

Strengthening our Women's Health Activities on the Basis of Sports Activities

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Abstract: The article discusses the unique role of physical education in human health, especially women's health, as well as activities carried out with it.

Keywords: Physical hardening, health improvement, intellectual, individual, personality, physical education, pedagogy

The further development of physical education and sports in our country is determined by the attitude and interest of women in physical education and sports. Extensive work and reforms are being carried out in the country to build a legal, democratic state and develop the foundations of civil society. One of them was the Decree of the President of the Republic "On the strategy of further development of the Republic of Uzbekistan" for 2017-2021 as a practical result of the reforms.

The fourth priority of the Decree, aimed at "Development of the social sphere", is to strengthen the spiritual and moral potential of the youth of the society and to further develop their intellectual and physical strength. The main factor in achieving this goal is the comprehensive development of women's physical education sports coaches. Therefore, first of all, it is expedient to consider from the pedagogical point of view the essence of the concept of "person", the factors influencing it, the process of its socialization and the role of physical education and sports in it. According to the laws of Pedagogy of Theory, in order to understand the concept of "person" and its socialization process, it is necessary to study the essence of the elements associated with the concept of person

The term "individual" is derived from the Latin word "individualium", which means "indivisible", "separate", "single". The concept of "man" is approached to humanity as a biological species, and it is understood as the supreme example of all biological beings. The concept of "man" is defined as the only representative of humanity, which is characterized by spiritual and moral qualities of several zhonzots, embodying in itself the image of goodness, justice, conscience. "Individuality" is defined as a concept that distinguishes people from each other by talent, ability, interests, temperament, character, expressing the peculiarities of the individual. The concept of "person" is the development of an individual or a person from a psychological point of view under the influence of various biological, educational, activities. described. Biology, social factors and education play an important role in the formation of a person as a social being. Under the influence of these, a person develops as a person and becomes a person. Hence, development plays a permanent role in a person's becoming a person.

After all, development is a process that expresses the essence of quantitative and qualitative changes that are manifested in the physiological, mental, intellectual development of the individual. In the system of education and upbringing, physical education and sports play an important role. After all, physical culture and sports, fulfilling an important social order, serve as an important factor in cultivating pride and pride in their people, nation, homeland, as well as physical fitness, health, improvement of movement organs, formation of a healthy lifestyle. This will allow to restore public health, strengthen social relations, protect the minds, thinking and worldview of the younger generation from negative influences, and scientifically improve the socialization of the individual. Therefore, on June 3, 2017, the President of the country adopted Resolution No. PK-3031 "On measures to further develop physical culture and mass sports", which states that "the importance of mass sports in human and family life in all regions of the country, its physical and spiritual It is important to promote the basics of health, to protect young people who come to life with high hopes from harmful habits, to create the necessary conditions for them to realize their abilities and talents, to select talented athletes and to improve the system of targeted training. 'kindlagani is not in vain.

“In healing, I’m not going to be a part of it,” important Henderson said. After all, the formation of youth chess, the acquisition of moral and legal values in society, the education of young people, the response of young people to science, the care of their health, the protection of their health are important pedagogical tasks. In fact, they did not say, "A healthy body is a healthy aal." Engaging in regular gysmonium tarbia torches salalic asreidi ima uminlaidi, active a 'aktivia, the need for a healthy tourmuh style. This is an active intellectual potential, strong health izhtimoi k means. Therefore, gysmonium tarbia, the training of sports coaches, ullar kasbius skills and abilities oedd is an important wasifa facing the country's reforms, einianasa pedagogy - psyecheology fanny.

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- ☐ Scientific conference with the participation of international partners
 - ☐ “Innovation technologies in sports and physical education of the younger generation

Шўъба номи (биттасини қолдириб, колганларини ўчириш лозим)	4-шўъба: Адаптив жисмоний маданият ва спорт.	
	Ўзбек/Рус тили	Инглиз тили
Тезис номи Маъруза тезислари мавзуси имкон қадар қисқа ва лўнда кўринишда шакллантирилган бўлиб, тезисларда тадқиқот йўналишини аниқ ифода этиши лозим. У ўзбек, рус ҳамда инглиз тилларида тақдим этилиши керак.	СПОРТ МАШҒУЛОТЛАРИ АСОСИДА АЁЛЛАРИМИЗНИ СОҒЛОМЛАШТИРИШ ИШЛАРИНИ ЙУЛГА ҚЎЙИШ. УКРЕПЛЕНИЕ ДЕЯТЕЛЬНОСТИ НАШЕГО ЖЕНСКОГО ЗДОРОВЬЯ НА ОСНОВЕ СПОРТИВНЫХ ЗАНЯТИЙ.	STRENGTHENING OUR WOMEN'S HEALTH ACTIVITIES ON THE BASIS OF SPORTS ACTIVITIES.
Муаллифнинг Ф.И.Ш. лавозими, ташкилот номиушбу қисмда муаллифнинг исми- шарифи (отасининг исми билан), иш жойи ва лавозими, илмий даражаси ва унвони, электрон почта манзили, телефон рақами қисқартиришларсиз киритилади. Ўзбек, рус ва инглиз тилида ёзилади	Нематов Соҳиб Тешаевич, ўқитувчи, Бухоро давлат университет Нематов Соҳиб Тешаевич, преподаватель, Бухарский государственный университет	Bukhara State University, Bukhara, Uzbekistan Nematov Sohib Teshaeovich

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Recommendations:

1. Decree of the President of the Republic of Uzbekistan "On the Strategy of Actions for the Further Development of the Republic of Uzbekistan for 2017-2021".
2. Decree of the President of the Republic of Uzbekistan No. PP-3031 dated June 3, 2017 "On measures for the further development of physical culture and mass sports".
3. Kurbanov D.I., Abdullaev Sh.D. Methodical approaches to the study of the physical activity of female athletes. Nauskva 2019. 88 p.