

IMPROVEMENT OF PHYSICAL EDUCATION IN HEALTH CENTERS

J.E.Eshnazarov*; Nizomov Behzod Raximjonovich**

*Professor

Department of Theory and Methodology of Physical Culture,
Samarkand, UZBEKISTAN

Master Student, Faculty of Physical Culture,
Samarkand State University, UZBEKISTAN

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ABSTRACT

This article highlights the role of physical culture and sports among young people, historical stages, the organization of a healthy lifestyle of young people, performing physical exercises to the sound of music in summer health camps, as well as the necessary recommendations.

KEYWORDS: *Historical, Social, Previous Era, Modern Era Healthy Lifestyle, Socialization, Music, Exercise, Camp.*

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