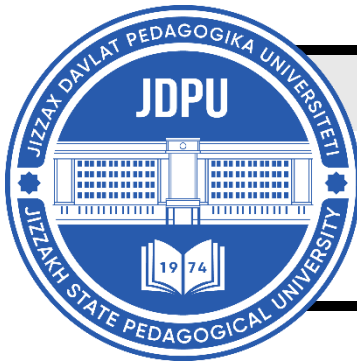


**MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**ACTUAL PROBLEMS OF FORMATION OF PHYSICAL CULTURE
OF ADULTS AND STUDENTS IN ENSURING SUSTAINABLE DEVELOPMENT OF
UZBEKISTAN**

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ABOUT ARTICLE

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Abstract: The article discusses the basic rules and methods of introducing the adult population to physical culture and mass sports, strengthening its health through physical culture and sports, indifference to one's health, living a long and meaningful life, physical culture and sports. Also, the problems of meeting and adapting to the special needs of the elderly population and their family members are analyzed with the help of the materials distributed and implemented programs by the employees of the physical education and sports sector during the wellness activities.

INTRODUCTION

As physical culture and physical education is a socio-pedagogical field, it will become more relevant in future development. As a result of automated and electronic development, people's low mobility (hypodynamism) is increasing. As a result of inactivity, various diseases occur in the human body, immunity decreases. In preventing them, the role of physical culture, physical training (body training), public sports, sports shows, and tourist trips will increase. Low mobility is eliminated through them. According to the World Health Organization, inactivity is the 4th largest global problem. In Uzbekistan, in recent years, especially since 2017, consistent measures have been taken to popularize physical education and sports, to promote a healthy lifestyle among the population, to create the necessary conditions for the physical rehabilitation of people with limited opportunities, and to ensure the country's proper participation in international sports arenas.

For this purpose, the adoption of the decision of the Cabinet of Ministers of the Republic of Uzbekistan dated June 3, 2017 No. 3031 "On measures for the further development of physical education and mass sports in Uzbekistan", the decision of the President of the Republic of Uzbekistan dated March 5, 2018 "State management system in the field of physical education and sports in the Republic of Uzbekistan" Decree No. PF-5368 of the President of the Republic of Uzbekistan dated December 18, 2018 "On measures to prevent non-communicable diseases, support a healthy lifestyle and increase the level of physical activity of the population" Resolution No. 118 of the Cabinet of Ministers of the Republic of Uzbekistan dated February 13, 2019 "On approval of the concept of physical education and mass sports development in the Republic of Uzbekistan in the period 2019-2023", Resolution of the President of the Republic of Uzbekistan dated January 24, 2020 "Physical education in the Republic of Uzbekistan and Decree No. PF-5924 "On measures to further improve and popularize sports", Law of the Republic of Uzbekistan No. O'RQ-637 "On Education" dated September 23, 2020, Decree of the President of the Republic of Uzbekistan dated October 30, 2020 "Wide implementation of a healthy lifestyle "On measures for further development of sports and mass sports" was adopted and established the implementation of modern reforms in the field of physical education and sports and ensuring the step-by-step implementation of tasks related to them.

MATERIALS AND METHODS

Strengthening the health of the elderly population with the help of physical education and sports, implementing specific programs that help them live a long and contented life, directing students to a healthy lifestyle by involving them in sports, spending their free time meaningfully, and ensuring a long and contented life giving compliments.

At the same time, the increase of diseases, the attention of the elderly population, including students, to their health, the poor quality of physical education classes in educational institutions, the lack of conditions for physical education and sports in educational institutions and residential areas, the main part of the population lack of awareness of preventive measures to maintain and strengthen health, prophylactic measures (insufficient promotion of sanitary and hygienic rules, the large amount of money paid for sick leaves, the cost of medicines and other treatment and examination, analysis tools, etc.) promotion of sports creates the need for their additional training. In order to form a fully mature and physically healthy person with a high culture in the country, to increase the skills and knowledge of the elderly population in the field of physical education and sports. Among these are the problems of introducing innovative forms and methods to the process of improving the health of the population through physical education and mass sports.

According to the information given in the decree of the President of the Republic of Uzbekistan dated January 24, 2020 "On measures to further improve and popularize physical education and sports in the Republic of Uzbekistan" [1], 19% of the population of the Republic is engaged in physical

education and sports. In the main directions of the reform of the physical education and sports system for the period until 2025, the task is to increase this number to 30%.

Today, the main directions of reforms, including physical training, are aimed at:

- maintaining and strengthening the health of the population in the conditions of a pandemic, giving a large place to physical education and mass sports in the agenda of the elderly population;
- to ensure healthy physical development and physical fitness of the elderly population and students;
- formation of healthy lifestyle skills and abilities in the elderly population and students;
- to coordinate mental and physical work and make it a habit to independently engage in physical education and mass sports in future work activities;
- promotion of mass sports in the family, at the place of residence, organization of training courses at educational institutions to acquire the qualifications of a sports guide;
- formation of knowledge, qualifications and skills necessary for working in the above directions in future physical culture specialists, etc.

In order to preserve and strengthen the health of the elderly population, it is first necessary to form knowledge and skills about the modern definition of health.

According to the recommendations of the World Health Organization, health is generally defined as the absence of disease in the body. However, this is a very broad concept, which should be understood as "not only the presence or absence of a disease, but the full physical, spiritual and social well-being of a person." Health is a precious asset that enables people to live productive and meaningful lives personally, socially and economically, and enables them to participate actively in work, study, family and community affairs.

The following are the main reasons for the loss of health:

- stressful situations;
- harmful habits (drinking, smoking, etc.);
- irregular eating, eating, lying down, sleeping;
- lack of physical activity;
- unfavorable working conditions and other negative conditions affect not only the social sphere of human activity, but also cause the emergence of chronic diseases;
- work in a regular sitting position;
- work without a break on the Internet;
- wrong choice of profession;
- availability of compulsory and additional work;
- meeting;
- lack of professional skills;

- unhealthy life, unhealthy family, unhealthy work team, etc.

When carrying out health promotion activities, it is necessary to consider the following:

In particular, in the process of physical education and sports, elderly people and their families should be considered as other members of society and have the necessary information. Monitoring;

With the help of the materials distributed during the health promotion and the implemented programs, physical education and sports workers meet the special needs of the elderly population and their families and adapt them to it;

- physical education and sports personnel to have sufficient knowledge, opportunities and support for the elderly population and their family members to strengthen their health;
- physical education and sports personnel should be aware of the general and special health needs of the population and know how to satisfy such needs through health promotion;
- to ensure active participation of physical education and sports workers in the health promotion of the elderly population, etc.

The organization and holding of regular mass sports-health competitions and sports exhibitions also greatly contribute to the promotion of physical education and sports among the older population.

Health maintenance and promotion factors include:

1. Healthy lifestyle.
2. Age-appropriate physical development and physical training.
3. Physical activity.
4. Healthy eating.
5. Optimal equality of work and rest.
6. Giving up bad habits.
7. Positive thinking, etc.

Physical exercise has the following positive effects:

Regular physical exercise provides a high level of immunity.

2. Improves the breakdown and absorption of substances into the blood and blood circulation.
3. Normalizes blood pressure.
4. Basic physical qualities: strength, speed, agility, endurance, flexibility, etc. develops.
5. Raises mood, makes a person satisfied with himself. Provides inner peace.
6. Helps to make new friends, delays the signs of aging by 10-15 years.

The following basic rules should be observed when exercising:

1. Regularity.
2. Gradualness.
3. From simple to complex.
4. Repetition.

5. Regular monitoring of physical development and physical fitness.
6. Lengthening of time relative to distance.
7. Maintenance of water-salt balance.
8. Eating and not exercising.
9. Do not sweat and drink cold water, do not sweat and change clothes in a cold room, etc.

Basic health exercises:

11,000 to 14,000 steps a day

2. Running at age-appropriate times (for example, 40 years-40 minutes, 45 years-45 minutes, etc.).

3. Be physically active for at least 150 minutes a week (Recommendation of the World Health Organization).

4. A 20-30 minute walk after dinner

5. Take a break from mental work every 45-60 minutes.

6. Establishment of rest rooms (recreation, rehabilitation, relaxation, etc.) in each enterprise, etc.

CONCLUSION

Physical education is a healing part of medicine (Plutarch).

People who are moderately engaged in physical education (badantarbiya) do not need medicine (Abu Ali ibn Sina).

Run if you want to be healthy, run if you want to be beautiful, run if you want to be rich (an ancient Greek wisdom written on Mount Olympus). In order to abandon any harmful habit, it is necessary to form a new, useful habit (physical culture). Any new activity becomes a practical skill in 21 days.

Physical exercises improve the functioning of the human body and vital systems, strengthen the mental and willpower of a person, and ensure a long and fulfilling life.

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