

## FORMING A CULTURE OF HEALTHY LIFESTYLE AMONG STUDENTS THROUGH PHYSICAL EDUCATION AND SPORTS

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**Abstract:** In the content of the article, the pedagogical conditions of attracting students to physical education and sports, absorbing and developing the concepts of the culture of healthy life, the possibilities and effectiveness of physical education and sports have been studied, the technological conditions of the organization of the targeted pedagogical process have been referred to.

**Keywords:** culture of wellness, pedagogical tool, curriculum vitae, motivation, technological process.

**Actuality.** The current development of modern educational processes on a global scale is determined by the different socio – pedagogical directions and changes in its composition, reforms, the abundance of movements in their coloring. In recent years in the Republic of Uzbekistan, issues such as popularization of physical education and Sports, Promotion of healthy lifestyle among the population, setting priority directions aimed at increasing the skills and knowledge of the population in the field of physical education and sports in order to form a mature and healthy person with a high culture in the country, along with the lines designated by the Republic of Uzbekistan[3].

At the present stage of the development of society, attention is paid to the healthy lifestyle of students and young people, which is associated with an increase in the level of ill health of specialists who graduated from higher education to the general public and in the process of their professional training, and then with a decrease in working capacity [5].

The problem of developing a healthy culture of living for students through physical education and sports is an important issue that awaits its solution. The state of youth health is an important component of the healthy potential of the nation, therefore, the preservation and development of the health of students and the development of a culture of a healthy lifestyle in them is of paramount importance today. Youth health is one of the most important social problems that must be solved positively in the current society, and neglect of this problem is equivalent to losing the future generation perspective.

In the process of globalization, one of the main conditions for the modernization of society is the development of the living culture of the population and the improvement of the social environment [4]

**Purpose of the study.** The formation of a healthy lifestyle of students-young people, the determination of the omillarni Influencing Development, the formation of a healthy lifestyle through physical education and sports, the improvement of Health, the pedagogical conditions for the development of a healthy lifestyle are studied and studied.

**Research methods.** A theoretical analysis of the general factors of the development of the culture of healthy living in students – youth, the educational significance of physical education and sports as a pedagogical tool, and literature review research methods were used.

**Conclusion on the reserach ant their dissuccion.** The concept of a healthy lifestyle, its essence, principles, formation and development of physical culture of a healthy lifestyle in the process of education and training, students and youth have been studied by N.A. Meshelkova

(2005), T.M.Kravchenko (2004), B.M.Zimasov (2006), I.Dj.Manchanov (2001), K.Sadigov (2007), A.Jamoliddinova (2010) and others.

The textbooks, manuals and articles by D.J.Sharipova(2010), A.Rakhmanov(2012), S.A.Abitova(2019), N.Sh.Mannapova(2019), Sh.Khankeldiev, A.Abdullayev, Q.Jabbarov, R.Hamroqulov, R.Rasulov, A.Hasanov (2010,2011) devoted to some problems of the research on the subject are considered as the primary literature.

The development of spelling in terms of pedagogical conditions, opportunities and effectiveness of the development of a culture of healthy living through physical education and sports of students and young people can not be considered sufficient. In the available sources, the overall aspects of the problem were studied and the student youth, recognizing the relevance of the problems of a healthy lifestyle in the students, reaffirmed the need to further expand the scope of the research.

On the basis of observations conducted in the educational educational process of the direction of Higher Education "Physical Culture", the conditions for the organization of the pedagogical, technological process of development of the culture of healthy life through physical education and sports classes and extracurricular activities were determined:

1. The development of the culture of healthy life through physical education and sports activities is characterized as a social, pedagogical problem, the role and importance of physical education and sports in the development of the culture of healthy life is revealed, and opportunities are shown in higher educational institutions.
2. In the process of training, physical education and sports training, students improve their knowledge based on skills related to behavior, habits, lead a healthy lifestyle, maintain health and develop.
3. Introduction of educational technologies into educational activities, harmonization with the pedagogical theories of education that develop the theory of physical education and oriented to the individual.
4. Introduction of students in teaching and extracurricular activities from non-traditional teaching methods aimed at developing the culture of a healthy lifestyle.
5. To achieve effectiveness through the use of forms, methods and means of developing a culture of healthy living in physical education and sports for students – youth.
6. Practical implementation of the rules that ensure the effectiveness of the process of development of a healthy culture of physical education and sports in students.
7. The criteria indicating the level of students through the development of a healthy living culture through physical education and sports activities, the implementation of its samadorlik levels in practice.

Physical education is part of a person's general culture. In Physical Culture, a person acquires not only his natural existence, but also the culture of mankind, striving to harmonize himself with the surrounding world, nature and society.

At the present stage of the development of society, the formation of the physical culture of an individual is a multifaceted and at the same time integral process, aimed mainly at the implementation of physical health programs from physical training to the development of physical self-improvement of an individual and changes in the level of development of psychophysical qualities and characteristics. [5].

Physical education and sports play an important role in the formation of a healthy culture, strengthening human health, increasing its physical and functional capabilities. A person should feel a legal and mandatory need for physical activity in the structure of his lifestyle. A healthy lifestyle, strengthening health, requires regular physical education and sports. After all,

maintaining and strengthening the health of students, forming the need for physical education in their physical perfection is an important task facing educational institutions. **Uzbekistan is a nation of sport lovers.** There are two traditions – indigenous and international – that exist side by side and are followed with equal passion by their fans. The most famous local sport is kurash, a form of wrestling which has a history that stretches back over millennia. International sports, such as football, basketball, ice hockey and gymnastics became popular in the twentieth century. International-style boxing and wrestling also attracted a considerable following, as did Asian martial arts such as judo, karate and taekwondo. A number of Uzbek champions played in top Soviet teams, competing in the Olympic Games and other prestigious events under the Soviet flag. Since Independence, impressive local and national teams have emerged in all the major branches of sport.

Therefore, there is a need to carry out in-depth research and research on the problem of developing a healthy living culture through physical education and sports for the students of Family Educational Institutions, exactly this situation will determine the relevance of this research work.

The current practical situation on the culture of a healthy lifestyle in the students of a higher educational institution indicates that there is a scientific study and several characteristics inherent in it.

Today, the development of technical progress, the replacement of the work performed by a person in his / her work activities by means of technical means, has a positive impact on the strengthening of one's health. Therefore, the modern educational process often leads to a deterioration in the health of students.

The issue of developing a culture of healthy living in students is very important. A healthy lifestyle first of all begins with the family. The main and important issue is the integration of the concept of “Culture of living a healthy life” from a young age into the idea of “living a healthy life” in the pupils – youth and students.

There are many factors, causes that lead to deterioration of students – youth health in educational institutions. For example:

- lack of proper observance of the agenda;
- lack of exercise, hygienic students;
- smoking, the spread of alcohol substances;
- connects to spend their leisure and leisure time in computer halls, cafes;

The above-mentioned cases show that students spend their time in a variety of idleness jobs and are in a relationship with the poor of their culture about health, neglect of their health. Therefore, systematic, effective organization of activities of extra-curricular national and mass sports clubs in the process of physical education of future Physical Culture students, development of Culture of Healthy Life, Organization of recreation and leisure time, in educational centers plays an important role in formation, development of healthy living culture.

After all, it is necessary to focus on the fact that the formation of a motivational attitude to the work of physical education occupies students as a direction of Health Value. Therefore, the main goal of physical education and sports in the development of a healthy culture of student-youth is to increase the functional, flexible abilities of the body, to develop the physical culture of the individual and to educate and develop the individual with a focus on self-development. It is worth noting that physical education and sports are not only an educational discipline, but also the most important component of the formation of a healthy culture of student youth, which contributes to the harmonization of physical and spiritual unity, ensuring the formation of universal values, such as the health of students, physical and mental perfection.

Index: [google scholar](#), [research gate](#), [research bib](#), [zenodo](#), [open aire](#).

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**Conclusion.** The importance of physical education and sports is increasing in the development of intellectual, moral and physical qualities through physical education and sports, increasing sports skills, strengthening health, improving working skills, developing a culture of healthy living, and in the multifaceted process of creating a healthy environment. Because physical education and sports are an effective means of the process of education of a person in the formation of reason, moral perfection, physical perfection.

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