and research methods of the literature were used.

Research results and discussion. The concept, content, principles of a healthy lifestyle, in the process of education and upbringing, mechanisms of formation and development of physical culture of a healthy lifestyle in students N.A.Meshelkova (2005), T.M.Kravchenko (2004), B.M. Zimasov (2006), I.Dj.Manchanov (2001), K.Sodikov (2007), O.Jamoliddinova (2010).

Articles and textbooks by D.J. Sharipova (2010), A. Rakhmonov (2012) devoted to some problems of the subject are the primary literature.

Spelling developments on the pedagogical conditions, opportunities and effectiveness of the development of a culture of healthy living of students - young people through physical education and sports are not enough. In the available sources, the general aspects of the problem have been studied, and the students, recognizing the urgency of the

problems of a healthy lifestyle, stressed the need to further expand the scope of research.

On the basis of observations made in the educational process of the general secondary school, the study of available scientific sources on the subject identified the conditions for the organization of pedagogical, technological process of developing a culture of healthy living through in-class and out-of-class physical education and sports:

The development of a culture of healthy living through physical education and sports is described as a social, pedagogical problem, the role and importance of physical culture and sports in the development of a culture of healthy living, as well as opportunities in general secondary schools.

In the process of learning, physical education and sports, students improve their knowledge based on the skills of behavior, habits, healthy lifestyles, health care and development.

Introduction of educational technologies in educational activities, development of the theory of physical education and its integration with pedagogical theories of person-centered education.

Introduce non-traditional teaching methods in classroom and extracurricular activities aimed at developing a culture of healthy lifestyles among students.

Achieving effectiveness through the use of forms, methods and tools for the development of a culture of healthy living of students through physical education and sports.

Implementation of mechanisms to ensure the effectiveness of the process of developing a culture of healthy living in students through physical education and sports.

Criteria for determining the level of students through the development of a culture of healthy living through physical education and sports, the implementation of its effectiveness in practice.

At the current stage of development of society, the formation of an individual's physical culture is a multifaceted and at the same time integral process, mainly focused on the implementation of physical health programs, physical self-improvement and changes in the level of development of psychophysical qualities and characteristics.

Physical education and sports play an important role in shaping a culture of healthy living, strengthening human health, increasing its physical and functional capabilities.

Therefore, there is a need for in-depth research and studies on the development of a culture of healthy living through physical education and sports for secondary school students, which determines the relevance of this research.

General secondary school students are a scientific study of the current practical situation in a healthy lifestyle culture and show that there are several distinctive features.

Today, the development of technology, the fact that the work done by human beings is replaced by technical means, has a negative impact on strengthening human health. Also, the modern educational process often leads to the deterioration of the health of students.

There are a number of factors and reasons that lead to the deterioration of the health of students - young people in educational institutions. For example:

- improper adherence to the agenda;
- not to exercise, hygienic students;
- smoking, distribution of alcohol;

- spends leisure and leisure time in computer rooms, cafes; The above-mentioned cases show that the student-youth spends their time in various idle jobs, has a low culture of health, and is indifferent to their health.

Therefore, in the process of physical education of future students of physical culture, the development of a culture of healthy living, recreation and leisure, systematic, effective organization of extracurricular activities of national and mass sports clubs in educational institutions play an important role in shaping and developing a culture of healthy living. After all, the formation of a motivational attitude to the work of physical education should be focused on the acquisition of health as a value direction in students. Therefore, physical education and sports are the main goals in the development of a healthy lifestyle of students, whose tasks are to increase the functional, adaptive abilities of the body, to develop the physical culture of the individual and self-development. It should be noted that physical education and sports are not only educational discipline, but also the most important component of shaping the culture of healthy living of students, helping to combine physical and spiritual unity, ensuring the formation of universal values such as health, physical and mental well-being of schoolchildren.

Conclusion. The importance of physical education and sports is growing in the multifaceted process of developing mental, moral and physical qualities, strengthening health, improving work skills, developing a culture of healthy living and creating a healthy environment through physical education and sports. Because physical education and sports are an effective means of the educational process in the mental and moral, spiritual perfection, physical perfection of man.

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