

# Healing And Physical in Improving the Health of The Population Efficiency of Using Exercises

**Abdurahmanov Murodjon Sayitqulovich**

Karakalpak State University after named Berdakh, Nukus, Karakalpakstan

**Abstract.** This article analyzes the analysis of traditional and distance learning of physical education, as well as the impact of physical activity on the human body and the health of students, including the improvement of public health.

**Keywords:** Exercise, therapeutic exercise, healthy lifestyle, physical activity.

## Introduction

At the initiative of the President of the Republic of Uzbekistan Sh.M.Mirziyoyev and under the leadership of our state, great attention is paid to physical culture and sports. In particular, June 3, 2017, No. PP-3031 "On measures for further development of physical culture and mass sports", March 5, 2018 "On measures to radically improve the system of public administration in the field of physical culture and sports" in the decrees and resolutions of PF-5368. Strengthening the health of the population of the country Improving physical fitness the widespread introduction of a healthy lifestyle focuses on issues related to the further development of mass sports.

Physical culture is an integral part of the complex system of personality formation. Involvement of the population in physical education and the formation of a healthy lifestyle among the population, care for their health, the acquisition of skills of regular, independent physical education and sports are part of the educational process. is an integral part.

It is no coincidence that President Shavkat Mirziyoyev has put forward five important initiatives. The second initiative is aimed at creating the necessary conditions for the physical training of young people to demonstrate their abilities in sports. The formation of a healthy lifestyle in society, strengthening the health of the population, educating a physically healthy and spiritually rich young generation, achieving serious participation of citizens in physical culture and sports are among the most pressing issues today.

## Literature Analysis and Methodology

A number of contemporary scholars believe that M.N. Norqobilov., Z.S.Mirkhodjaeva., VVMahmudov is a man of height, stature, weight, adaptability of movements, physical appearance, strength, speed, endurance, agility, mobility of joints, which are the leaders of the qualities of movement in the body and through the training of the muscles. Theoretical knowledge and practical skills of the long-term process, such as the achievement of physical fitness, is a continuous, continuous process of work, exercise, adherence to the lifestyle of mass sports, knowledge of the rules of a healthy lifestyle and systematic application are considered to be related to I.M. Sechenov, I.P. Pavlov and other scientists have shown that the effect of exercise can have a positive change in the function of internal organs through the theory of motor-visceral reflexes. Therapeutic and physical therapy is a method of treatment used for the purpose of rapid and complete recovery of health, treatment and prevention to prevent disease. allows you to do - Exercise is a nonspecific stimulus of nerve receptors. It is noted that blood and lymph circulation is improved and the metabolic process is activated, the release of biologically active substances is increased.

The healer uses exercise as a means of health promotion, disease prevention and treatment. There are various forms of therapeutic exercise (therapeutic gymnastics, massage, fitness, swimming, walking, running, etc.), all of which serve the health of the population. When walking long and straight, almost all the muscles in the body work, the activity of the vascular, respiratory and other systems in the body increases, resulting in increased metabolism. The purpose of therapeutic exercises is to increase physical activity, improve health, physical development and protection of the body from harmful habits, as well as to increase physical activity among the population to improve the health of the population and the formation of a healthy lifestyle. Abu Ali

Ibn Sina, the founder of the Law of Medicine, said, "If you walk, you will live longer." As an exercise, regular walking is important for good health. People are taught to walk in early childhood.

But this is not enough, all people need to be able to walk properly, beautifully and economically. Morning and evening walks are recommended not only by the coach, but also by the medical staff for all the basic apparatus in the body and the gastrointestinal and cardiac system. Every year, according to the results of medical examinations, 5-10% of students are temporarily exempted from physical education classes by doctors for various reasons. Some of them are strictly forbidden to exercise, and some are recommended to practice DJM under the supervision of a doctor. Analyzes in the field of study and development of medicine show that the population The combination of medical treatment and exercise to improve health is effective. When a part of the body stops being physically active, the movement begins to be disrupted. Exercise naturally stimulates the body. That is why vigilant, restless people are always alert, strong, even in old age will be energetic and courageous. Unfortunately, in the current context of urbanization, there is a significant decrease in physical activity among the general public and our youth. Therefore, the formation of a healthy lifestyle in society, the mass struggle against inactivity, the protection of high physical and mental capacity of people, the general population, especially young people through sports.

Involvement is becoming increasingly important. In the context of the pandemic, the majority of young people, who make up the majority of the population in the introduction of distance and traditional education in the educational process of students in higher education, said that physical education and sports online as well as sports and public events online partial restriction of movement (inactivity, sluggishness of physical activity). While one of the advantages of online reading is that it does not require a place to read, the disadvantage is that it reduces physical activity and increases the use of information and communication media (telephone, computer, etc.). weight loss, obesity, and obesity.

### Results

Analysis of scientific and methodological literature and questionnaires There is a need to increase the physical activity of students and their participation in traditional physical education classes. As a result of the experiment, 7 sketches and more than 40 students were selected to develop their physical qualities.

### Discussion

In the course of the experiments, we saw that the traditional use of therapeutic and physical methods has a positive effect on improving the health of physical students. When we conducted a survey of students of the Technical Faculty of Karakalpak State University, a number of respondents said that the majority of the results of the survey Do you agree to take physical education classes online? These questions are directly related to the process of traditional physical education classes for students, and the development of physical and psychological immunity of students to improve the health of students in educational activities, and in particular to increase the effectiveness of exercise. plays an important role. To provide students with online physical education and sports.

According to the results of the survey: The first question was answered by 12% of respondents - yes, 22% - no, 6% - in favor of online physical education classes. The second question was answered by 2 respondents educational classes develop physical qualities, 30% do not develop, 8% answered partially. When the respondents' opinions on the above questionnaires were studied, most participants found that physical education classes were more active in the humanities than in the humanities, and that they were free to move around in a variety of situations (sports such as football, volleyball, basketball, handball). tennis.) have been shown to have a positive effect on their health and well-being. It was found that the physical use of video, presentations, lecture notes and other resources on the module platform, along with the availability of theoretical knowledge, is not fully implemented in practice.

### Conclusion

Based on the experience, the following conclusions were drawn:

Strengthening the health of the population, in particular, the development of physical qualities of students in the educational process, increasing physical activity, the restoration of mental immunity, the use of traditional methods of therapy and exercise to develop physical qualities gave good results.

The results of the survey and their comparative analysis showed that the majority of respondents showed a high level of effectiveness of physical education and exercise for a healthy lifestyle. Regular physical activity is a guarantee of good health.

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