

CHILDREN OF SCHOOL AGE HAVE A HEALTHY LIFE STYLE PHYSICAL CULTURE

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ANNOTATION

It is summarized that intellectual education of the young generation and its maturity, establishment through a stable lifestyle, determining the level of health and health of the individual as the main criteria, as well as the maturation of the human body starting from the period of small school age.

Keywords: Healthy lifestyle, intellectual education of the young generation, health, and health is the maturity of the human body, "Hypodynamia", "Hypokenesis", "health", "level of health", "functional activity of the body.

The phenomenon of building a lifestyle on a healthy basis has scientific and theoretical definitions and interpretations of various contents from ancient times to this day. Its current definition is as follows:

A healthy lifestyle is a way of daily life activity, such as developing, enriching, spending and restoring the body's internal reserves in order to effectively perform social and professional functions while observing the rules of general and personal hygiene. .

In our country, we are finding a unique, suitable way of life based on economic, social, political and spiritual aspects. An important factor determining such sustainable development is a healthy life and the health of the nation.

The intellectual education of the young generation and its maturity is established through a sustainable lifestyle. The main criterion for it is the individual's health and level of health. Health and well-being goes back to the maturation of the human body, and laying the foundation stone for it was done during the junior school age.

Achieving physical maturity is related to daily, weekly, monthly, annual, if necessary, movement activity during the period until the end of life as part of a rational agenda. Theoretical and practical knowledge and skills related to healthy lifestyle are given through physical culture.

Low mobility - "Hypodynamia", "Hypokenesis" - sluggish movement is considered a disease nowadays, and they are a legacy of the 20th century for us.

Hypodynamia, limited physical loads, intensively increase the functional state of the organism, and if mental passivity is added to it, this process will accelerate even more.



By observing the way of life of long-lived people, it was found that there are no pessimists, people who look for flaws in everything, dissatisfied with the day spent, angry, arrogant, people at all. They are very mobile. It is not for nothing that the saying "Angry people don't live long" is spoken in our people.

Academician I.I. Sechenov devoted the last 15 years of his life to the problem of old age. He founded the optimistic theory of " **orthobiosis** ", simple, correct, rational living without confusion, leaving behind the human spirit, soul, "life in this world, eternal - mortal world" and a number of other earthly concepts. He believed that it is necessary for every person to be healthy until the end of old age, and during this period to reach the highest level of his ability to work, that is, to master the "art of living".

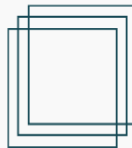
Moderation in everything, hard work, a healthy style and a lifestyle that is free from alcoholism have been defined as the stergen of ortabiosis. In his book "Optimiz etyudlari" ("etyudy optimizma"), he writes that "overeating, harmful habits, excessive stress at work cause premature aging." Thus, whoever says that he will pass his entire life cycle well, he should start a moderate lifestyle and start observing the rules of rational hygiene from a young age. This is what the physical culture of a healthy lifestyle and the "ortobiosis" currently recommended by hygienists imply.

Physical activity of children of primary school age. Healthy lifestyle is one of the main means of physical culture, and it embodies the specific concepts of "health", "level of health", "being able to maintain the same functional activity of the organism during the educational and working day".

However, until today, there are very few general and specialized literatures on the scientific-theoretical foundations of physical culture of a healthy lifestyle, which explain the meaning and essence of such phrases or are written in accordance with the intellect of these ages. Not to mention fundamental scientific research. Problems such as the system of optimal actions for the period of "second childhood" of students and the development of their normative norms still need to be solved.

Why is it so important to actively use muscles? What is the secret of optimal physical activity and positive effects on health? The researches of Yu.I. Evseev (2008), an academician of the Russian Federation, put an end to this question and founded the theory of "Working muscles, muscles, creating a flood of impulses". It has been proven that these impulses can stimulate metabolism, nervous system and all other organs, improve oxygen utilization of tissues, prevent accumulation of excess fat in our body, and strengthen the body's protective properties. M.R. Mogendovich called the mentioned theory the theory of "motor visceral reflexes" and **emphasized the interrelationship between skeletal muscles and our internal organs and their existence** . In fact, many disciplines have different opinions about muscle function...

According to Magdanevich, the microscopic nerve fibers present in the muscles, tendons, bones and muscle connectors, through the central nervous system, transmit impulses (power) of a certain frequency caused by muscle movements to the internal organs, positively affecting the functioning of these organs.



If the group of muscles involved in movement activity does not have a sufficient level **of tone** or the necessary level **of development**, the impact of the impulses on our internal organs will be low, and it will negatively affect the normal functioning of our internal organs.

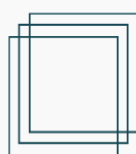
Those who live with a sedentary lifestyle, those who have slow movement activity, and those whose muscles are not developed to the required level, the level of power of the impulses and its impact is low, first of all, it negatively affects the work of the brain, and then other internal organs. As a result, the energy reserve of nerve cells, their level of immune protection decreases sharply, the risk of gastrointestinal tract, osteochondrosis, radiculitis and other diseases increases, metabolism is disturbed, fat cells increase, and body mass increases. This means that extra weight, carrying it, makes it difficult for the heart, musculoskeletal system (legs, arms), joints, breath and other organs to work, and the vital resources of the body are quickly and ineffectively consumed.

In order to study the level of stature, muscles and other indicators of physical development of children of junior school age, we checked the physical development of 1700 schoolchildren based on the research plan of the state grant scientific research group of the Ministry of Higher Education headed by Professor Sh.Kh. Honkeldiev of our university. 13.2% of children of junior school age have "scoliosis" in the formation of the spine, 17.1% have height and weight imbalance, 6.2% of 300 students of the cities of Kokan, Margilan, Fergana are overweight, 4.7% have chest formation. we found out that there were deviations from the norm. More than 50% of the 68.8% of junior school-aged children who are considered "healthy" do not have normal muscle development. This, in turn, has a negative impact on their physical fitness. Strength, speed, endurance, and agility require a lifestyle with optimal movement activity. It can be established through the physical culture of a healthy lifestyle.

If we take into account that the age of children of junior high school age is associated with scientific, technical and social progress, the character of production and labor processes has changed, especially for professions, they are associated with activities that do not require much muscle power and move less. We can establish a healthy lifestyle through physical education. According to Academician Berger, in the 19th century, around 94% of muscle power was used to perform the necessary tasks in the human lifestyle. Research in the 20th century found that only 1% of the work is done by muscle power.

In the review of the state educational standard of general secondary education and the curriculum of the State educational standard of the physical education and education school course, it is ordered to ensure the optimal movement mode of students and it is stated that 8-10 hours of weekly movement activity are necessary in the curriculum. In fact, according to the model plan, only 14% of the time of the school day is spent on active activities, and the remaining 86% of the time is spent on mental activities. The optimal volume of their movement activity is not scientifically based.

Hippocrates, the father of medicine, wrote about finding a "proportion of diet and exercise" in his guidelines for improving health.



Despite the fact that hunger has become an important social problem in a number of countries, its opposite, "overeating" has arisen.

Bigotry in our national mentality and values is the source of "food addiction". Premature eating, refraining from various kinds of "gapu-gashtaks" with abundant table, not to overindulge in caloric foods as much as possible, especially giving knowledge to school-aged children about replacing birthday tables with "living food" are among the leading requirements of a healthy lifestyle.

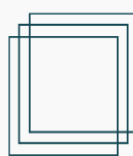
The famous German scientist Immanuel Kant, who lived for more than 80 years and left a great philosophical legacy for mankind, saw the maintenance of health in the composition and moderation of loads on the stomach, legs and mental stress.

Our great grandfather Abu Ali Ibn Sina (Avicenna) defined good character, healthy food, cleansing the body of excess waste, fresh air, clothing that does not cool or overheat (sweat), coordination of mental and physical work as the main condition for a healthy life. .

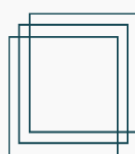
In conclusion, it should be said that Hippocrates' "Food and exercise" ratio, our great grandfather Abu Ali ibn Sina's "coordination of mental and physical work", I.I. Sechenov's "ortobiosis" (living without exercise), the negative effects of hypodynamia with physical loads on our modern people. Attempts to reduce the "risk factor" - to achieve that the energy resources of the human body are equivalent to the power it consumes - requires the acquisition of theoretical knowledge and practical skills related to the physical culture of a healthy lifestyle.

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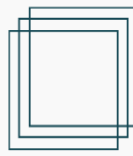
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