



THE IMPORTANCE OF ORGANIZING PHYSICAL ACTIVITIES IN APARTMENTS, IN INCREASING THE PHYSICAL ACTIVITY OF THE POPULATION

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Annotation: this scientific article shows human health, the importance of physical education and sports in strengthening it, the attention given to it by the state, the decisions being made. The importance of physical activities organized in the apartments in ensuring the implementation of the decisions of the state being adopted, scientific analysis and conclusions and suggestions were made on the basis of the experiences achieved in this regard.

Keywords: Physical Culture, physical education, sports, physical activity, physical fitness, public health, physical activity in the apartment, special tests "Alpomish" and "Barchinoy", elderly luminaries.

АҲОЛИНИ ЖИСМОНИЙ ФАОЛЛИГИНИ ОШИРИШДА, ХОНАДОНЛАРДА ЖИСМОНИЙ МАШҒУЛОТЛАРНИ ТАШКИЛ ҚИЛИШНИНГ АҲАМИЯТИ.

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Аннотация: Ушбу илмий мақолада инсон саломатлиги, уни мустақкамлашда жисмоний тарбия ва спортнинг аҳамияти, унга давлат томонидан берилаётган эътибор, қабул қилинаётган қарорлар кўрсатилган. Қабул қилинаётган давлат қарорларини ижросини таъминлашда хонадонларда ташкил этиладиган жисмоний машғулотларнинг аҳамияти, ҳамда бу борада эришилаётган тажрибалар асосида илмий таҳлил қилиниб, хулоса ва таклифлар берилган.

Калит сўзлар: Жисмоний маданият, жисмоний тарбия, спорт, жисмоний фаоллик, жисмоний чиниқиш, халқ саломатлиги, хонадонда жисмоний машғулот, "Алпомиш" ва "Барчиной" махсус тестлари, кекса нурунийлар.

ПОКАЗАНА ВАЖНОСТЬ ОРГАНИЗАЦИИ ФИЗИЧЕСКИХ НАГРУЗОК В КВАРТИРАХ, В ПОВЫШЕНИИ ФИЗИЧЕСКОЙ АКТИВНОСТИ НАСЕЛЕНИЯ.

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Аннотация: в данной научной статье показано здоровье человека, важность физической культуры и спорта в его укреплении, внимание, уделяемое ему государством, принимаемые решения. Учитывая



важность физической активности, организуемой в квартирах, для обеспечения выполнения принимаемых государственных решений, на основе накопленного в этой связи опыта был проведен научный анализ, сделаны выводы и предложения.

Ключевые слова: физическая культура, физкультурное воспитание, спорт, физическая активность, физическая подготовленность, общественное здоровье, физическая активность в квартире, специальные тесты "Альпомиш" и "Барчиной", пожилые люди.

Today, in addition to physical activity and physical conditioning of the Hulk in strengthening the health of all the inhabitants of the country, especially the younger generation, it is one of the most pressing problems, educating every person in a harmonious physical and spiritual perfection. Taking into account this, the president of our country Shavkat Mirziyoyev on September 20, 2018 gave clear instructions on the organization of further development of mass physical education and sports in the Republic, preparation and admission of people to regularly engage in physical education, as well as to take special tests "Alpomish" and "Barchinoy", which increase the health and physical fitness of the population of the country. In accordance with this, on December 18, 2018, January 29, 2019, Special decisions of the Cabinet of Ministers of the Republic of Uzbekistan were issued to ensure the implementation of the above guidelines. On March 20, 2019, the head of our state outlined new important tasks in a video selection on raising youth morale, meaningful Organization of their free time. This video was about 5 initiatives in the selection, and the second initiative was aimed at physical conditioning of young people, creating the necessary conditions for them to show their ability in the field of sports. All of the above guidelines, decisions are aimed at increasing the physical activity of the population, physical conditioning of young people, creating the necessary conditions for them to show their ability in the field of sports. In the implementation of these tasks, special instructions were also given to organize the meaningful leisure of young people. The issues mentioned above by President Shavkat Mirziyoyev are considered to be the most pressing problems that positively affect the meaningful passage of human life. One of the complex sides of the issue is the study of the state of the issue in Real life and accumulated experiences, the scientific analysis of achievements and shortcomings in it and the development of correct conclusions and proposals in order to solve such pressing problems correctly, without getting lost. Many years of scientific observations, analyzes show that the people have always paid attention to strengthening their health, preserving it, taking care of it. In particular, the Great Physician Abu Ali ibn Sina finds out how vital is the idea that a thousand years ago, "whoever deals with physical education MU'tadil, such person will not need medicine, treatment." Today we hear a lot in the media, among the people, the opinion that "it is better to prevent the patient from being treated." Therefore, we set as our goal the partial bayonet of data collected over the years about how the population gained experience in organizing health promotion by performing physical conditioning, increasing self-physical activity. Observations, from the pictures taken, revealed the following.

1. Our people are engaged in a variety of physical activities, increasing their physical activity in strengthening their health and increasing physical fitness, creating conditions for themselves in their apartments on the way to physical fitness. 1. To do as they know, buying standard sports equipment (various simulators) at home in apartments; 2. The owners of the apartment themselves are a room based on knowledge tajoibas (fence, pair of stems, basketball hoop, etc.)k independently create sports equipment and engage in physical activities with such indoor sports equipment; 3. Doing physical activities without any sports equipment (walking, running, standing jumps, Free Exercise, ETC.k).; 4. Practicing physical activity using natural conditions (walking in parks, low-altitude areas, running, hanging on trees, swimming, etc.k). From the surveys conducted, it was found that some of the population is engaged in this basis, creating domestic sports equipment themselves on the basis of cognitive



experiences gained in the lesson of physical education at school and from other sources. In their hands, it was found that there were no manuals on how to create a Indoor handball sports equipment in the rooms, how to engage in home physical activities in the apartment. The school was born with the need to give special knowledge about making sports equipment in Physical Culture classes, creating sports corners in apartments. It should be noted-in the conditions created in most apartments, it is comprehensively convenient to increase physical activity, physical conditioning, engage in physical activities in the conditions of residence in the meaningful use of the population, especially young people, in their free time. Because it will be possible to perform several physical exercises that you want in free time. For example, the law of philosophy turning quantity into quality, or as toma-toma says it would be a lake, if a single turnstile is pulled from 5 to 5 times per trip on its own, 5x5-25 times, which means 250 times in 10 days, or if an elderly person hangs once and performs such an exercise 5 times in a day, With this simple arithmetic calculation, we will have the opportunity to realize how much physical activity is increased, how much physical conditioning is carried out, with the help of which they accumulate, ultimately increasing human health and physical fitness. It should also be recognized-that nowadays, with the help of a simply turnip, a lot of patients have received the disease "grija" and are being treated. Many experts note that the organization of physical training of residents living in apartments, courtyards, apartment buildings is convenient and useful in all respects. Only it is necessary to correctly carry out this process scientifically, theoretically, methodically, practically, organizationally. For this, creating special training manuals for organizing physical training in apartments in cooperation with local authorities, officials, specialists of the neighborhood, physical education and sports sphere, Youth Union, Family Center, Health System organizations, providing practical assistance to family members, is one of the important tasks of the day. Based on the above points, the following conclusions and suggestions can be recommended: 1. Creating conditions for physical training in apartments, increasing the physical activity and fitness of people orcali their own physical training is the most favorable opportunity to improve their health. To do this, generalize physical education and sports, giving it the status of a "physical culture", making it a people's movement to achieve the formation of their own personal physical culture; 2. Physical activities in the apartment will serve the young and old luminaries of the family as one and provide a basis for showing their abilities in the field of sports, especially young children from an early age to physical activities, strengthening the health of the elderly enlightened fathers and mothers and becoming socially active; 3. And the fact that the literacy of the population of the country in the field of "Physical Culture" is not enough is due to the fact that the qualitative efficiency of using it in their own vital needs from physical culture is not enough. To do this, it is necessary to create dictionaries and annotated dictionaries in different languages, bringing into order the concepts and terms of the state language of the field of Physical Culture.

2. Depending on the capabilities of the conditions in the apartments, it is a period requirement for family members to create for themselves special educational and methodological manuals on creating independent conditions for physical training and independently engaging. In the correct Organization of physical training in apartments from an organizational and methodological point of view, directly depends on the level of literacy of the population in the field of Physical Culture; 3. Organization of "Physical Culture residences" in the city, districts on the royal and crowded streets of the City, internet cafe, kitchen, Wedding Room, among others; 4. To ensure the placement of various sports equipment there, leaving space in front of the apartment buildings under construction; 5. The implementation of instructive



conditions created for physical training in apartments and the widespread promotion of family members involved in it in the media, etc.k.

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