

Pedagogical possibilities for further improving physical culture in the development of a healthy lifestyle for talented girls in higher education institutions

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Annotation: This article has approved the main guidelines for physical culture in the development of a healthy lifestyle for high school students, and some of the problems have been investigated on the basis of a special questionnaire.

Keywords: Student girls, physical well-being, daily lifestyle, level of physical culture, healthy lifestyle.

A healthy person is to maintain his psychological and physiological qualities, optimal ability to work, and his socio-psychological activities first. Improving the level of healthy living should start with the emphasis on educating student girls about their health in a sense of responsibility.

Everyone lives in a certain environment, conditions, among certain people, in a certain economic environment. The human body was created with adaptation and compensatory capabilities in the process of evolution. A person is made up of the number and quality of several genes, and the human biological system is made up of several million genes and proteins. Depending on the fullness of genes, the human biological system is very sensitive to toxic substances. Poisonous substances can alter genes. The resulting embryo was allowed to nutrients and then inserted into her womb, where it implanted.

Issues such as improving the position of women and girls in family and society, protecting motherhood and childhood, focusing on the health of mothers giving birth to a healthy generation, and promoting healthy living as mature and highly educated people in all respects are considered to be one of the most important aspects of our government's policy.

Addressing the Supreme Court on January 24, this year, U.S. President Sh.M. Mirziyoyev emphasized the need to expand a healthy lifestyle among the population, including the establishment of new sports facilities for the population and especially young people in the region, and the introduction of a four-phase system consisting of the organization- district-regional stages of selection of talented athletes among young people.

We will increase the level of higher education coverage for graduates to at least 25% in 2021 and 50 to 60% in the future, students' admissions will double government grants, and allocate separate grants for girls. This, in turn, leads to an increase in the number of talented girls in higher education institutions and requires special approaches to the physical culture of talented girls.

In addition to improving the professional training of talented girls in higher education institutions, considered the most active members of the population and young people, the introduction of physical culture and sports into their lives is a matter of urgency. (Matthew 24:14; 28:19, 20) Jehovah's Witnesses would be pleased to discuss these answers with you.

Sport is one of the main requirements for a healthy life until the end of our life . He does not choose age, place, or even conditions. It has a lot of appearance, shapes, methods. There are types of yoga, pilates, hiking, running, turquoise, lying on hands, dancing, rafting, bodybuilding, gymnastics, soccer, etc. Not every day, 30 to 60 minutes a day is enough to be involved in sports, to be healthy. Less seating and more movement is needed.

In this regard, the role of talented girls in pedagogical higher education institutions is of particular importance. (Matthew 24:14; 28:19, 20) It is important that future teachers grow up to

be experts through education and training in accordance with the requirements imposed on a modern teacher today.

After all, the relevant regulatory documents also stipulate that the teacher is well-educated and exemplary in teaching the next generation. (Matthew 24:14; 28:19, 20) From this point of view, the formation of a healthy lifestyle in talented girls in the field of pedagogical education and the improvement of their physical culture are a necessary condition. Therefore, the scientific research of students' physical culture and their development and improvement is a pressing issue. One of the main areas of living a healthy lifestyle in girls of higher education is physical culture. Indeed, a healthy lifestyle without a physical culture can be emuls.

First of all, the concept of physical culture itself was first studied by experts because of the need to clarify itself. The concept of physical culture has been described differently by experts.

Jumladan is described as follows by Professor L.P.Matveyev; "Physical culture is a foundation of achievements achieved by members of society in the creation and rational use of special tools, methods, and conditions for achieving physical perfection. Physical culture is part of a common culture, the basis for its rise and the development of society." Based on the definitions given to the concept of physical culture, the physical culture of talented girls and its main indicators were identified. Availability and condition of sports facilities in higher education institutions;

· the availability of educational and educational documents in the field of physical education and sports in higher education and their content directed to talented girls.— curriculum, science program, work program, etc.);

• The attitude of the management of the higher educational institution in creating conditions for student girls to engage in physical education and sports, the content of the work to be done by them (studied on the basis of a special questionnaire);

· the availability and status of methodological support for the physical education of talented girls (textbooks, textbooks, and methodological guidelines),

· The unity of specialists in physical education and sports of the higher educational institution includes the role of women girls (department, teacher, coach, other types of states that serve in the field, etc.);

· the level of professional training of specialists in physical education and sports in higher education. (having scientific, degrees, titles, sportsmen, and other indicators);

· The lifestyle of talented girls consists of physical education and sports (results in a regular sport, active student athletic girls, students participating in sports, students regularly engaged in morning bodybuilding, students regularly engaged in independent exercise, and so on).

· Diversity of physical and sports events organized and held with talented girls;

· The level of health of talented girls;

· Sports events, activities, and conditions created for girls with disabilities and families.

Based on the analysis, the issue of developing the indicators that make up the physical culture of talented girls depends not only on the pedagogical process but also on the social, spiritual, educational, and economic sphere, which will be resolved together.

Therefore, one of the main issues of improving the physical culture of talented girls and the decisive indicator is to instill physical education and sports in their daily lifestyle. To do this, it is necessary to improve the system of instilling physical education and sports in the lifestyle of talented girls.

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