

THE FOCUS ON SPORTS IN ESTABLISHING A HEALTHY LIFESTYLE

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Abstract

This article talks about the importance of sports in a healthy lifestyle and the importance of sports in the Republic of Uzbekistan, with the help of relevant literature.

Keywords: prevention, law, medicine, sports, physiological, organism, environment, health, vitamin, carbohydrate.

At the world level, the attention paid to the field of sports is very strong, and because physical education and sports have shown their positive effects on human health, sports have their place in the field of medicine. Therefore, today some important works are being carried out in the field of physical education and sports in the Republic of Uzbekistan. Including

"The decision of the President dated 06.06.2022 "On measures to organize the activities of state sports and educational institutions based on a completely new system" was adopted. The decision was announced in UzA.

The decision establishes the following:

254 sports schools based on 279 child-adolescent sports schools under the jurisdiction of the Ministry of Sports Development and their branches;

56 specialized sports schools based on 56 specialized children-adolescent sports schools under the jurisdiction of the Ministry of Sports Development;

Training centers for Olympic and Paralympic sports.

Also, with the document, the following system for the admission and training of students in sports schools was introduced:

Sports schools accept children and young people from 4 to 30 years old;

The winners and prize-winners of the public sports competitions held within the framework of the "Five Initiative Olympics", as well as 4-6-year-old children, based on their sports, are initially allowed to participate in Olympic sports or national wrestling in the sports and wellness group of the sports school based on their anthropometric indicators. and works for free for up to eight months to make up for the lack of movement activity"[8].

Sports associations, organizations, and sports guides in the organization of public health and national games in residential areas, general production and educational institutions, trade unions, various parties,

and foundations in the protection of labor activities and the development of social life culture. , the role of associations. The structure of sports societies and their sub-sectors. The structure, content of the work, and its tasks of the sports society "Uzbekistan" under the Republican Federation of Trade Unions. Physical training teams in industrial and educational institutions. Organizational, educational training, mass physical education, and sports, its promotion, "Health", "For a healthy generation" programs, "Alpomish" and "Barchinoy" special tests are carried out in physical education teams. to theoretically provide the population with information about the content of the work" [4].

"After Uzbekistan gained independence, laws, and programs aimed at improving the healthy lifestyle of people, protecting the environment, protecting motherhood and childhood, popularizing sports, and developing preventive medicine were adopted.

In the normative legal documents adopted in our republic regarding the reform of the health care and physical education and sports spheres, along with the improvement of these systems, importance is attached to the formation of a healthy lifestyle among the population as one of the important directions of the state policy in this sphere. "Including, the development of the healthcare system, physical education, and sports of the Republic of Uzbekistan by 2025, prevention of non-communicable diseases by 2022, support of the population's healthy lifestyle, and increasing the level of physical activity concepts and measures for wide implementation of a healthy lifestyle and further development of mass sports were approved and focused on implementation. According to the World Health Organization, non-compliance with the rules and regulations of physical activity and nutrition, and excessive consumption of food and sweets with a high content of salt, sugar, and fat. , as well as insufficient consumption of vitamins and minerals causes lagging in rational growth and mental development in young people, and the development of several diseases that lead to the premature death of a person, such as cardiovascular, endocrine, and malignant tumors in adults. Iadi At the same time, the lessons learned from the consequences of the coronavirus pandemic have shown that the severity of the disease and the majority of deaths are closely related to concomitant diseases caused by wrong lifestyle" [1; 138-139-b]. In connection with these issues, a lot of attention is paid to the diet of athletes.

Substances necessary for their sports and health are also being separately distributed and studied.

"The need for fats:

The amount of fat in the daily diet of athletes during the days of constant training and competition is 145-161 g for men, of which 44-49 g are vegetable oils, for women: 113-129 g, of which 34-39 g are vegetable oils.

Carbohydrate requirements:

The need for carbohydrates is 583-615 g for men, 477-546 g for women, and 8-10 g per 1 kg of body weight on days of intensive physical training. In the daily norm, 1/3 of quickly digestible carbohydrates (sugars) should be made up, and 2/3 of starch.

The need for vitamins:

Character of physical stress	Thiamine	Ascorbic acid
Physical work Sports activities related to strength and speed of maximal and submaximal intensity	0,6-1,1	15-18
Duration of sports training	2,0	25-30

The need for minerals:

	Phosphorus	Calcium	Magnesium	Potassium	Iron	Chloride.
The need of athletes	4	2	0,6	5	20	20-15
The need of ordinary people of old age	1,6	0,8	0,8	4	15	10-15

Specially prepared product concentrates are recommended, which physically take the intensity and type of sports power"[7; 362-370-b].

What our athletes have achieved is that if they eat according to such rules, they will always be healthy. After all, the right food increases the strength of athletes.

"All people on earth live with the dream of thinking about their production, raising children physically fit, having a healthy marriage, and living a long life.

In terms of health and physical condition, mood, appetite, sleep, and other physiological aspects are felt first of all. It is in these processes that physical and mental fatigue is manifested [2; 8-b].

"The first president of the Republic of Uzbekistan, I.A. Karimov, reacting to these issues, says: "We started fighting for a healthy generation, the future of our generation. We established an order with this name and created a special international fund. It's not for nothing. When we say healthy, we mean not only physically strong children but also a spiritually rich generation. Because every side can never defeat a nation with a healthy generation" [2; 10-b].

We have consistently understood that sport is a guarantee of health, not only today but since ancient times. Our grandfather, one of the greatest representatives of the world of medicine, "Ibn Sino's experience of using physical exercises in the prevention and treatment of various diseases is also approved by the distinguished scientist of the republic, Doctor of Medical Sciences, Professor O. A. Rikhsiyeva. Ibn Sina stated that a person who does not engage in physical education will suffer from pain in the lower limbs because his limbs will weaken due to inactivity" [5; 47-p]. French doctor Tisson also expressed his opinion that people can make some progress in terms of health through sports and physical exercises.

According to French doctor Tissot, "Physical training can replace many drugs, but no drug can replace physical training." Physical culture should become a daily need of everyone" [3; 118-b].

One of the necessary conditions for health is the development of the human activity. We should know that the concepts of "health" and "movement" are integral. That's why from ancient times, "If you want to be strong - run, if you want to be smart - run, if you want to be beautiful - run, if you want to be healthy - run", the words of Aristotle brought the senate of the Roman Empire to a high place. it is written for all to see" [6; p. 96].

Based on the above, in conclusion, the role of sports in the development of a healthy and well-rounded person, which is the eternal dream of people, is very important. Therefore, in the Republic of Uzbekistan, effective laws and regulations related to sports are being developed and presented to the public.

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