



**POSSIBILITIES OF FORMING A HEALTHY LIFESTYLE IN PEOPLE THROUGH
PHYSICAL EDUCATION**

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Until the 1970s, many countries had a concept focused on production activities and vital concepts. It refers to the use of free time for relaxation and emotional energy. In recent times, the direction of satisfying personal needs is becoming more and more widespread. The emergence of this concept in the 80s had a profound impact on the activities of physical fitness and sports clubs.

**JISMONIY TARBIYA ORQALI INSONLARDA SOG'LOM TURMUSH TARZINI
SHAKLLANTIRISH IMKONIYATLARI**

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70-yillarga qadar ko'pgina mamlakatlarda ishlab chiqarish faoliyati, hayotiy tushunchalarga yo'naltirilgan kontsepsiya mavjud edi. U dam olish, emotsional quvvat olish uchun bo'sh vaqtdan foydalanishni nazarda tutadi. So'nggi vaqtlarda shaxsiy ehtiyojlarni qondirish kabi yo'nalish tobora keng tarqalmoqda. Ushbu kontsepsiyaning 80-yillarda paydo bo'lishi jismoniy sog'lomlashtirish va sport klublarining faoliyatiga chuqur ta'sir ko'rsatdi.

Yangi kontsepsiya shug'ullanuvchilar oldiga aniq vazifalarni qo'ymaydi, balki insoniy munosabatlar, turmush tashvishlaridan cheklanish, salomatlikni yaxshilash imkoniyatlariga mo'ljallangan. Bu esa ko'pgina mamlakatlarda sport va sog'lomlashtiruvchi sport o'rtasida tafovutlar hosil bo'lishiga olib keldi. Sport klublari va assotsiatsiyalarining an'anaviy dasturlariga kiritilmagan.

Jismoniy sog'lomlashtirish faollikning yangi shakl va turlari paydo bo'ldi. Ular aholi o'rtasida tezda ommalashib ketdi. Gimnastik va trenajyor zallar, boshqa sog'lomlashtiruvchi maskanlar sonining keskin oshishi, sport mollarini ishlab chiqarish va sotishning o'sishi bu ijtimoiy ko'rinishning tashqi ko'rinishlari edi. Umumiy jismoniy tayyorgarlik bilan shug'ullanish keng tarqaldi.

Tanlangan sport turi yoki tavsiya qilinayotgan dasturlariga qarab, aerobika, yugurish, yurish, golf, tennis, suzish, bodibilding bo'yicha klublar faoliyat yurgiza boshladilar.

Xulosa qilib aytganda, sog'lomlashtirishga yo'naltirilgan jismoniy mashqlardan foydalanishning aniq kontsepsiyasi paydo bo'ldi.



Sog'lomlashtirish mashqlari salomatlikni yaxshilash va inson ehtiyojlarini qondirishning asosi, dam olishning samarali vositasiga aylandi.

Talaba yoshlar valeologiyasi sog'lomlashtirishga, o'quv va bo'lg'usi mehnat faoliyati samarasini oshirish maqsadida salomatlikni yaxshilash va uni asrash shakl, usul va vositalarini o'rgatishga yo'naltirilgan bo'lishi kerak. Ayni paytda jismoniy tarbiyaning hozirgi metodikasi yoshlar salomatligini mustahkamlash muammolarini hal etmaydi. O'zbekiston Respublikasining talabalarni jismoniy tarbiya qilish bo'yicha joriy kompleks (1987y), hududiy (1992y) dasturlari amalda o'zlarini oqlamadilar. Bu oliy o'quv yurtlarida o'qish davomida yoshlarning funktsional imkoniyatlari darajasi yildan-yilga tushib borayotganligi sabablaridan biridir.

Jismoniy rivojlanish deganda tananing morfofunktsional kompleks xususiyatlari tushuniladi, bu esa jismoniy quvvat zahirasi belgilaydi. Bundan ko'rinib turibdiki, jismoniy rivojlanish darajasini tadqiq etishni uni baholashni o'rganish o'qituvchi uchun ham, talaba uchun ham birdek muhim. Jismoniy rivojlanish darajasi-jismoniy mashg'ulotlar xarakteri, xususiyatlari va imkoniyatlarini aniqlab beruvchi muhim omildir. Jismoniy imkoniyatlar diagnostikasi aniqlangan kamchiliklarni bartaraf etish uchun pedagogik ta'sir yo'nalishini ob'ektiv belgilash imkonini beradi.

Talabalar tanasining jismoniy rivojlanishini antropometrik tadqiqoti shuni ko'rsatdiki, o'g'il bolalarning bo'yi o'rtacha 174,4 sm, qizlarniki-161,3 sm; og'irligi 63,6 kg va 54,1 kg ni tashkil etadi. Talabalarda quyidagi kamchiliklar qayd etilgan: quvvat ko'rsatkichlari me'yordan ancha past, orqa mushaklar kuchi o'pkaning hayotiy hajmi kurs yuqorilagan sari yomonlashmoqda, yomon ovqatlanish. Yigitlar gavdasi yildan-yilga kuchayib, qizlarda bu ko'rsatkich pasayib boradi.

Ikkinchi va uchinchi kurs talabalarida turli yurak kasalliklari aniqlangan. N.I.Arinchin fikriga ko'ra, bu kasalliklar yurak uchun og'irlik qiladi.

Rufe sinovi bo'yicha o'tkazilgan tadqiqotlar talabalarning yurak ishlashi qoniqarli ekanligini tasdiqladi (o'rta darajadagi yurak faoliyati etishmovchiligi).

YUqorida keltirilgan asoslar talabalarning valeolgik tarbiyasi qayta ko'rib chiqilishi loizmligini yana bir bor tasdiqlaydi.

Jismoniy tayyorlik baholanganda shu narsa ma'lum bo'ldiki, ulg'aygan sari yoshlarning kuch-quvvati oshib boradi, chidamliligi va tezkorlik xususiyatlari esa pasayib boradi. Umuman olganda, yigitlarning jismoniy tayyorligi qizlarnikiga qaraganda ancha yaxshi.

YOshlar salomatligining yomonlashib ketayotgani sabablaridan biri sog'lomlashtiruvchi jismoniy tarbiya nazariyasi va metodikasini ishlab chiqishga etarlicha e'tibor berilmayotganligidadir. Talaba salomatligi jismoniy tarbiyaning asosiy yo'nalishi sanalmagan. SHu sababli yoshlar salomatligining ob'ektiv ko'rsatkichlarini o'ziga asos qilib olgan valeologiyaning ilmiy-pedagogik kontseptsiyasini shakllantirish zaruriyati paydo bo'ldi.

Jismoniy rivojlanish, tananing funktsional va jismoniy tayyorligi, shaxsiy ruhiy xususiyatlar haqidagi ma'lumotlar inson salomatligining tarkibiy elementlari hisoblanadi.

Valeologiya pedagogik kontseptsiyasiga shaxsni har tomonlama rivojlantirish, o'qituvchining ongi va faolligi, umumiylik va individuallashtirish birligi, sog'lomlashtirish yo'nalishi, doimiylikning didaktik



printsipalari asos qilib olingan. Ushbu kontseptsianing bazisi individuallashtirish printsipidir. Bu sog'lomlashtirish jarayonining samaradorligini oshiradi.

Sog'lomlashtiruvchi jismoniy tarbiyaning maqsadi jismoniy etuklikka erishish. Buning uchun quyidagi vazifalarni bajarish lozim:

- kontingentning birlamchi holatini antropometrik tadqiqot usullari yordamida aniqlash (jismoniy rivojlanish, tananing jismoniy va funktsional tayyorligi);
- jismoniy trenirovka vositasi yordamida talabalar salomatligi darajasini ko'tarish;
- jismoniy ahvolni yaxshilash o'z-o'zini baholash va nazorat qilishning samarali usul va shakllari bilan tanishtirish.

Ishlab chiqilgan kontseptsiya, o'z navbatida, jismoniy mashqlar bilan muntazam shug'ullanishga ehtiyojni oshirish, jismoniy tarbiyaga noan'anaviy yondashuvni ta'minlash, salomatlikni asrash va mustahkamlash, shaxsni har tomonlama rivojlantirish imkonini beradi.

Ayni vaqtda sog'lomlashtiruvchi jismoniy tarbiyaning ilmiy kontseptsiyasi maqsadli dasturlash usuliga asoslanadi. O'quv materialini rejalashtirishda salomatlik ahvoli (jismoniy rivojlanish, tananing funktsional va jismoniy tayyorligi) boshlang'ich ko'rsatkich sifatida olinadi.

O'z navbatida sog'lomlashtiruvchi jismoniy tarbiya sog'lomlashtirish mashqlari yordamida umummadaniy ijtimoiy vazifalarni bajaradi.

Bu vazifalar o'zini namoyon etishiga qarab quyidagi guruhlar ajratiladi:

- 1) Salomatlik darajasi, jismoniy rivojlanish, gavda tuzilishi va jismoniy ahvolning yaxshilanishi;
- 2) O'quvchi-yoshlarni o'quv va kelgusidagi mehnat faoliyatiga jismoniy tayyorlash;
- 3) YOshlarning faol hordiq chiqarishi va bo'sh vaqtdan unumli foydalanishga bo'lgan ehtiyojini qondirish;
- 4) Talabalarning harakat imkoniyatlarini rivojlantirish.

Sog'lomlashtirish vazifalari valeologik tarbiya jarayonida amaliy mashg'ulotlarning samarali shakllari (sog'lomlashtirish, nazorat, umumiy jismoniy tayyorlanishi, sog'lom hayot tarzi ko'nikmalarini shakllantirish), usullari (musobaqa, o'yinlar, reglamentlashtirilgan mashqlar) va vositalari (yugurish, atletik gimnastika, sport va milliy o'yinlar, havo-quyosh vannalarida, suv muolajalari yordamida chiniqish, sheyping, sharq yakka kurashlari va h.z) yordamida bajariladi.

Mashqlar kompleksi

- 1 Turish: oyoqlar yozilgan, qo'llar pastda. Har 1:4 hisobda boshni oldinga, orqaga, o'ngga, chapga egish.
2. Turish: oyoqlar yozilgan, qo'llar ikki yonga uzatilgan, har bir hisobda qo'l bilaklarini aylantirib harakatlantirish.
3. Turish: oyoqlar yozilgan, qo'llar ikki yonga uzatilgan, har bir hisobda qo'llarini aylantirib harakatlantirish.
4. Turish: oyoqlar yozilgan, qo'llarda gimnastika tayog'i va skakalka. Qo'llarni yuqoriga to'g'ri uzating va elka suyaklarini ishlatib aylana hosil qiling va boshlang'ich holatga qayting.
5. Turish: oyoqlar yozilgan, qo'llar belda 1:3 hisobda gavnani chapga, oldga, o'ngga prujinali egish.



6. Turish: oyoqlar yozilgan, qo'llar belda 1:3 hisobda gavgani egib, o'ng qo'l bilan chap oyoqqa prujinali egish, 4 hisobda boshlang'ich holatga qaytish. Xuddi shu mashqni chap qo'l bilan o'ng oyoqqa prujinali egib takrorlang. Egilgandan barmoqlar uchi yoki kaft bilan polga tegishga harakat qiling.
 7. Oyoqlarni keng yozing. Har bir hisobda qo'llarni yonga yozib o'ngga, oldga, chapga egiling.
 8. Turish: oyoqlar yozilgan, qo'llar belda 1:4 hisobda gavgani o'ngga, 5:8 hisobda chapga aylantirib harakatlantiring.
 9. Turish: oyoqlar yozilgan, qo'llar yonga, 1 deganda tizzani bir oz bukib orqaga egiling, qo'llaringiz bilan tovonlaringizga teging, 2 deganda boshlang'ich holatga qayting.
 10. Turish: oyoqlar yozilgan, qo'llar oldga uzatilgan. Oyoqlarni navbatma- navbat siltab ko'tarib qo'llarga tegizing.
- Mashqlar turgan joyda, yurib, sekin yugurib, 20- 30 martadan bajariladi.
- Basketbol, futbol, qo'l to'pi, tennis, badminton va boshqa sport o'yinlari golenostopniy, koleniiy va elka suyaklari profilaktikasida samarali vosita hisoblanadi.

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