

PECULIARITIES OF PHYSICAL EDUCATION HYGIENE

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Abstract

This article talks about the importance of physical education hygiene. Also, a number of ideas are given about the role of hygiene in human life.

Keywords: hygiene, physical exercise, physical pedagogy, hygienic norms.

It will be possible to implement the principle of improving the health of the physical education system only if the training sessions become an organic part of human life. On the other hand, physical exercises will give the desired effect only if the necessary hygienic norms are observed. Even if it is not considered a special tool of physical education, hygienic factors are important for the complete solution of the task of physical education. No matter how carefully the pedagogical process is organized, if the daily routine of eating and sleeping is not followed, and if the training is conducted in a place and equipment that does not meet medical requirements, they will certainly be ineffective. That is why topics for theoretical information representing the content of hygiene knowledge are recommended for physical education programs in schools. They are the tools that organize the vital activity of a person outside the physical education process and are part of the physical education process.

Hygiene is the science of health, its maintenance, strengthening, and the means and methods of eliminating the harmful effects of surrounding factors on it.

Hygiene includes climate, microclimate, air, water and soil conditions, food conditions, clothing, accommodation, work and rest conditions, physical education and sports training conditions, and a number of other issues. learns There is no area of a person's work, leisure and sports activities that cannot be hygienically regulated. The main goal of the science of hygiene is to normalize the factors that affect human health, that is, to determine their amount (norm). Hygienic norms are limited (for example, in the form of determining the permissible amount of harmful substances in air, water, soil) or optimal (for example, physical loads, determining the optimal amount (norm) of food ration) can be in character. The recommended hygienic norms are legally strengthened and controlled by sanitary inspection bodies. In hygiene, the methods and techniques used in the fields of sociology, demography, climatology, physiology, microbiology, physics, and chemistry are used.

Hygiene of physical education is one of the departments of hygiene science. The essence of physical education hygiene is to standardize the means, methods and conditions of those activities in order to preserve and strengthen human health in physical education and sports

training. Physical education hygiene studies how physical exercises affect human health and to what extent they serve to promote health in order to justify more effective methods of training and the most favorable conditions. The importance of the hygiene of physical education has greatly increased with the development of science and technology. If at the end of the 19th century and the beginning of the 20th century, measures aimed at the prevention of infectious diseases (construction of water pipes, installation of sewerage, keeping cities clean, etc.) played a key role in maintaining people's health and life. If so, cardiovascular diseases and diseases of the nervous system of metabolism are the leading causes of morbidity and mortality of the population. Hypodynamia plays a major role in the emergence of such diseases as the main factor of morbidity. Therefore, the use of physical exercises in order to prevent hypodynamia is of leading importance in hygiene.

The tasks of physical education hygiene are as follows: normalizing model parameters related to a person's health according to the criteria specific to a person's physical condition (physical development, level of physical training, fitness), normalizing physical loads (structure, volume, intensity), training activities that are not limited to the prevention of hypodynamia, but at the same time provide an optimal level of exercise exposure to achieve and maintain a model level of health; keeping training and competition workloads, rest, nutrition, and recovery measures in big sports in strict order; normalizing the conditions of physical education and sports activities (climate and microclimate, sports facilities and equipment, clothing, etc.) in such a way that they help to have a favorable effect on health.

Physical education is becoming one of the most important and promising factors in maintaining and strengthening health, along with activities such as keeping the environment clean, eating rationally, actively performing optimal actions, and preventing overexcited states of excitement. In strengthening the health of the population, in the harmonious development of the personality, in the preparation of young people for work in the defense of the Motherland, the importance of physical activity and sports and their cross-cultural introduction is growing. Work should be done in such a way that everyone should take care of his physical fitness from a young age, acquire knowledge in the field of hygiene and medical care, and lead a healthy life. At the same time, high-achieving sports (major sports) are associated with very intensive and large-scale loads that pose a certain risk to health (excessive strain and injuries), which are subject to careful medical and pedagogical control. requires installation and hygienically correct organization of exercises. Based on this rule, it is necessary to look separately at the hygienic requirements for physical exercises for the purpose of health and sports activities aimed at achieving high performance.

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