

## HEALTH-IMPROVING PHYSICAL CULTURE AS THE BASIS FOR A HEALTHY LIFESTYLE OF STUDENTS IN HIGHER EDUCATIONAL INSTITUTIONS

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**Annotation:** *The article describes the methodology for conducting the most accessible forms and methods of health-improving physical culture. Recommendations are given for the correct implementation and use of one or another method of healing the body. In order to improve its physical development, which makes it possible to prepare the body for mental, physical and emotional stress, it is a good means of maintaining and strengthening health, preventing and, in some cases, treating diseases, and ensures high mental and physical performance throughout the day.*

**Key words:** *morning exercises; recreational gymnastics; walking; run; an evening walk; Events; forms of classes; methods; student.*

**Relevance.** The emergence of the coronavirus pandemic COVID-19 in the world has shown a low level of physical health and healthy lifestyle of the population of Uzbekistan, as in a number of other countries.

Coronavirus infection COVID-19 has had a negative impact on the health of fellow citizens suffering primarily from cardiovascular diseases, respiratory diseases and obesity (overweight). As a result, today's pandemic has caused the premature death of many of our citizens.

The situation that has arisen today requires all of us to draw serious conclusions, get rid of bad habits, regularly engage in mass sports, follow the principles of proper nutrition, in particular, refrain from excessive consumption of foods high in salt, sugar and fat, as well as flour dishes, sweets and bread. products - in a word, to introduce a healthy lifestyle into our everyday life.

In order to ensure the formation of a strong immune system against diseases in every citizen through regular physical education and mass sports and the development of healthy lifestyle skills, giving up bad habits, observing the principles of proper nutrition, systematic and effective organization of recovery and rehabilitation work, mass events physical activity, creation of appropriate infrastructure and other necessary conditions.

The purpose of the study is to consider the basis of health-improving physical culture, as well as the forms and methods of health-improving activities and their impact on the functioning of the body of students, introducing them to systematic independent exercises, increasing their physical activity as a means of maintaining and strengthening health.

The research hypothesis suggests that improving the effect of health-improving activities for students can be achieved through systematic activities, which will intensify their motor actions.

**Research objectives:** In accordance with the purpose and hypothesis of the study, the following tasks were formulated:

- 1) consider the theoretical foundations of health-improving physical culture of student youth and ways to form a healthy lifestyle;
- 2) develop methodological recommendations for recovery.

An important condition for maintaining working capacity, improving health and increasing longevity of people is maintaining a person's physical activity at the proper level. Medicine has established that regular sports and physical exercises, personal and public hygiene are the main means of preventing various common diseases, achieving stable performance and health-saving activities of the body.

When performing physical exercises, the central nervous system, joints, muscles and ligaments work intensely. A huge number of signals enter the cerebral cortex; they spread from the central nervous system to all internal organs: the lungs, the heart, the muscles, etc. Metabolism in the body increases, blood pressure rises, blood flow through the vessels increases, cardiac activity and breathing become more frequent.

During health-improving physical education classes, a cheerful and even mood appears, which persists for a long time even after their completion. It is known to increase resistance to various diseases and adverse environmental influences. Any improvement is a long-term training. Consequently, hardening is a kind of training of the body's defenses, preparing them for timely mobilization [4]. A sedentary lifestyle, a depressed state of mind, smoking and other bad habits contribute to a more rapid decline of the body and a decrease in its vitality. Daily physical exercise combined with breathing exercises improves the mobility of the diaphragm and chest. Those involved in physical education are characterized by a large volume of the chest, vital capacity of the lungs and strength of the pulmonary muscles. At the same time, breathing becomes rarer and deeper, and the respiratory muscles become stronger and more resilient.

During breathing exercises, the blood vessels of the heart dilate, as a result of which nutrition is better supplied to the organs and the heart muscle is supplied with oxygen.

Let's consider the main forms and methods of physical education and health activities for students.

**Morning gymnastics.** After sleep, the human body does not immediately return to an active, active state; lethargy and drowsiness persist for some time. In order to quickly put the body into an active working state, create a good mood and vigor, it is necessary to strengthen the processes of excitation in the nervous system, which is achieved as a result of morning exercises or morning exercises. It seems to charge the human body with energy for the whole day. Systematic morning exercises strengthen the nervous system, improve the functioning of the heart, lungs and intestines, and also help harden the body. Morning exercises are best done in the fresh air. It should start with a brisk walk, alternating with light running. After this, exercises are performed sequentially for the muscles of the arms, shoulder girdle, torso, abdominal muscles and lower extremities. The classes end with walking or jogging at a slow pace.

After morning exercises, you should take water procedures: be sure to wash your feet, rub down or pour down to the waist. For those who are more seasoned, a cool shower can be recommended. Charging time should be 15–20 minutes.

The main methodological principle when compiling sets of exercises for morning hygienic gymnastics is the correct distribution of the load on the body. It should increase towards the middle of the complex, and then decrease slightly during the last two exercises. The load is adjusted by increasing the number of repetitions of each exercise and the speed of its execution. Regular use of physical exercises and hardening factors increases the vitality of the practitioner's body, its natural immunity, improves the functions of the autonomic systems, performance and prevents premature aging [3].

**Health-improving gymnastics.** Classes are held in health groups under the guidance of specialists - physical education and physical therapy instructors, a doctor. It is recommended to conduct classes at least 3 times a week.

When performing exercises, gymnastic equipment and various objects are used (sticks, clubs, dumbbells, jump ropes, expanders, hoops, etc.). In this case, the instructor (methodologist) must take into account the even distribution of the load on different muscle groups, carefully include in classes exercises on apparatus, with holding the breath, as well as bending, requiring significant physical exertion. Exercises should alternate with walking and running. To successfully solve problems it is recommended:

- combine various means of physical education (for example, gymnastic exercises and running);
- gradually increase the pace of the exercises, alternating a fast pace when working small muscle groups with a slow and medium pace when working large and medium muscle groups;
- include breathing exercises and relaxation exercises, rest breaks;
- monitor your pulse (the main load falls in the middle or end of the second third of the main part of the lesson).

Classes include general developmental exercises without objects, with objects and on gymnastic apparatus.

The final part of the lesson makes up 15–25% of the total time of health-improving gymnastics. Its task is to reduce physical stress and prepare the body for normal activity. For this purpose, calming exercises (some with elements of self-massage) are introduced, including breathing, relaxation, distraction, and dance movements. Physical exercises – general developmental and health-improving movements – are the main tool of physical culture. In health-improving physical culture, their difference from ordinary movements is that they have a target orientation and are specially organized to promote health, prevent diseases, and within the framework of therapeutic physical culture, to restore impaired functions [2].

**Dosed walking.** Walking is the most natural form of exercise. Walking has a restorative and tonic effect on the body and has a positive effect on metabolism, blood circulation, and breathing.

You can and should walk in any weather. It is better if the walk is one and a half to two hours before meals or one and a half to two hours after meals. It is better for overweight people to walk on an empty stomach. You can go for walks immediately after eating, but in this case you need to start at a slow pace.

Slow walking has less effect than walking at a medium or fast pace. You need to walk with a light, free step, maintaining a natural posture, slightly moving your shoulders back and swinging your arms freely. The stride length should be comfortable and natural. The foot must be placed gently, from heel to toe. The toes of the feet should be slightly turned outward so that the push-off ends with the first three toes. While walking, you need to breathe evenly through your nose, making sure that the duration of exhalation is approximately 1.5 times longer than the duration of inhalation. It is useful to alternate different walking options: normal, accelerated, sports, walking with various movements of the arms and body, on flat and rough terrain. In many recreational facilities, health paths are equipped with gymnastic equipment, which allows you to perform various physical exercises along with walking.

**Healthy (slow) running.** Healthy running trains the cardiovascular system and breathing well, activates metabolism, strengthens muscles and joints.

The indication for running is determined not by the name of the disease, but by the general state of health of the person. In this case, it is enough to jog 3-4 times a week for 30 minutes. You should not run on asphalt and concrete; it is better to choose park alleys and forest, well-trodden paths for this. Every time you go on a treadmill, you must start with walking.

Before running training, a short warm-up should be carried out, consisting of general developmental breathing and gymnastic exercises. You can run at any time of the day, excluding, of course, hot hours. The workout begins 30 minutes after eating. Health-improving running is an important, easily accessible means of physical culture, thanks to which it has an effective effect on the body, especially the cardiovascular, respiratory, and muscular systems [1].

**Evening walks in the fresh air.** After finishing work or lunch, doing various household and social chores, before going to bed, it is very useful to take a walk in the fresh air. The duration of the walk is from 30 minutes to 1 hour, it is recommended to walk slowly and calmly.

Quiet walking in the fresh air has a beneficial effect on the nervous system, has a regulating effect on the functioning of the heart, and strengthens the functioning of the lungs. After a walk, a person usually falls asleep quickly, his sleep is calm, without dreams. Evening walks are especially recommended for people who suffer from insomnia.

**Conclusions:** Thus, we examined the main and most effective forms and methods of physical education and health activities that allow increasing the performance and level of general physical condition of students. They pursue, first of all, the following goals and objectives:

1. restoration of lost functions during the disease;
2. instilling the necessary practical skills to promote health and improve physical fitness;

3. introducing students to regular independent physical education classes.

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