



Theoretical and Methodological Issues of Organizing a Healthy Lifestyle

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Abstract: *This article discusses the theoretical and methodological issues of organizing a healthy lifestyle. In the article, the author explained the theoretical and practical importance of organizing a healthy lifestyle.*

Keywords: *sport, healthy lifestyle, physical education, daily lifestyle, mobility.*

Since ancient times, people have realized that the basis of a healthy lifestyle is regular physical education. They witnessed that people who were active, enthusiastic, and energetic lived a long life, and diseases did not defeat them. Therefore, from long history until today, physical education and sports have become an integral part of people's lives.

Today, more attention and opportunities are given to physical education and sports in our country than ever before. Efforts are being made to popularize physical education and sports among all strata of the population, and a strong legal base is being formed.

In the Law of the Republic of Uzbekistan "On Physical Education and Sports", physical education is defined as follows: "physical education is a culture of physical and intellectual development of a person through physical education, physical development and physical preparation, his abilities and the part consisting of a set of values, norms and knowledge created and used by society for the purpose of improving movement activity, forming healthy lifestyle skills, and social adjustment". Based on this definition, it can be said that physical education and sports serve to educate people mentally, spiritually, and physically healthy. As a result of regular physical training and sports, a person gains willpower, develops resilience, and strengthens self-confidence. These qualities are the main qualities for any person who wants to find his place in society.

All educational institutions in the world have physical education classes and it has already become a continuous part of education. The main goal of "Physical Education and Sports" is to provide students with physical improvement, in-depth knowledge and practical skills, psychomotor health, dexterity and skills leading to professional high-quality movement, education necessary for organizing a healthy lifestyle, professional and enslavement with knowledge that leads to solving problems arising in the field of household life activities, gaining self-knowledge and physical improvement.

Any society has always been distinguished by its moral norms and their requirements, and in some cases sharply differentiated. These requirements and norms were used to determine and evaluate the position, place, and level of society. Ethical training, in order to solve the necessary problems of society's compliance with them, physical exercises, sports trainings, various competitions and entertainment events are still playing the role of a tool in the formation and education of moral norms. Reciprocity, communication, universal human values, the feeling of concern for the nation,



people, state, and glory are directly cultivated in the process of physical education. The morality of the athlete of the country is the morality of the representative of the nation, the person of the existing society.

The moral standards of an athlete are special, not special. They also do not differ from the norms of morality of an ordinary member of society. It is necessary for sports to educate not only well-off people who play sports, but people who are rich in meaning, have their own position and independent opinion, and have deep thinking. Physical education and sports should educate enterprising, organizing, caring, selfless individuals who can feel the pain of others.

Today, in physical education and sports classes, attention is paid to the main features of moral education of students, the implementation of the process of physical education in the following direction and form:

1. To have a social attitude towards public duty, to put society's work on an equal footing with one's personal work, not to lower the level of society and state work. A conscious attitude to physical training, constant readiness for the defense of the Motherland has become a common duty of every member of society, the unity and commonality of the goal in sports life has a single legal significance for everyone, its embodiment in team activities, society's physical the ability to generalize the power of the community for the glory of the culture, history, traditions, nation. The fact that the athlete of the country is the decisive factor of the victories on the international field, the characteristic of feeling the responsibility to his people, the Motherland.
2. Formation of social attitude to public property (sports facility, its equipment and accessories). Participation in equipment and re-equipment of sports fields.
3. Social attitude to labor is the most basic moral norms of society members. Doing physical exercises creates an opportunity to implement all-round harmonic development in the labor and production process. Achieving a sports result for an athlete is difficult and requires hard work. He forms the will, discipline, the habit of working for the labor process, and learns to value labor by only updating records.
4. Physical culture teaches to obey the laws of society. Engaging in gymnastics, games, sports, tourism and other physical exercises requires students to strictly follow the established rules and regulations. Disobedience to them will distance the athlete or student from the common goal. Sports activities put the athlete's life in danger - for example, players collided with each other while fighting for the ball. Someone is to blame. You want to answer the crowd. But the sportsman's moral norms, the moral norms and requirements necessary for self-control and peaceful resolution of conflict situations are characteristic.
5. Humanity, respect for people, a ground for fighting for the future, for peace, helping each other, helping each other, especially mutual support during competitions, in the spirit of respect for their opponents, is very high among the Turkic peoples. presence, good health and physical fitness form the characteristics of moral norms, will and other characteristics of a member of society.

At the same time, during physical education and sports training, students will develop the ability to work with a group and understand each other while playing team games together. Healthy competition between students leads to the formation of a healthy social and psychological atmosphere in the group.

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