

## Component Parts of Personal Health Care in the Formation of Physical Culture

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### ABSTRACT

*The article tells about the popularization of physical culture and sports in the country, the promotion of a healthy lifestyle among the population, the creation of the necessary conditions for the physical rehabilitation of the disabled.*

**KEYWORDS:** *Health, training, athletes, pressure, results, changes, healthy life, stress, dynamics.*

PF-6099 of the President of the Republic of Uzbekistan dated October 30, 2020 a decree on the widespread implementation of a healthy lifestyle and the further development of mass sports was adopted. On the basis of this decree, consistent measures are taken to popularize physical education and sports in our Republic, to promote a healthy lifestyle among the population, to create the necessary conditions for the physical rehabilitation of people with disabilities, and to ensure the country's appropriate participation in international sports arenas. activities are being carried out.

Health is a complex and at the same time integral, multidimensional dynamic state that develops in the process of realizing genetic potential in a certain social and economic environment and allows a person to be healthy in various conditions. liq is a way of life that corresponds to the typological characteristics and specific conditions of a certain person. The formation, maintenance and strengthening of life and health is focused on the full implementation of the socio-biological functions of a person.

Health culture is a part of the general culture of a person aimed at maintaining and strengthening health.

Personal health culture is characterized by life positions of a person. Organization of a healthy lifestyle, taking into account the characteristics of actively regulating a person's condition, implementing self-defense programs, self-awareness, self-development, health leads to the harmonious unity of all the components of the body and the holistic development of the individual. The process of forming the culture of personal health is first of all carried out in the educational system and they are closely related to each other. {1:5}

Along with the methodology of teaching the basics of a healthy lifestyle, the existing education system often leads. Children and young people's health deterioration, increased educational process, passion for computer games, physical lack of opportunities for education and sports are the main reasons for physical inactivity of schoolchildren and students. system conditioning.

The most important subjective factors are motivation for health and a healthy lifestyle. The presence of willpower necessary for the manifestation of personal activity, the desire for self-development and self-realization, defined by overcoming one's inertia towards health and a healthy lifestyle.

The following components of personal health culture are distinguished:

- motivational and personal component - includes a set of norms and values that provide an idea about the role and place of healthcare culture in the system of social relations;

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- developing motivation for a healthy lifestyle and improving the level of health, improving the characteristics and qualities of a person, ensuring an active life position in relation to health;
- cognitive component - a practical oriented system of valeological knowledge and skills of physical and mental self-development;
- activity component - ensures achievement of a certain level of health through a personally meaningful and individually oriented healthy lifestyle. 1:10]

Ensuring the unity and interdependence of biological and social development determines the role of physical education in the formation of health culture, educational, educational and recreational tasks. The essence of multi-functional physical culture is that it is aimed at the development of physical, aesthetic and spiritual and moral qualities of a person, organization of socially useful activities using physical activity, healthy recreation, prevention of diseases, recreation and rehabilitation are considered. 2:10]

Despite the great importance of physical culture in the formation of the culture of personal health, the modern education system does not use its full potential in the process of improving the health of the population, due to a number of reasons. Among these reasons - the integration of general and physical education. lack of it, communication in the process of learning knowledge about human health, the educational process, the motivation of the participants and first of all the teachers themselves for a healthy lifestyle, there should be a culture of health and a personal example. It is very good to change the direction of modern education in physical education systems from utilitarian-motor orientation to the formation of healthy lifestyle motives to the education of personal health culture, regularly engaging in physical education and sports, health fitness exercise in combination with other means of improving the body special knowledge on m, must acquire skills and competencies. Thus, a systematic approach to health culture allows to consider physical culture as a system-forming factor. A healthy lifestyle, which is the foundation of individual health of a person, defines the process of self-improvement and self-awareness.

Health promotion is the interrelationship of physical education and mass sports, and it is considered a conflicting character in the sports sector with the highest achievements. the problem of content and procedural filling, physical training of different age categories of the population, methods and principles of its formation in the educational system have not been resolved.[3:25]

Features of physical education for general wellness.

It is known that optimal physical activity combined with proper nutrition and a healthy lifestyle is the most effective in preventing many diseases and increasing life expectancy. Physical exercises ensure the adaptation of cardiovascular, respiratory and other systems to the working conditions of muscles, duration of functional recovery, which occurs due to physical activity, activates and improves metabolism, improves central nervous system activity.

Physical activity has a number of effects that lead to the improvement of adaptive and regulatory mechanisms:

- 1) cost-effective effect (decrease in oxygen consumption, cost-effective activity of the heart, etc.);
- 2) antihypoxic effect (improvement of blood supply to tissues, wide range of lung ventilation, increase in number mitochondria, etc.);
- 3) anti-stress effect (increasing the resistance of the hypothalamo-pituitary system to adverse environmental factors, etc.);
- 4) gene regulatory effect (activation of many protein synthesis, cell hypertrophy, etc.);
- 5) psychoenergetic effect (increased mental capacity, predominance of positive emotions, etc.).

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In order for physical education to have a positive effect, the following rules for human health should be followed.

- 1) the means and methods of physical education should be used taking into account the scientific justification of their value for health;
- 2) physical exercises should be selected in accordance with the individual characteristics of the participants (gender, age, state of health, professional activity, etc.);
- 3) in the process of using all types of physical culture

it is necessary to ensure regularity and unity of medical, pedagogical control and self-control. Specialists in physical education and sports should organize physical education in a way that fulfills preventive and developmental functions, following the principle of health-oriented orientation.[5:24]

The concept and types of fitness training.

Fitness physical training is a type of physical training aimed at maintaining and strengthening health. The purpose of physical culture is to improve health, increase the body's resistance to the harmful effects of environmental factors, create an optimal background for human life, increase activity prolongation, longevity, etc.

The following three aspects can be distinguished in fitness physical culture: activity, subject-value and effect.

Recreational physical culture (as a type of training) is to achieve the maximum possible health-improving effect with the use of directed physical exercises. Physical culture and recreational activities are as important as work or study. It is one of the forms of human activity, which ensures the improvement of physical condition and health, and contributes to the extension of life.

The hygiene of physical education is the forms of physical education included in daily life (morning exercises, walking, physical exercises in the daily routine) and the main task of which is the operational optimization of the flow.

Recreational physical education in health care is a type of physical culture aimed at recreation and the use of physical exercises aimed at restoring human strength spent during work, training or competition.

Recreation-objective is an existing social phenomenon, the main content of which is recreation, entertainment, health, mastering and expanding one's motor and cultural-cognitive abilities.[5:51]

The main means of motorized recreation are gymnastics, running and walking, swimming, skiing, cycling, outdoor and sports games, and types of tourism. According to the number of students, recreational activities can be individual and group. (family, interest group, etc.).

Health care is a physical culture-specific approach to disease, injury, overwork, and disease, and physical exercise is used as a means of restoring bodily function.

Exercise therapy improves blood supply and oxygenation in injured conditions, improving the health of the body and improving tissue trophism by increasing the tone of healthy tissues and muscles.

The direction of recovery and rehabilitation includes the following forms:

- 1) therapeutic physical culture, adaptive physical culture or physical rehabilitation groups in dispensaries, hospitals;
- 2) health groups in physical training teams, enterprises and organizations, at the place of residence, physical training and sports complexes;
- 3) self-study.

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Health-recreation and health-rehabilitation play an important role in the system of scientific organization of work. Carrying out preventive measures in health and wellness centers will improve the activity of eliminating the negative consequences caused by physical and mental stress during work, as well as improving work performance.

Sports and physical education rehabilitation is aimed at restoring the functional and flexible capabilities of the athletes' body. It is used after intense training and competitive loads for a long time, especially during the elimination of the consequences of overtraining and sports injuries.[5;44]

Rules of health training.

The effectiveness of fitness training depends on the frequency and duration of training, the intensity and tools used, the order of work and rest. Physical education training in the direction of fitness should have only positive electronic lessons and a number of methodological the rules must be followed. Depending on the feeling of self, the weather, the training level of the participants, the preparatory, main and final parts of the training can be increased or decreased.

Systematic exercise provides health benefits and affects all organs and systems of the body. In order to improve health, the following weekly motor activity is recommended for people of all ages (in hours):

- children of preschool age 21-28
- school students 14-21
- students of secondary vocational educational institutions 10-14
- students 8-10
- employees 6-8

Movement activity changes depending on the individual characteristics and condition of the organism, living conditions.

The most effective exercises for constant control of physical load increase the heart rate from 100 to 170-180, depending on the age and health of the body. In order to control the intensity of the load, each practitioner should know his lower and upper heart rate limits, as well as the optimal heart rate fluctuation value for him. {6:15}

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