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METHODOLOGICAL JOURNAL<http://mentaljournal-jspu.uz/index.php/mesmj/index>THE THEORETICAL AND METHODOLOGICAL
FOUNDATIONS OF PHYSICAL ACTIVITY AND HEALTH OF UNIVERSITY
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ABOUT ARTICLE

Key words: Health, adherence to a healthy lifestyle.**Received:** 10.12.25**Accepted:** 11.12.25**Published:** 13.12.25**Abstract:** The methods, significance, and modern approaches to assessing physical work capacity and health status are examined. Determining the level of health and work capacity allows for a better understanding of an individual's physical and mental condition, promoting a healthy lifestyle, and increasing the efficiency of professional activity. The research results contribute to improving methodologies used in healthcare and sports.

Introduction. Today, the health of young people is considered an important factor in the socio-economic development of society. By assessing the health status of students studying in educational institutions of the Republic, it is possible to promote a healthy lifestyle, prevent diseases, and increase the effectiveness of the educational process. Especially in the context of the pandemic and against the background of stress factors in modern life, the relevance of regularly monitoring students' health has increased.

Research objective: To assess the health status of students studying in educational institutions of the Republic and to develop proposals for improving their health.

Research tasks:

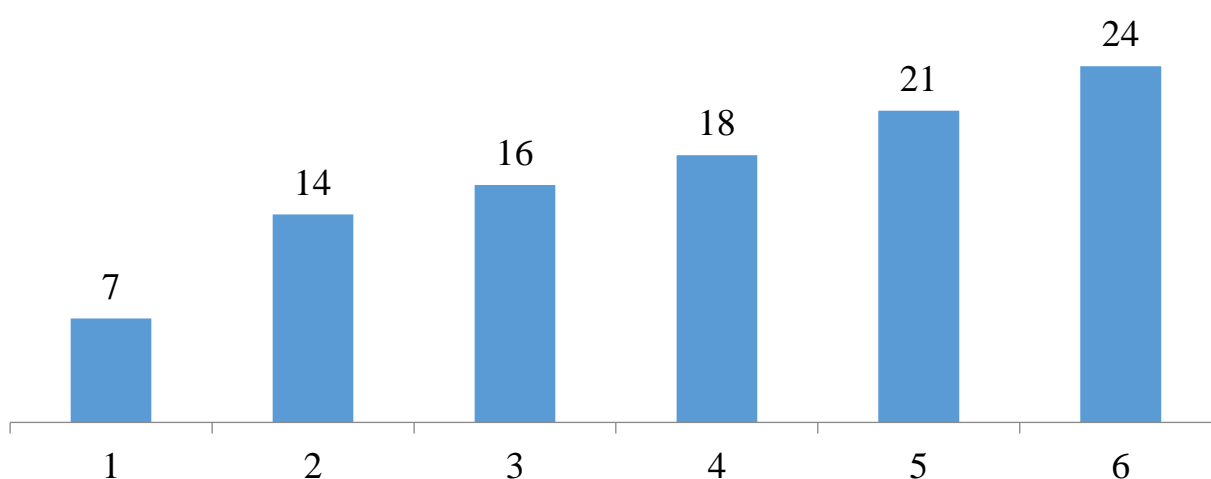
- To study and assess the health status of students.

- To analyze modern methods for improving health.
- To develop recommendations for promoting a healthy lifestyle.
- To improve the health monitoring system in educational institutions.

Research object: The health condition of students studying in educational institutions of the Republic.

Research subject: Methods for assessing students' health status and the effectiveness of health improvement measures.

We tried to identify the factors that hinder students from engaging in sports activities.



Research methods:

- Questionnaire and test methods
- Medical examination and statistical analysis
- Pedagogical observations
- Experimental methods

Indicators of general physical development of students of the Faculty of Physics, Mathematics, and Natural Sciences of Urgench State University based on pedagogical tests

T/r	Examined indicators	Girls (n=200)	
		$\bar{X} \pm m$	σ
1	Right hand strength, kg	30,0 \pm 0,42	6,0

2	Left hand strength, kg	27,4±0,40	5,9
3	30 m sprint from the start, sec	5,7±0,04	0,5
4	100 m sprint, sec	16,9±0,14	1,4
5	500 m run (girls), m/s	140,6±2,12	18,4
6	Standing long jump, cm	158,5±0,90	13,8
5	120 m shuttle run (4×30 m), sec	27,5±0,25	3,3

A correlation analysis conducted between the results of physical development assessment tests and morpho-functional indicators revealed statistically significant relationships.

Updating the content of higher physical education at the level of academic disciplines means expanding and deepening students' understanding of the world, human beings, and their health. Training specialists in the field of health preservation and promotion is one of the main tasks of higher education institutions specializing in physical education.

Without possessing knowledge related to issues of individual human health, it is impossible to manage the process of maintaining health. However, to prevent this knowledge from remaining merely theoretical, it is necessary—after mastering the fundamental principles of psychology and pedagogy along with the medical-biological disciplines—to be able to apply the acquired knowledge, skills, and competencies not only to shape one's worldview but also to learn the art of prolonging one's own life, that is, to master the methodology of health improvement.

Yu. L. Kislisyn, V. S. Anishchenko, and A. V. Leyfalar proposed a concept of physical education that envisions the formation of the following components among students: movement culture, body structure, and physical health. These components serve as the foundation for preparing individuals for a healthy and creative life. The formation of students' physical culture is carried out continuously and progressively, based on the development and advancement of the most modern teaching tools.

Health is the most important human value. As can be seen, good health is a fundamental condition for a person's ability to perform biological and social functions and serves as the foundation for self-fulfillment. According to the World Health Organization (WHO, 1985), health is not merely the absence of disease but a state of complete physical, mental, and social well-being.

However, another definition of health is often accepted:

“Health is a person’s psychophysical state, characterized by the absence of pathological changes and sufficient functional reserves to ensure complete bio-social adaptation and maintain physical and mental working capacity under natural living conditions” [19; pp. 7–11].

According to A. G. Shchedrina, “Health is a holistic, multidimensional, and dynamic state (including both its positive and negative aspects) in the process of realizing genetic potential under specific social and ecological conditions, which enables a person to perform biological and social functions to varying degrees.”

Thus, the conceptual core of ‘health’ lies in the organism’s dynamic and multidimensional integrity, which allows a person to maintain a certain level of vital activity and to fulfill biological and social functions to different extents.

By examining the definitions of the concept of health, it can be concluded that the characteristics representing health are integral indicators that reflect various aspects of the state of well-being in a holistic way. These indicators can be quantitatively expressed, are interrelated, and logically connected.

All the definitions we have presented are by no means final or exhaustive; rather, they can be further developed and refined, remaining open to new theoretical syntheses [145; p. 78].

Without going into a detailed analysis of the research objectives, tasks, methods, and existing health-improvement programs, we considered it appropriate to focus particular attention on the importance of the health-oriented approach within the physical education system.

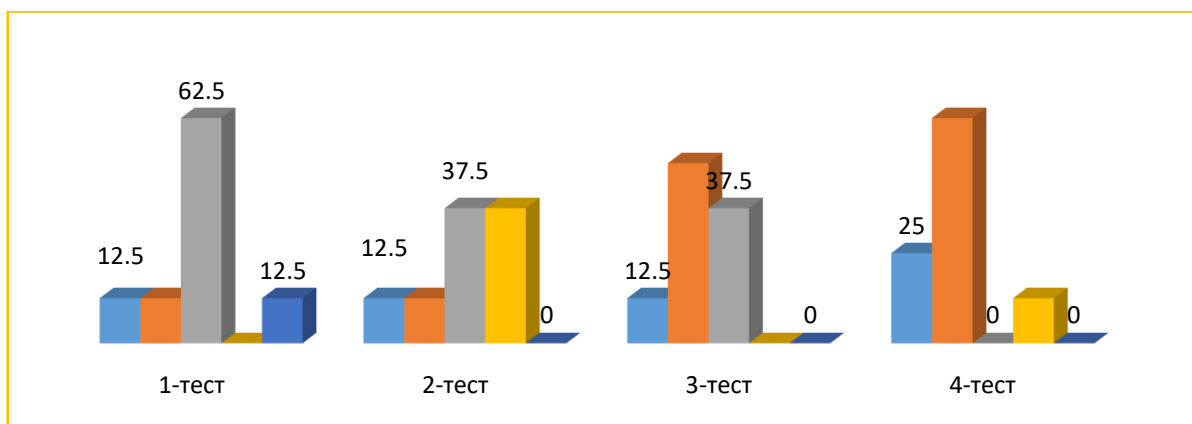
The health-oriented approach refers to a strategic methodology for managing the process of developing and nurturing a healthy individual. According to V. A. Puzynin and V. A. Kaznacheeva, this approach defines the direction of the entire educational system and forms the foundation of the subject Physical Education. The authors argue that the successful development of society can be achieved only when education is fundamentally sound, democratized, and humanized [105; pp. 42–44].

It is necessary to reconsider the organization of physical education in higher educational institutions. Data from a number of studies indicate that the health condition and physical qualities of most students are unsatisfactory. The importance of engaging in physical education and sports can be explained by two main reasons:

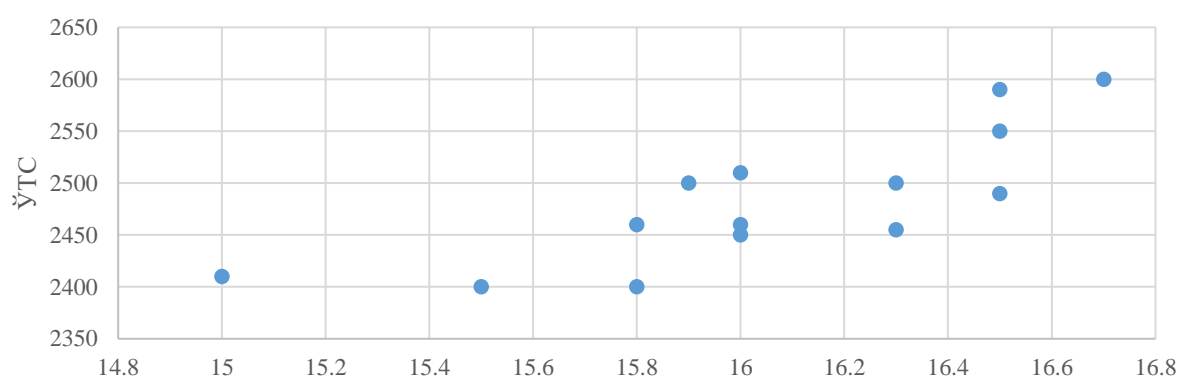
First, the academic physical education program within universities provides only 20–25% of the physical activity required for students’ well-being.

Second, 30% to 50% of students have certain health deficiencies, and in some cases, chronic diseases have been identified.

Scientific novelty of the research: This study develops new methods for assessing students' health in educational institutions and proposes effective health improvement strategies suitable for current conditions. It also provides practical recommendations for health monitoring and promoting a healthy lifestyle.



The correlation between 100 m sprint performance and vital lung capacity (VLC) is ($r = 0.79$).



Conclusion. The results of this study confirmed the importance of assessing the health status of students studying in educational institutions. It was found that through regular monitoring and evaluation of health, it is possible to promote a healthy lifestyle among students, prevent diseases, and increase the effectiveness of the educational process. Based on the problems and shortcomings identified during the research, effective recommendations were developed regarding health improvement and preventive measures. At the same time, the necessity of improving the health monitoring system in educational institutions was emphasized. Future research in this area will contribute to further improving the physical and mental health of young people.

Apparently, the 30-second sit-to-stand test performed 20 times does not provide sufficient load for these healthy girls; therefore, this test lacks predictive informational value. Moreover, 42% of the girls showed an inadequate response, manifested in increased heart rate (HR) and blood pressure (BP), as well as in the prolonged recovery period of the heart index

(more than 5 minutes). This condition indicates that the cardiovascular system has a low level of adaptation to performing this level of physical load.

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