

The Role of Physical Culture in Human Life

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Abstract: This article is devoted to the definition of the role of physical culture in human life. The article also analyzes the impact of physical exercise on the human body and considers the need for physical development.

Keywords: Physical culture; health promotion; healthy lifestyle; physical activity

In today's world, almost no one can imagine their life without physical activity. It starts at a very young age and many people love to watch sports, even if they are not into sports. Unfortunately, many people do not understand the importance of regular daily exercise in the morning. High in the world of technology, man engages in mental labor, does not move at all, and forgets physical activity. Very few people believe that physical activity affects a person's psychological state, thereby reducing stress levels, increasing efficiency, and focusing on important issues they understand that The sedentary lifestyle of most people has a negative impact on a person's psychological and physical well-being. People need to be taught that physical culture is important in people's lives. This is a pressing issue today.

Objective: To consider ways to prevent disease and improve health through physical education and sports.

Functions:

1. Study the literature on this topic;
2. To consider the impact of physical education on human health;
3. Explain the role of physical culture in human life.

The scientific novelty of this work is expressed in the role of physical culture in people's lives and how to improve health through exercise. Physical culture is amazing as a general cultural phenomenon. It is the natural link between human social and biological development. Clearly, physical culture is the first and foremost type of culture that is formed in man. To understand the role of sports in human life, you can look at, for example, statistics on the cardiovascular system and heart disease. This is the highest level in developed economies. With constant work people who exercise do not understand the importance of physical activity for the functioning of the body.

Health is the most important thing in a human being. It cannot be bought for any money. There are many ways to promote good health. The system of these methods is called healthy lifestyle (HLS). In addition to physical activity, a healthy lifestyle includes personal hygiene, proper nutrition, exercise, good rest, and good health lack of habits. Being physically active is not enough. Failure to follow at least one of the healthy lifestyles can have a negative impact on human health. Also, the individual characteristics of a person in the choice of physical activity should be taken into account, as excessive use of cargo can also have a negative impact on health. [3]

Wake up in the morning and do some basic exercise should not be forgotten, as this will enable him to achieve good physical fitness at the beginning due to his physical integrity. But it's not so simple. You can't do a few exercises in the morning to achieve your goal. An exercise plan should be tailored to your individual needs. You should not immediately place heavy loads on a person, as this can have a negative impact on health. Morning exercise helps to lift the spirits after sleep, activates the nervous and cardiovascular systems. By producing such a daily morning activity, both mental and physical activity increase and the body as a whole becomes ready for the stresses that are common in modern life.

In addition, in a trained person, the heart, which has significant loads, often contracts and at the same time produces more blood, which helps to increase the level of intelligence. [2] The trained body is more prone to deep breathing during exercise and delivery of more nutrients to the muscles receives and assimilates oxygen. Regular physical activity helps to create a beautiful image, improve physical appearance, express movement and have a beautiful posture. Most of the time, people who play sports are on their own they believe

they will have a strong will to do so. Physical activity is absolutely necessary at any age. In raising children the main part is devoted to physical culture. Insufficient motor load in children can lead to unpleasant consequences. For example, decreased immunity, health problems, low physical and mental activity. This is very important because in the modern world, the number of children suffering from various diseases is growing rapidly.

In old age, physical training helps to overcome various disorders caused by hypokinesia. [1] That is, people who do not follow a healthy lifestyle, that is, smoking and drinking alcohol, eating not following the rules, they have signs of premature aging. It is physical training that can prolong human life. It has been scientifically proven that sportswear is directly related to mortality. Moderate physical activity is protection against various diseases and early death. Absolutely everyone gets more physically fit as they get older understands that he will lose. This is mainly due to the depletion of the body's total resources and a decrease in the level of motor activity due to its age-related reorganization.

Thus, we can say that physical training has a necessary and positive effect on old age, as it helps to reduce the harmful effects of age-related changes.

In addition, exercise helps to develop the body's resistance to the negative factors of the environment. It can be atmospheric pressure and different temperatures, but it can also be poison or radiation. He did this in trained rats and is physically active non-researchers have identified.

In conclusion, physical culture plays a huge role in human life, as well as in strengthening the health of people of all ages. Regular and moderate exercise has a positive effect on the functioning of our body shows. Low physical activity, of course, leads to deterioration of health, the development of various diseases and a reduction in life expectancy. Everyone should understand this and watch their physical activity carefully.

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