

The Role of a Sports Club in Forming Healthy Lifestyle Skills in Students

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Abstract. The state considers the role of a sports club in the formation of a pre-dolor lifestyle among students, physical development, healthy behavior, as well as topical issues, such as the culture of a pre-doro lifestyle. It presents scientific and methodological indicators based on the analysis of the accumulated experience on the pre-prenatal lifestyle based on the results of a questionnaire tested among the participating family education systems.

Keywords: scientific and methodological support of the norm "Systems for assessing the level of physical fitness of the population", health, physical development, physical fitness, monitoring.

Relevance of the topic. A healthy lifestyle should first of all be understood as the physical health of each person, and peace and harmony in the family, the work team, and good mood in the neighborhood. There are many factors involved in a healthy lifestyle. That is, there are areas that are important, such as cleanliness, good dressing, cultural behavior, keeping the environment clean, good manners, and physical training. Without them, a person cannot live well and purposefully.

A number of scientific studies devoted to a healthy lifestyle have been conducted in Uzbekistan. Their results were published in the form of monographs, scientific-popular pamphlets, methodical recommendations. Of these, the human factor, the ways of their use, and cleanliness (hygiene), careful preservation of the environment (ecological), medicine, and similar fields have been considered.

Human health occupies one of the most important places among social values in society [1].

A healthy lifestyle includes such complex factors as hygiene of life and recreation, culture of interpersonal relationships, environmental culture, ability to maintain a physiologically normal state of one's body and concern for the health of others. Such a way of human life has become the most important conditions for the development of all aspects of life [4].

Forming a healthy lifestyle means achieving a certain level of culture, becoming civilized by working wisely in eating, interacting with people, and walking. During the social and economic development of the country, the importance of clearly defining the social and hygienic criteria of a healthy lifestyle increases.

The problem of a healthy lifestyle - the most important problem facing humanity is the problem of the formation of a scientifically based socially and hygienically reasonable lifestyle, which helps to increase the social activity of people in the sphere of personal development, work, life and recreation [2].

According to most researchers, the health of the population depends at least 50% on the lifestyle, 15-20% on the environment, and the same amount on a person's heredity and health care system. It is known that any conflicts in the labor team hurt the human heart and cause various diseases [6].

The most important social aspect of a healthy way of life is social work, mutual relations, family, marital activities, the comprehensive manifestation of human physical and spiritual abilities in harmony with the surrounding natural and social environment. It provides the opportunity for every person to be free in his life, to activate the human factor as much as possible socially and psychophysically. In other words, the concept of a healthy lifestyle means that a person is completely engaged in activities of various methods and forms, and that there is a certain level of biosocial development. A healthy lifestyle includes quantitative and qualitative indicators of human life activity. During the revision of the social and economic development of the country on the basis of the modern science and technology revolution, these aspects of a healthy lifestyle are changing significantly[5].

The purpose of the study: to determine the knowledge and understanding of students of higher education institutions about healthy lifestyle and which subjects in higher education provide knowledge about healthy lifestyle and to give them practical instructions.

Methods of organizing and conducting research work. Professors of the Department of Physical Culture Theory and Methodology of Gulistan State University conducted an anonymous survey among 1-2 year students of different specialties of Gulistan State University and Gulistan Pedagogical Institute. 851 students participated in the survey, 415 of them were boys and 436 were girls. Question-answer (questionnaire) to determine the knowledge of students of higher education institutions about "Healthy lifestyle".

Research results and discussion.

The answers to the questions in the questionnaire (questionnaire) were obtained secretly. If we compare the two higher educations, the result was as follows.

When asked whether the students of higher educational institutions will undergo a medical examination, 62 out of 150 students of the Gulistan State University answered that it would be examined, and 76 students from the Gulistan Pedagogical Institute answered that it would be examined. Such indicators of the numbers can be analyzed according to the tune: that is, it indicates that lectures and conversations about "Healthy lifestyle" were not held in the journal of physical education in higher education and in other subjects.

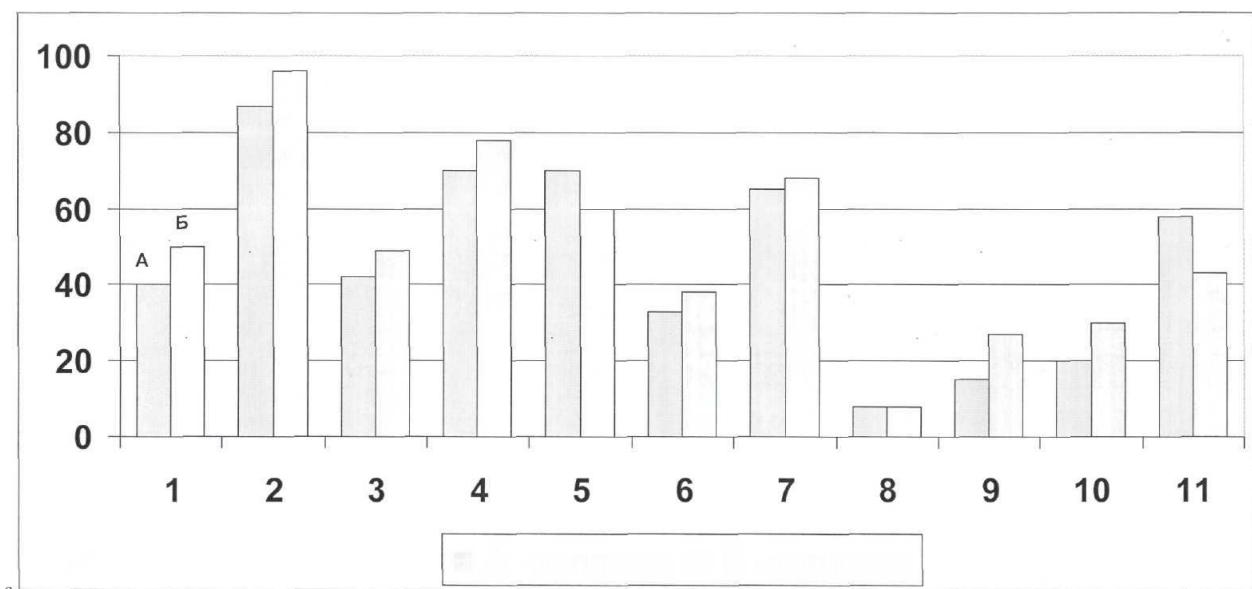
Table 1 Students' answers to questionnaire questions

№	Questionnaire	Gulistan State University		Gulistan Pedagogical Institute	
		yes	no	yes	no
1	Are students medically examined ?	62	88	76	74
2	Are you interested in a physical education class?	133	17	138	12
3	Is there a wellness day?	64	86	68	82
4	Is physical education useful in preventing diseases??	102	48	111	39
5	Will there be anti-drinking and anti-smoking exercises?	98	52	86	64
6	Is there a health check?	48	102	50	100
7	Are there organized tours?	98	52	103	47
8	Measures to organize and conduct sports tests to assess the level of physical fitness of the population	9	141	10	140

	have you passed special tests about?				
9	Will there be games during the big break?	24	126	36	114
10	Is there pre-workout gymnastics?	38	12	42	108
11	What health measures will be held?	75	75	57	93
	a) pre-workout gymnastics b) whether there will be an hour of rehabilitation c) tourist trips				

Such indicators of the numbers can be analyzed as follows: that is, the interest of students in physical education classes in higher education institutions is high. When asked whether the health day will be held, 64 out of 150 students of Gulistan State University answered that it will be held. The students of Gulistan Pedagogical Institute answered that it is high. Such indicators of numbers can be analyzed as follows: that is, students in higher education do not have a sufficient level of understanding of health care.

Question-answer to determine the knowledge of students of higher education institutions about "Healthy lifestyle" (in %)



A - Gulistan Pedagogical Institute

B - Gulistan State University

Note: A- Gulistan State University, B- Gulistan Pedagogical Institute

102 out of 150 students of Gulistan State University answered that there is a benefit to physical education in preventing diseases. 111 out of 150 students of Gulistan Pedagogical Institute answered that it was useful. Such indicators of numbers can be analyzed as follows: students are not given theoretical knowledge about physical education in higher education.

98 out of 150 students of Gulistan State University answered that there will be anti-drinking and smoking activities. 86 students of the Gulistan Pedagogical Institute will be given a clear answer. Such indicators of numbers can be analyzed as follows; that is, we see that students are not given more understanding about health promotion, and events about drinking and smoking are not sufficiently organized.

To the question of whether there is a health club, 48 out of 150 students of Gulistan State University answered that there is, and 50 students of Gulistan Pedagogical Institute answered that there is. Such indicators of the numbers can be analyzed as follows: that is, we can see that there is no wellness circle in higher education.

98 out of 150 students of Gulistan State University were asked whether tourist trips were

organized. The students of the Gulistan Pedagogical Institute answered that 103 were organized, and their indicators can be estimated as follows: that is, it indicates that tourist trips in higher education are not sufficiently organized.

To the question of whether they passed the standards of the "Physical Fitness Assessment System of the Population", 9 out of 150 students of Gulistan State University answered that they did, and 10 students of Gulistan Pedagogical Institute answered that they did not. Such indicators of the numbers can be analyzed as follows: first of all, we see that the higher education administration did not pay attention to this, and students are not familiar with the standards of the "System of assessing the level of physical fitness of the population".

24 out of 150 students of Gulistan State University answered that games will be played during the big break. The students of the Gulistan Pedagogical Institute answered that 126 of them will be held. Such indicators of numbers can be analyzed according to the meaning: that is, higher education is not held outside the classroom, games and various competitions are not held during the big breaks.

Are there pre-workout exercises? to the question, 38 of 150 students of Gulistan State University answered that they will be transferred. The students of Gulistan Pedagogical Institute answered that 42 will be held. Such indicators of the numbers can be analyzed as follows: that is, it can be seen that trainings are conducted less often and students are not given concepts about gymnastics.

What kind of wellness activities will be held? 150 students of Gulistan State University answered that 75 will be held. The students of Gulistan Pedagogical Institute answered that 57 will be held. Such indicators of the numbers can be analyzed according to the tone: that is, it indicates that the rehabilitation work in higher education has not been started.

CONCLUSION. After conducting social scientific research, we should conclude by emphasizing this. Physical education is one of the main means of strengthening and restoring people's health is considered

In higher education, regular quarterly medical check-ups, children's health check-ups and prevention of diseases with the help of various physical exercises allow to strengthen health.

Organizing lectures on healthy lifestyle with students and inviting experts to hold meetings.

The administration of higher education should be entrusted with the organization and holding of the wellness day in each higher education institution.

In higher education, it is necessary to organize and conduct rehabilitative physical training sessions with students with weakened muscles.

In higher education, it is necessary to prepare students to pass the standards of the "Physical Fitness Assessment System of the Population" and to accept the standards and consider it as the main standard of a healthy lifestyle.

It is necessary to hold the standards of the "System of assessing the level of physical fitness of the population" in the form of a competition with a ceremonial opening.

According to the information obtained during the research, the following can be recommended.

In the process of organizing the physical education of students in higher education, taking into account their specific interests and needs, and the specific characteristics of the region.

To include the issues of training students in physical education and a healthy lifestyle in the educational plans of all subject teachers.

Raising the profile of higher education and physical education, sports and healthy lifestyle in the family by improving the general culture of students.

Taking into account that physical education is an important tool in the formation of a healthy lifestyle of national values and various traditions, it is widely promoted with the help of various press and mass media, revitalization of educational work, etc.

Increasing the authority of physical culture teachers. Organization of a material and technical base that meets modern requirements.

Teaching general education teachers, students, parents about physical culture and healthy lifestyle.

Improving and encouraging the level of social conditions improvement and health improvement measures.

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