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STRATEGY FOR A HEALTHY LIFESTYLE IS THE PHYSICAL EDUCATION AND HEALTH ACTIVITIES.

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Abstract: *The purpose of this article is to consider physical education and sports as a component of a healthy lifestyle. Within the framework of this goal, the following specific tasks are solved: 1. Consideration of the issue of a healthy lifestyle, define the phenomenon. 2. Trace the connection between a healthy lifestyle and physical culture. 3. Show the sociological aspects of the relationship between "physical culture and a healthy lifestyle". 4. Determine the importance of sports.*

Keywords: *physical education and health activities, physical culture and sports, motivation, health.*

The healthy lifestyle of the future generation is one of the most pressing problems of today. Each country is waiting for the future from its new generation, which will be healthy, able to work, defend their homeland, live in accordance with the requirements of society and their individuality. This means that the main attention should be directed at children, adolescents, and young people, that is, precisely at the age when a person begins to make a choice about what is interesting and more accessible to him, which means that physical education and sports should become accessible and interesting to everyone.

"Gymnastics, physical exercises, walking should be firmly integrated into the daily life of everyone who wants to maintain working capacity, health, a full and joyful life." The ancient saying of Hippocrates in our age of penetration into all spheres of scientific and technological progress is becoming extremely relevant.

The health-improving and preventive effect of mass physical culture is inextricably linked with increased physical activity, increased functions of the musculoskeletal system, and activation of metabolism.

No matter how perfect medicine is, it cannot rid everyone of all diseases. From an early age, it is necessary to lead an active lifestyle, harden up, engage in physical culture and sports, observe the rules of personal hygiene, in short, achieve genuine harmony of health in reasonable ways.

According to health experts, the health of every person is 50 percent dependent on their lifestyle. Risk factors for health disorders are lack of movement, unbalanced diet, smoking, alcohol and drug use, infectious diseases, lack of sleep and lack of proper rest. Increased physical activity, being the main component of regular physical education and sports, has a positive effect on maintaining and strengthening health.

Health is the first and most important need of a person, determining his ability to work and ensuring the harmonious development of personality. It is the most important



prerequisite for understanding the world around us, for self-affirmation and human happiness. An active long life is an important component of the human factor.

According to the definition of the World Health Organization (WHO), "health is a state of physical, spiritual and social well-being, and not only the absence of diseases and physical defects."

Unfortunately, it can be stated that today the possibilities of physical culture and sports are inefficiently used in preserving and strengthening people's health, in preventive work, in the fight against drug addiction, drunkenness, smoking, especially among children, adolescents and youth.

In this regard, currently the most important area of activity of the authorities is the search for effective technologies to counteract the growth of drug addiction among children, adolescents and youth, capable of forming such behavioral models that would completely eliminate drug cravings. The most accessible, effective and obviously underestimated field of activity that can form reliable and stable value positions in children, adolescents and youth is physical culture and sports. World and domestic experience shows that the means of physical culture and sports have a universal ability to comprehensively solve the problems of improving the health of the population, upbringing and education of children, adolescents and youth, and to form a healthy moral and psychological climate in society.

Understanding that the future of the country is impossible without physically and spiritually healthy members of society contributes to strengthening the role of physical culture and sports in strengthening the state. Thus, in recent years, the level of coverage of those engaged in physical culture and sports has been increasing, although the level of physical fitness of young people does not meet the requirements that society imposes on citizens, including those who are obliged, if necessary, to defend the interests of the country with weapons in their hands.

Today it is important to ensure that sports activities become truly widespread in the country. To do this, it is necessary that interest in physical education and sports be instilled in the family and at school, courtyards become sports, and in each school priority attention would be paid to the physical education of children and adolescents

A healthy lifestyle in general, physical culture and sports in particular, are becoming a social phenomenon, a unifying force and a national idea that contributes to the development of a strong state and a healthy society.

In modern conditions, physical culture and sports have a very high socio-economic significance for society as a whole and for an individual, since their activities develop and improve many important social and biological qualities of people, have a progressive impact on the formation and harmonious development and upbringing of a person.

An important socio-pedagogical role is played by the motivational direction of the implementation of the principles of physical culture and recreation activities of young people. The main motive of a modern young man echoes the Socratic call: "Turn to yourself!" "Take care of yourself!" and work on "yourself".

The motive "Physical culture and wellness activities are the basis for future life successes of young people" indicates to a young person the path to his future success, lies through work on himself, on his health.



Based on the results of the study of the mechanisms of motivation development in humans, it can be assumed that the structure of motivation for physical culture and wellness activities includes components of various origin - from the biological aspect of motivation of the instinct of self-preservation to the subjective sphere of taking care of one's health.

Self-preservation motivation is also commonly called safety motivation, or avoidance of danger, while, as a rule, its study is conducted at its various levels - contact, remote and potential, associated with experiences of pain, fear and anxiety, respectively. It is precisely this understanding of self-preservation motivation, such as avoiding the danger of getting sick, losing legal capacity, and dying prematurely, that is inherent in physical culture and wellness activities and determines its social purpose and purpose, therefore, the development of self-preservation motivation and the formation of self-preservation skills in physical culture and wellness activities are, in essence, two sides of the same process, in which self-preservation motivation is to a greater extent it reflects its biological side, and physical culture and wellness activities reflect its socio-cultural side, therefore, by developing self-preservation motivation, we promote the implementation of physical culture and wellness activities, and vice versa.

It is advisable to adapt the system of physical culture and recreation activities to modern conditions in the following areas: motivational, providing for the development of motivation to perform physical culture and wellness activities; organizational, building physical culture and wellness activities within the framework of a healthy lifestyle; technological, implementing the basic provisions of the construction of physical culture and wellness technologies; subjective, forming a belief in the need to perform physical culture and wellness activities among young people, and patriotic, rallying (consolidating) self-care and about others with concern for the state.

Physical education and health activities - the basis for future success in life - can act for a modern young man as one of the main motives and his life principle. To put it into practice, you need strong-willed and physical efforts and, most importantly, a special type of mental activity (projective-reflexive) with a constant assessment of any event with consequences for your health according to the formula "If, , That."

An important means influencing the development of the needs for physical culture and recreation activities is the formation of stable views and beliefs. There is a mutual connection between them: views and beliefs are formed on the basis of taking into account interests and needs, and only on the basis of their satisfaction a new belief arises. Needs, in turn, improve as a person acquires socially valuable views and beliefs.

The need to take care of one's health is largely shaped by the views and beliefs acquired by a person,

The organizational direction of the implementation of the principles of physical culture and wellness activities is determined through the process of organizing a healthy lifestyle. On the one hand, physical culture and wellness activities are a component of a healthy lifestyle system, and on the other hand, healthy lifestyle is an organizational component of a system of physical culture and wellness activities. This relationship makes it possible to implement the formulated principles in the overall holistic process of reproduction of a person's physical, intellectual and spiritual abilities.



It is obvious that students have prospects, interests, aspirations in performing physical education and recreation activities that are significant both personally and socially. Personally significant deeds, ideas, situations that concern students manifest themselves in taking care of themselves and their health, are personally significant aspirations. Along with this, there are phenomena, situations, ideas that manifest themselves in caring for others, about the state, which are socially significant aspirations. Despite the apparent differences, they do not contradict each other and are in a relationship of implication: self-care acts as an incentive to take care of others, which, in turn, causes concern for the state.

The current situation with the physical and spiritual health of the nation is largely due to social reasons, including underestimation of the health, educational and socio-economic role of physical culture and sports.

Experts have found that the amount of motor activity necessary to improve the level of health and physical fitness of a young body is currently only 25% of what is needed.

If it were possible to achieve a clear understanding by most people that physical activity and sports for children and youth are a necessary and essential condition for the normal development of the mind and body, that the vast majority of mental and physical diseases are somehow associated with immobility and obesity, that physical activity and doing “sports for yourself” improve the quality of life, relieve stress conditions, increase efficiency, etc., then it would be possible not only to suspend the physical degradation of the nation, but also to significantly raise the level of its health and efficiency.

The strategic goal of reforming physical culture and sports is to improve the health of the population, the effective use of physical culture and sports to prevent diseases, maintain high working capacity of people, prevent offenses, overcome drug addiction, alcoholism, and other bad habits, prepare for the defense of the Motherland, implement the constitutional guarantee of the right of citizens to equal access to physical education and sports.

The strategy of ensuring the health and active longevity of the citizens of Kazakhstan through treatment and drug prevention of diseases, like any strategy based on protection, cannot lead to success. It should be replaced by an offensive strategy, a strategy of a healthy lifestyle. The basis of this lifestyle is physical culture and sports, which purposefully, naturally increase the viability of human body systems and functions.

Practicing a healthy lifestyle from an early age can not only strengthen health, but also raise the level of active longevity.

Today it is important to ensure that physical education and sports activities become truly widespread in the country. To do this, it is necessary that interest in physical education and sports be instilled in the family and at school, yards become sports, and in every school priority attention is paid to the physical education of children and adolescents.

Physical culture and health activities in general, physical culture and sports in particular, become a social phenomenon, a unifying force and a national idea that contributes to the development of a strong state and a healthy society.



The main task is to stimulate people's desire for daily physical education and sports activities, to involve new segments of the population in competitive activities, primarily children, adolescents, and youth.

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