

## The Role of Coaches and the Role of Physical Education in the Organization of a Healthy Lifestyle in Sports Clubs

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**Abstract:** the article covers issues related to proper adherence to a healthy lifestyle, proper organization of nutrition, organization of an active life, organization of the day and work regime on the basis of biological regimes, ensuring mental tranquility or nervous balance, abstinence from harmful habits such as drinking, kashandi, addiction, adherence to tidiness and rest, attitude to Environment, physical education and sports, wellness clubs.

**Keywords:** physical education and sports coaches, activities of sports clubs, a healthy lifestyle.



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### INTRODUCTION

A healthy lifestyle includes an increase in the cultural, physical development of a person, labor productivity and creative activity. This means that if we live a life in its place of cultural, physical development of a person and the increase in labor productivity and creative activity, in some way we would have organized a healthy lifestyle at least for ourselves.

In this place there is a question of the right. That is, what to pay attention to when organizing a healthy lifestyle, along with cultural and physical development, to put in place those who increase their creative activity with Labor? There are different answers to this question, but we tried to answer it according to Abu Ali Ibn Sina, a mature scientist of the great human age, the founder of the so-called Medicine.

Ibn Sina argues that the organization of a healthy lifestyle can be achieved mainly through the regulation of seven things:

1. To moderate the customer, to choose the customer according to their warm or coldness in food consumption, and to pay attention to the humidity or dryness of the air, etc.
2. The choice of edible and edible foods, meal times, regimen, composition, quantity, hot or cold, etc.
3. Cleaning the torso from waste, paying attention to personal hygiene.
4. Maintaining the correct structure. Not to increase body weight in relation to height.
5. Sufficient and good intake of air, which is obtained through the nose.

6. Attention to clothing.
7. Includes the regulation of physical and respiratory movements.

It is in this place that we will dwell on a broader coverage of the role of physical education in organizing a healthy lifestyle, which we consider to be our current topic that we want to raise.

Physical education is a pedagogical process, one of the main tools aimed at improving the morphological and functional improvement of the human body, the formation of the basic qualifications of action, skills, knowledge associated with them, important for its life, is also aimed at improving. Such a high tool has a huge place in the regulation of a human healthy lifestyle, and while it shows that no proof is required, let's dwell on some considerations.

Is it possible to think that a healthy person has an excess of giving a client pand?, much longer if possible. A healthy organism requires good food on its own in time, in moderation. Who believes that a person who is engaged in Physical Education always has discharge in his torso if he washes and Combs. The correct structure, even if we do not speak the breaths, it is enough that the person who is engaged in physical education is old-fashioned, not a person who does not know or does not recognize that his breathing is highly developed.

It seems that more of the above seven things are being regulated at the expense of physical education. So when organizing, physical education should be taken as a tool.

We do not want to promote the importance of their role in the organization of physical education, I believe that it is necessary for us to explain theoretically, scientifically that they should go badantarbiya to their agenda, once again mentioning the importance, importance of physical education to people of any age to whom balkim remains indifferent.

From this we concluded that in the following information we found it permissible to take into account to what extent you practice physical education in your daily life.

It turns out that 50% of the health level depends on social security and lifestyle, 20-30% on ecology, about 20% on the influence of genetic factors, 8-10% on wellness measures.

### **A HEALTHY LIFESTYLE MEANS A HEALTHY GENERATION**

The action-measures taken for a healthy generation include issues of maturing the younger generation both physically and spiritually. What the soul of a woman thinks about, what she feeds, what feelings she forgives-they all become the basis for the spiritual world of the child to be born.

Our ancestors, who knew this well, showed great respect for the woman. These delicate features of nature are avowed as if it were a flower. To them, to speak Big, rude, to raise water in a bucket is considered a stigma for men in the past. At the present time, great attention is paid to the return to our national values, the development of various methods of folk pedagogy on the modern basis.

A healthy generation is born on the basis of the Sihat of mothers and expectant mothers. Women, including the health of mothers, are the result of a huge number of life factors. Along the way, the activities that are being created and implemented in our society pay off. A healthy generation will find a place in the life of a child born and brought up in a foster family with the permission of hard work, whose family will be strong, respect each other in the family, give special importance to the etiquette of children, and bring a healthy generation to maturity. Family breakdown is a misfortune for children, since family breakdown negatively affects the growth of children as healthy, physical and spiritual education. The issues that need to be taken to form a healthy generation are many facets. Therefore, it is necessary that parents, Labor teams, State and public organizations actively participate in the necessary task, as well as to carry out activities dedicated to the healthy generation. The more versatile the tasks to be a healthy generation, the more complex and responsible it is to raise children, especially if underage children have become without parents, or their parents have become denominators from parental hogs, or their parents

'illness, as well as, for other reasons, if they remain denominators from the care of the parents' affections, as well as personal and property hocks and.

The implementation of Family Care is an exceptional task of State importance, the family plays an important role in improving the health of young generations and raising them, ensuring the economic and social progress of society, improving demographic processes. The character of a person, the basis of his attitude to his work to spiritual, ideological and cultural assets are formed in the family. Therefore, the fact that there will be a strong spiritual and morally healthy family has a huge role in the development of society.

In our climatic conditions, it is possible to conduct Sports, Physical Education in the open field for twelve months of the year. What are the consequences of not being able to use the gift of nature? It's giving the numbers that make you think "that" as you see it. In the history of sports, such facts are noted that patients with a predisposition to a heart attack or heart attack have recovered only through exercise. In progressive countries, you will come across sports clubs, not pharmacies, in every step.

In developed countries, sports coaches contract with families they treat, treat the health of their client through sports, physical education. We also need to use this method, that is, to achieve physical education-physical culture. The Press found that among the population there was a decrease in vision in children and an increase in eye diseases, according to an expert. But there is a very extreme treatment for this. It can be done in every family.

There is a simple and inexpensive way to maintain the health of our family, you get a tennis ball, a racket, draw 3 circles on the wall and beat in abundance. It is necessary to increase the number of circles every day, after exercise, the eyesight increases dramatically. Health-District wealth, the basis of the development of society. Already, Physical Culture is the main factor in the purity of the nation, our genealogy.

## **POPULARIZATION OF A HEALTHY LIFESTYLE THROUGH SPORTS CLUBS**

Physical education and sports have a very important role in spiritual trigger, physical energetic maturation of the youth of our nation. Therefore, complex competitions such as "sprouts of hope" among students of 3-stage schools, "harmonious generation" among students of colleges, "Universiade" among students of higher educational institutions are held in several types of Olympic sports. For several years now, among the youth of our state, the members of the national team participating in the Olympic competitions in Asia, World premierships are precisely the winners of the above-mentioned competition.

The Navoi State Pedagogical Institute also organized a Sports Club "NavDPI" with such high goals. The tasks set by the club in 2018-2023 consisted in the formation of a healthy lifestyle of students, a positive change in attitudes towards physical education, mass sports, the activities of sports clubs, milking groups and the analysis of the results of students in competitions part of the Universiade program.

Students of Navoi State Pedagogical Institute have performed well at the Republican final stages of the sports competitions" Universiade-2020 "and" Universiade-2022".

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