

Functional Training of the Human Body Interrelationship with the Situation

*Ibragimov Alisher Karomatovich*¹, *Khasanov Abror Amurllaevich*²

Abstract: In this article, it is revealed that the knowledge and practical skills of the theoretical and practical foundations of health training as part of the physical culture of a healthy lifestyle (HL) indicate that a member of society has a physical culture of the HL, which is a sign of the ownership of physical culture.

Keywords: healthy lifestyle, body appearance, strength, speed, endurance, agility.

The highest stage of maturity of the human body is the perfection of its body, which is an eternal concept. The height, stature, weight, appropriateness of movements, body appearance, strength, speed, endurance, agility, mobility of joints and trained and educated muscles are the leaders of the movement qualities of the representative of the nation. is visible through. Achieving physical fitness is a continuous, continuous work process, including exercise, mass sports as a part of the lifestyle and following it, knowing and systematically following the rules of HL, with the theoretical knowledge and practical skills of a long-term process. depends.

To date, the current model of improving the physical fitness of young people is not at the level of the current demand, it has been repeatedly emphasized by the President and through the government's decisions and instructions. It is one of the problems of the present day to create a complex that meets the requirements of the time, to create the basis of physical culture of young people, to enrich theoretical knowledge, practical qualifications and skills, and to improve them. Its solution relies on the most advanced national and universal knowledge, experience, traditions, and values of physical culture education, embodies them, and uses the existing model of physical maturity and physical perfection as a basis in the process of raising a spiritually rich generation. uses

The content of the conceptual approach to the physical culture of HL is expressed in the future of the young generation, the level of physical culture of the President, his possession of it, all his speeches concerning the children of the country, and a number of works, manuals, pamphlets. The way of life of our great grandfathers, who are still revered today, has been sufficiently evaluated. Their tenacity, ability to choose the right way to live, dedicating the meaning of their life to something, their understanding in understanding the meaning of the purpose of living, their courage in science, their intelligence, the oppression of their contemporaries for them, artificial the bravery shown against the created difficulties is expressed by scientific, theoretical and practical proof. The fact that our grandfathers were worthy of an example indicated that we should not look for ideals for us in life. Their way of life, their life, which is considered the leading tool for the formation of our national spirituality, is described in the great book of our holy religion, "The Four Points of the Healthy", and it was emphasized that they lived according to the will of the Creator himself.

In this work, which is worthy of a place among historical works, our intelligent grandfathers are not only recognized for their achievements in science, culture, art, literature, and social spheres, but also as humanity, humanitarianism, and loyal children of their homeland, as well as for the perfection of their bodies and good health. The owner has given evidence that they were physically superior persons.

Their opinions about lack of movement, avoidance of work, laziness, overeating, negative consequences of sleeping, and a lazy life will not lose their importance for many years.

¹ Bukhara State Pedagogical Institute, head of the department of physical education and sports, associate professor

² Bukhara State Pedagogical Institute, Faculty of Physical Culture, Master of the 2nd level



"Physical culture of a healthy lifestyle" is such a thing that it will not become unnecessary, it will not disappear if you do not use it, and it will help you when you need it, - writes "Physical Culture" written for higher educational institutions. A.Abdullaev, Sh.Kh.Khankeldievlar (2007) are the authors of the textbook "Theory and Methodology of Education".

Physical culture of a healthy lifestyle is a tool for the formation of subjective values such as bravery, courage and perseverance.

The process of training the qualities of bravery, courage and endurance is manifested in all forms of physical exercise training - whether it is a part of fitness training, mass sports training, without the desire of the participant. proven in practice. These historical, universal human qualities form the basis for the formation of intellectual resources with high spirituality, physically and harmoniously developed in all aspects.

Being in the spotlight of the team, round, gathering (wrestling, public events, holidays, during competitions, etc.) The subjective values that we have noted, which are characteristic only for the peoples of our country, will be a tool for the formation of courage, bravery and perseverance. It demonstrates the level of physical culture with aspects such as not losing oneself, self-control in situations that require courage and bravery without thinking when necessary.

Physical culture of a healthy lifestyle, its leading term "health training" and "health exercise" did not have a scientifically based definition, and still does not exist. But a number of authors express their opinions on this concept or term. For example, K. Cooper, the founder of "aerobics", insists on the need to call the (aerobic) movements performed with oxygen consumption in our stable, unchanging ordinary state as health-improving loads. Loads for the purpose of strengthening should have a single common feature during training, their volume and intensity should not be such that they require a strong strain, the suitability of such loads for the body, not depleting the reserves of our body's resources, they recognize that it should be developed and improved, and that it implies keeping the indicators of physical development and physical fitness without lowering them.

The scientific proof of the emergence of specific biologically active substances as a result of routine training in the body of people with a healthy lifestyle culture is considered an achievement of the last 10 years of research. They showed that the body can resist various diseases and the harmful effects of the external environment, and it is also useful with the improvement of the protective function.

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