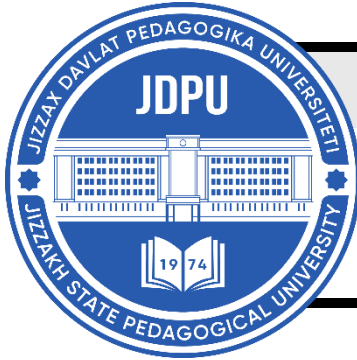


**MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**THEORETICAL FOUNDATIONS OF PHYSICAL EDUCATION
AND SPORTS TRAINING IN WOMEN'S HEALTH PROMOTION****Aynur Ilyasova***Lecturer-trainee**Nukus Olympic and Paralympic sports training center**Nukus, Uzbekistan***ABOUT ARTICLE**

Key words: young people, sports, girls, physical education, sports, physical, mental strength.

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Abstract: The article describes the issues of fundamentally improving the system of state management in the field of physical education and sports, to widely promote a healthy lifestyle among the population, especially among young people. Also, the paper deals with problems of women's sports among the tasks defined in the Strategy of Actions on the five priority areas of development of the Republic of Uzbekistan and the Concept of Administrative Reforms in the Republic of Uzbekistan in 2017-2021. The theoretical foundations of physical education and sports training play a crucial role in promoting women's health by offering a structured and evidence-based approach to physical activity. These foundations provide insights into the physiological, psychological, and social benefits of regular physical activity tailored to women's unique health needs. Physical education theories help in understanding the body's response to exercise, optimizing training methods, and addressing gender-specific challenges such as hormonal fluctuations, bone density, and cardiovascular health.

Introduction. Since the distant past, women have been fighting with men for their equality, freedom and independence in some sense. The level of women's freedom, their participation in social life, has historically been accepted as a qualitative indicator of the development of any society. In the last 100 years, the contribution of world-renowned

scientists, philosophers, poets and women who have left an indelible mark on the world arena with their unique sports achievements is a significant qualitative indicator of the development of that society and nation. As a result of the positive "explosion effect" of the phenomenon, women were able to achieve equality with men not only in their specializations and in the spiritual sphere, but also in the pursuit of great sports achievements. There is no doubt that there is a need to study the problems specific to women's sports, to develop methods based on scientific investigations.

Although there are no unanimous views on the subject of women's sports training, two fundamentally different approaches to this issue can be identified. According to professor V. Platonov, scientists and practitioners of the first direction recommend adjusting the changes of women's ovarian-menstrual cycle to training mesocycles, and in the second direction, organizing the training of sportswomen and girls based on the general laws of athletes. In the current era, there are global problems, such as the pursuit of unprecedented high results by women, which require urgent scientific research in the field of science:

1. The need to comprehensively and fully study the mechanisms of the impact of training loads on the body of women and girls.
2. Development of methods that do not have a negative effect on the body of women and girls, and in the direction of achieving optimal high sports achievements.

According to the retrospective data, in the theory and practice of sports training, among the general requirements related to both men and women, aspects specific to women took place. It is determined by a detailed study of the characteristics of various adaptation processes that occur in the body and arise from the specific requirements of individual sports, which allow to describe the functional characteristics of the women's body.

Literature review: The promotion of women's health through physical education and sports training has gained significant attention in recent decades. The integration of exercise into women's daily routines is seen as vital not only for physical well-being but also for mental health and social empowerment. This literature review outlines the theoretical foundations underlying the role of physical education and sports training in enhancing women's health, including physical, psychological, and social aspects.

1. Physical Education and Women's Health: Physical education plays a crucial role in women's health by fostering an active lifestyle that can prevent and manage a variety of health conditions. Regular physical activity is associated with reduced risk of cardiovascular diseases, diabetes, osteoporosis, and obesity [4]. Women's specific physiological needs, including hormonal fluctuations and reproductive health, make targeted physical education programs

essential. According to the World Health Organization [13], physical inactivity is one of the leading risk factors for mortality in women globally. This highlights the importance of structured physical education to enhance health outcomes in women of all ages. The historical foundation of women's physical education dates back to early 20th-century movements advocating for women's participation in sports and physical activities. Initially, women were restricted from competitive sports due to societal norms, but over time, research began supporting the need for equal opportunities in physical training [7]. This shift was bolstered by studies showing that appropriate physical activity tailored to women's needs improved not only physical health but also psychological well-being.

2. Theories of Exercise and Women's Health: Several theories underscore the importance of physical education in promoting health, particularly among women. The Health Belief Model (HBM) [10] suggests that women are more likely to engage in physical activity if they perceive the health benefits as outweighing the potential barriers. For example, awareness of the role of exercise in reducing risks of breast cancer or osteoporosis may motivate increased participation.

The Self-Determination Theory [5] emphasizes the importance of intrinsic motivation in promoting physical activity among women. This theory suggests that women are more likely to continue exercising if they find personal enjoyment and value in the activity, which may be achieved through sports that align with their interests and social networks. The Social Cognitive Theory [3] also plays a key role in understanding women's involvement in physical activities. It posits that women are influenced by their social environment and can be encouraged to adopt healthier behaviors through modeling, encouragement, and self-efficacy. This theory is particularly relevant when considering the community-based approaches to women's health promotion through sports.

3. Sports Training and Women's Health: The role of sports training in women's health is underpinned by various theoretical frameworks that address both physiological and psychological benefits. The FITT Principle (Frequency, Intensity, Time, and Type) is a common model used to design effective exercise programs for women [2]. It helps in creating personalized training regimes that are beneficial for specific health outcomes such as weight management, muscle strengthening, and cardiovascular health.

Research shows that women who participate in sports training experience improvements in bone density, muscle strength, and cardiovascular fitness [12]. Furthermore, sports training has been linked to psychological benefits, including reduced symptoms of anxiety and depression. The Theory of Planned Behavior [1] is relevant here as it explains how a woman's

attitude towards sports, combined with social norms and perceived control over behavior, affects her likelihood to engage in sports activities. Another theoretical foundation supporting sports training for women's health is Exercise Psychology. Studies demonstrate that regular physical activity enhances mental health, reducing stress, anxiety, and depression among women [6]. Moreover, sports provide a sense of achievement and social support, crucial for emotional well-being.

4. Barriers to Physical Education and Sports Participation in Women: While the benefits of physical education and sports training for women's health are well documented, there are barriers that limit women's participation. Social and cultural factors often play a significant role. For instance, in some cultures, women face restrictions on public physical activity, or there may be a lack of female-friendly sports facilities [7]. Furthermore, a lack of awareness, social support, and role models in sports can diminish women's motivation to participate. The Ecological Model of Health Behavior [9] explains how individual, interpersonal, organizational, and environmental factors influence women's physical activity. At the individual level, personal health beliefs and physical limitations may affect participation, while at the community level, cultural norms and availability of resources play a crucial role.

5. Recent Trends and Interventions: Recent research has emphasized the importance of designing gender-sensitive physical education programs that take into account women's unique health needs. Programs such as female-specific sports clubs, community-based health promotion initiatives, and online exercise platforms have been effective in increasing participation among women [8]. Moreover, interventions that combine physical education with health education, focusing on nutritional habits and mental health, have shown promising results in improving overall health outcomes for women.

In recent years, technology has also contributed to advancing physical education for women. Wearable fitness technology and online coaching have increased accessibility and allowed for more personalized training programs that fit into women's busy schedules [11].

The next important problem is the need to create socio-psychological and pedagogical foundations in the field of women's sports. Sportswomen are literally required to strictly adhere to an athletic lifestyle by giving up their natural body needs. The fact that women who regularly engage in sports experience extremely high loads may have an impact on the female body and its reproductive health. In order for women to be actively engaged in sports activities in the complex of real causes and consequences, a conscious attitude, both physical and mental readiness is required from them. Although it is difficult to predict whether women will be able to repeat or surpass the sports records of men in high-achievement sports, certain trends can

be observed in this matter. Today, the emancipatory adaptation of women expects them to achieve higher results in sports year after year. For example, women's world records in swimming have been repeating men's records for many years. In terms of modern trends, it is possible to recognize that the characteristics of the athletic form in women's bodies are developing. In the sense of the term "athleticism", the difference in the stature of male and female athletes is decreasing. In the 100- and 1500-meter races in the 1980s, the gap between men's and women's records began to narrow, and it continues to this day. If it is explained in scientific language, it can be explained by the decrease of sexual differences or sexual manifestations according to the described trend. According to the results of the research conducted in foreign countries (Russia), the high social importance of women's health, which performs general cultural, educational, reproductive, production and other functions, in the majority of female athletes, taking into account the global development of society, should be emphasized. At the same time, 60% of women have disorders of the musculoskeletal system, 30-40% have high blood pressure, 30-50% are overweight, and 15-20% have joint diseases.

Research discussion. In this regard, the scientific community began to pay more attention to the search for new approaches to reform health training, which ensured its physical condition, physical performance and high efficiency. This phenomenon was observed in 75% of non-sport athletes, including 98% of gymnasts, 70-90% of female track and field athletes, 71% of skiers, 67% of football players, and 44% of female swimmers. According to the definition of the given term, the negative clinical changes that can occur in the body of women and girls due to the influence of excessive androgen secretions are taken into account. Simply put, as a result of excessive physical exertion, the body's male sex hormones increase, causing changes in adrenal function and a state of great stress. According to gynecologists, in the essence of the problem of "Public health and health management", the pathology of post-sports pregnancy of sportswomen is the main cause of infertility or similar negative threats. In the higher education system, the theory and methodology of physical education is taught as both an academic and a scientific subject. The opening of "Women-girls sports" groups in the field of physical culture education undoubtedly indicates that the need for female physical education teachers, sports coaches, and instructor-methodists is growing year by year. Optimizing the content of the specialized subjects taught according to the curriculum of the physical culture education in accordance with the requirements of the problems and laws of women's sports, revising the educational methodology is the main condition for ensuring the quality of the demand of our society. The theory and methodology of physical culture as a scientific discipline has a history of several centuries. It is necessary to take into account some important regularities through

the retrospective study of researched scientific works in the field of science.

Physical activity of women is 60-80% of that of men. Performance - as an organism's ability, actually represents the aspects of the athlete's special physical preparation, during the initial study it is possible to base on the specific details of the special endurance characteristic of cyclic sports. When the phrase "business" is used, which is found in most sources, the thoughts and attitudes that are principled in reflecting the essence of some events of this direction are observed scattered. This situation has an undoubted negative impact on the development of separate methodologies, evaluation criteria and standardization of performance parameters for women's and men's sports.

It is emphasized in the scientific reviews that practically all expressions related to this issue are contrary to the official logic and apply only to certain situations. In many cases, instead of the expression of work, pedagogical phenomena were analyzed using the expressions of preparation, athlete's condition, and training. Exercising (or being trained with exercise) is a specific state of the organism, which means changes in its morphological and functional parameters under the influence of exercise. The true nature of the definitions of training and physical fitness can be formed only by comparing all parameters of the athlete's comprehensive medical examination with indicators representing the functional state of his organism. Hard work is the ability to perform the work and function specific to the organism and its separate organs and systems, and the evaluation procedure and comparative characteristics based on its measurements are of practical and scientific importance. has taken a solid place in the analysis and there is no need to formalize its main features again. The characteristics of the body's maximum tension activity effect, which occurs as a result of training in the limit intensity or duration of time in quantitative and qualitative parameters, are the main distinguishing targets of performance.

Returning to the main problem, the process of adaptation (adaptation) of women to the effects of physical load is characterized by the strain of body functions and their recovery very slowly. Very sensitive to some adverse environmental conditions and psychically excitable. Although the range of functional opportunities naturally expands with the growth of the level of training, and even approaches men in a number of parameters, it is clear that today there is no opportunity to achieve basic movement skills. The physical, mental and adaptation characteristics of women's body require to engage in only certain types of sports, make the process of achieving results difficult in others and, most importantly, can create a situation that contradicts the qualities of a well-rounded person.

In connection with the problem, views that it is inappropriate for women to engage in

football, weightlifting, powerlifting, hockey, football, and boxing sports and opinions against them are causing controversy. Until now, it is recognized that a unanimous approach cannot be reached due to the lack of research results based on comparative observations and a dynamic picture of the long-term process of women's sports problems in both fundamental and academic fields. Based on opposing opinions, there are those who believe that the difference in the ability to develop endurance in women and men is not so great, and sometimes it is approximately the same. Because they have a lot of similarities in the mechanisms of exercise of the circulatory apparatus and the aerobic energy supply system. Through systematic, regular training, it is possible to bring the potential of women closer to the level of men. There are also scientific facts about the endurance of women compared to men.

For example, women are better able to withstand loads of running for longer periods and distances than men. The longest swimming record is held by women. Under the influence of physical load, sweat secretion is much lower and begins only in high temperature conditions of the external environment. On the topic of women's sports, one can understand the two-pronged problem based on the scientific facts that are in sharp contrast with each other. On the one hand, supporters of women's sports rehabilitation, on the other hand, problems aimed at preventing pathological complications of hyperandrogenism in the early stages by introducing diagnostic methods of sports. Among the recognized independent opinions, only one issue is clear, that it is impossible to limit the desire of women and girls to engage in one or another type of sport, because there is a difference in their attitudes towards sports as compared to men.

Conclusion. Sports training, grounded in these theoretical concepts, enhances women's physical fitness, reduces the risk of chronic diseases such as obesity, diabetes, and heart disease, and improves mental well-being by alleviating stress and anxiety. Moreover, theories related to motor skills development, sports psychology, and gender-inclusive practices ensure that training programs are both effective and empowering, fostering self-esteem, body confidence, and long-term commitment to a healthy lifestyle. By recognizing the importance of these theoretical underpinnings, educators and trainers can design personalized, safe, and efficient exercise programs that cater to women at different life stages from adolescence to post-menopause thereby contributing to overall well-being and longevity. The theoretical foundations of physical education and sports training in promoting women's health are supported by a wide array of research. Models such as the Health Belief Model, Self-Determination Theory, and the Social Cognitive Theory provide frameworks to understand and enhance women's participation in physical activity. Despite existing barriers, the growing

recognition of the health benefits, alongside modern interventions and gender-sensitive programs, continues to encourage greater female involvement in physical education and sports training. Continued research and policy development are essential to ensuring that women have equal opportunities to engage in physical activities that promote health and well-being.

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