



## OPTIMIZATION OF A HEALTHY LIFESTYLE IN STUDENTS BASED ON THE THEORY AND METHODOLOGY OF PHYSICAL EDUCATION.

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**Annotation:** This study examines the effectiveness of daily exercises developed based on the theory of physical education among students of all faculties of Andijan State University, including special physical exercises, morning physical education classes, clubs and interesting sports competitions. According to the preliminary pilot test, formative and control groups were formed. In this case, special physical exercises, morning physical education classes, clubs and interesting sports competitions were held for students in the formative group in order to form a healthy lifestyle. Using the "Healthy Life Hero" motivational methodology, it was found that within a month, interest in physical education increased among students, a healthy lifestyle improved, and agility developed.

**Keywords:** *theory, methodology, method, ideal, relay, motivation.*

**Аннотация:** В данном исследовании рассматривается эффективность ежедневных упражнений, разработанных студентами всех факультетов Андижанского государственного университета, включающих специальные физические упражнения, утренние занятия физкультурой, кружки и интересные спортивные соревнования, основанные на теории физического воспитания. На основе первоначального пилотного тестирования были сформированы формирующая и контрольная группы. В связи с этим для воспитанников формирующей группы проводились специальные занятия физической культурой, утренние занятия физкультурой, кружки, интересные спортивные соревнования с целью формирования здорового образа жизни. Установлено, что благодаря мотивационной методике «Герой здорового образа жизни», которая проводилась регулярно в течение месяца, у студентов повысился интерес к занятиям физической культурой, улучшился здоровый образ жизни, развилась ловкость.

**Ключевые слова:** *теория, методология, метод, идеал, реле, мотивация.*

### INTRODUCTION.

At the initiative of the President of the Republic of Uzbekistan Sh.M.Mirziyoyev and under the leadership of our state, great attention is being paid to physical education and sports. In particular, the decrees and resolutions of June 3, 2017, No. PQ-3031 "On measures for the further development of physical education and mass sports", and March 5, 2018, No. PF-5368 "On measures to radically improve the state management system in the field of physical education and sports" focus on issues related to strengthening the health of the population of our country, increasing physical fitness, and forming a healthy lifestyle. It is known not only to people, but also to students that engaging in physical education and sports leads to the comprehensive physical development and strengthening of their body, improvement of physiological functions and health. The organization of a healthy lifestyle has a great impact not only on physical health, but also on ensuring mental and social well-being. The upbringing of students is carried out in a strong and integral unity with their



education. In the 21st century, various social and technological changes, as well as people's approaches to health, necessitate the need to meet new requirements. The issue of forming a healthy lifestyle among students is especially relevant, because they determine their own lifestyle not only in the process of studying, but also in other areas of life.

Based on the theory and methodology of physical education, many scientific studies have been carried out to optimize a healthy lifestyle among students. All this is aimed at identifying effective methods for forming a healthy lifestyle, as well as emphasizing the importance of physical activity in the educational process. In forming a healthy lifestyle, it is necessary to understand the interrelationship between physical education, proper nutrition, psychological approaches and general culture. This article examines the theoretical and methodological foundations of optimizing a healthy lifestyle among students, as well as how this process can be implemented in practice.

Research in this area confirms the idea that a healthy lifestyle requires a comprehensive approach that includes not only physical, but also mental health. Thus, developing effective strategies for optimizing a healthy lifestyle for students will help improve their health and overall well-being.

### **Adabiyotlar taxlili:**

The development of physical education and sports in Uzbekistan during the period of independence is an effective result of the political, economic and social reforms being carried out in our country. One of the main factors determining the strength of our country is the issue of raising a highly spiritual, physically and spiritually healthy, comprehensively developed generation in this country. Sport, which has become an important means of raising a spiritually and physically healthy person, serves to widely promote Olympic ideas and Olympic values. The first teacher Arastu Hakim writes in his book "Hitoba" ("Rhetoric") that young men with excellent physical qualities - healthy, strong, agile young people in sports competitions are the wealth of any state. How are such physical qualities achieved? Of course, it is possible to raise well-rounded people by educating them in a family and school environment, at the same time by self-education, by coordinating physical education with mental education and moral education. It is a secret that there are people who are engaged only in mental labor and have never dug a hole, turned a hoe, hammered a single nail or planted a sapling in their life, and because they do not do physical labor, they are constantly suffering from illness. The ancient sages worked in all fields and achieved comprehensive perfection. It is clear that the role of physical education and sports has been defined differently by scientists up to our time. For example, in Athens, they considered the most beautiful and perfect person to be a person who was both physically and spiritually mature as their "ideal". Today, a complete description of the physical education system and all topics of the theory and methodology of physical education, special theoretical knowledge have been revealed by the disciplines of physical education and sports pedagogy. The feudal system that prevailed in the 16th-19th centuries was destroyed, and the era of capitalism began. During this period, many scientific discoveries were made in natural science. It led to ideas about the stability of the material world and the absence of supernatural forces. Society needed enterprising, capable, healthy workers. It was obvious that education plays an important role in the manifestation of a person's mind, will and physical qualities. It led to an increase in people's interest in pedagogy and the practical implementation of the theoretical foundations of physical education. It is clear that the role of physical education and sports, a healthy lifestyle, is very important in history. In our society, large-scale work is being carried out to form a healthy lifestyle, create conditions that meet the requirements of the time for the population, especially the younger generation, to regularly engage in physical education and mass sports, strengthen youth's confidence in their own will, strength and





capabilities through sports competitions, develop feelings of courage and patriotism, loyalty to the Motherland, as well as systematically organize the selection of talented athletes from among young people, and further develop physical education and mass sports. Sport has a decisive force in creating a healthy environment, in the comprehensive physical and spiritual development of the younger generation. The role of physical education is undoubtedly great for creating a healthy environment for students' pursuit of knowledge, we need to instill this activity in students, give them knowledge.

**The purpose of the research:** optimization of a healthy lifestyle in students based on the theory and methodology of physical education consists of improvement.

## Research task:

1. Organizing exciting relay races with students in clubs.
2. Implementing knowledge and health skills in students, based on the views of scientists and physical education specialists.
3. Organizing creative sports competitions and competitions for students.
4. Involving students in team sports games in club classes.

**Research methods:** "Multifaceted Hero" competition: An interesting game for students.

**Purpose:** To involve students in the elements of a healthy lifestyle and develop teamwork skills.

**Rules of the prepared sports competition:** Students are divided into several teams (5-7 participants in each team). The competition consists of 4 stages, and at each stage students perform various interesting and useful tasks. Each task requires physical activity, logical thinking, and a creative approach.

1. "Active Fun Relay": Teams perform a relay race that requires excellent coordination. For example, jumping over obstacles, delivering a basketball to a designated place, or jumping over small ropes.

2. "Knowledge and Health": Teams answer questions about a healthy lifestyle. The questions cover topics such as sports, nutrition, and an ecological lifestyle. Each correct answer brings the team a point.

3. "Creative Sports Competition": Each team prepares a short performance (in the form of a script, dance, or sports exercises) promoting a healthy lifestyle. Creativity and teamwork are evaluated at this stage.

4. "Team Sports Games": Teams participate in a short-distance outdoor running competition, but each participant's run is made more difficult by a special challenge (for example, running with a balloon or carrying a notebook without safety equipment).

Teams are evaluated based on the total points scored in each stage. The team with the most points wins and is awarded the title of "Healthy Living Hero." This game not only increases knowledge about healthy living, but also serves to develop social connections and friendships among students. The competition provides an interesting and meaningful pastime.

**Results and discussion.** Physical education classes can interest students in a healthy lifestyle, increase their physical qualities of agility and speed. The advantages of the above physical education classes and the circles we recommended and the ones we conducted are as follows: increasing physical fitness: helps students develop not only endurance, but also other physical qualities such as speed and strength. Regularly conducting



this practice, motivating them, analyzing the views of scientists and physical education specialists, and conducting interesting games recommended by us in modern sports competitions can increase their physical activity. 120 students were involved in the experimental test. The number of participants in the circles and competitions during the lesson was determined regularly. In particular, they were divided into groups based on the “Active and interesting relay race”, “Knowledge and health”, “Creative sports competition”, “Team sports games”. After the results of the preparation, they competed. (Table 1). According to the statistical results, we can see that after 2 months of regular exercise, the circle training and physical education theory and methodology lessons, as well as the interesting competitions held, their interest in physical education increased and they were able to follow a healthy lifestyle.

(Table 1).

| No | Name of the sports competitions and events to be held | Number of students participating in group activities | Number of students participating in physical education classes | Number of students participating in the competition |
|----|---|--|--|---|
| 1  | <b>A fun relay race with action</b>                   | 32   | 120  | 54  |
| 2  | <b>Knowledge and health</b>                           | 64   | 115  | 32  |
| 3  | <b>Creative sports competition</b>                    | 64   | 118  | 31  |
| 4  | <b>Team sports games</b>                              | 84   | 119  | 40  |

They were regularly monitored for the number of participants in the clubs and competitions during the lesson. These interesting methods were divided into groups based on the following methods: “Active and interesting relay”, “Knowledge and health”, “Creative sports competition”, “Team sports games” and were controlled according to the number of students based on the results of the preparation. As we can see from the method we recommended, they increased their interest in a healthy lifestyle through these interesting physical education methods and realized that the opinions of physical education specialists in creative sports competitions and team games increased their team activity, and that the role of physical education in a healthy lifestyle is very important.

According to the results of the study, the sports competitions and events held aroused high participation and interest among students. The results of each competition and event were analyzed as follows: Active and interesting relay race: Number of students who participated in club activities: 32, Number of students who participated in physical education classes: 120, Number of students who participated in the competition: 54 The number of students who participated in the competition was higher than those who participated in club activities, which indicates that the competition is effective in increasing students' interest in physical activity. Knowledge and health: Number of students participating in club activities: 64, Number of students participating in physical education classes: 115, Number of students participating in the competition: 32, This competition showed good results in increasing knowledge about a healthy lifestyle among students, which further increases their interest in a healthy life. Creative sports competition: Number of students participating in club activities: 64, Number of students participating in physical education classes: 118, Number of students participating in the competition: 31, The creative sports competition made a great contribution to the





development of a creative approach and teamwork among students. The high number of participants in the competition indicates that sports include not only physical, but also creative aspects. Team sports games: number of students participating in club activities: 84, number of students participating in physical education classes: 119, number of students participating in competitions: 40, it was observed that team sports games provided the highest participation among students. These competitions were effective in developing teamwork and increasing physical activity among students. The general analysis shows that all competitions and events increased physical activity among students and further strengthened interest in a healthy lifestyle. The high number of students participating in competitions indicates the importance of using effective methods to satisfy students' interest and need for physical education and sports.

## Conclusion

The main goal of this study is to form a healthy lifestyle among students, to increase the impact of physical education and sports not only on physical, but also on mental health. The results of the study showed that through the proposed methods, including "Active and interesting relay", "Knowledge and health", "Creative sports competition" and "Team sports games", students not only increased their interest in a healthy lifestyle, but also developed such physical qualities as physical activity, agility and speed.

The results of the experiment conducted during the study confirmed that physical education classes and interesting sports competitions play a significant role in increasing interest in a healthy lifestyle among students. In particular, team sports games and creative competitions developed teamwork skills in students, which served to strengthen social well-being and mutual trust. The results of the study allow us to develop effective methods for further developing physical education and sports among students and promoting a healthy lifestyle.

Activities and competitions based on the theory and methodology of physical education have been proven to be highly effective in optimizing a healthy lifestyle among students. These methodologies not only encourage students to be physically active, but also increase their mental and social well-being, ultimately helping to raise healthy, well-rounded, and spiritually mature young people.

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# Proximus Journal of Sports Science and Physical Education

Volume 2, Issue 01, January, 2025

<https://proximusjournal.com/index.php/PJSSPE>

ISSN (E): 2942-9943

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