
IMPROVEMENT OF PHYSICAL EDUCATION IN HEALTH CENTERS

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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.*

INTRODUCTION

The tomorrow of our independent state, its flowering and development, in many respects, depends on the soundness of the growing generation. In turn, it is necessary to create favorable conditions for the future of our homeland, for the physical, mental and spiritual development of our children. Physical culture and sports have always been an integral part of society's life. The social communities that existed before us also attach great importance to physical education and sports in their development. Physical culture and sports, serving to represent the interests of people in society, have protected and guided them. Abu Ali ibn Sina, a famous scientist of Central Asia (BC. 9803037) in 1002-1011, the minister of Khorezmshah Abul Hassan Ahmad ibn Muhammad Al – Sahli received an order to write a book entitled “A Treatise on cleanliness”. He became the basis of Abu Ali ibn Sina's world-famous “law of Medicine”.

The book of the scientist was divided into the following five independent chapters:

1. Fresh air.
2. Bathroom.
3. Eat.
4. Move.
5. Sleep and (movement) trigger.

Ibn Sina, chapter four of his treatise, Chapter Seventeen, said: "Physical Education exercises should not be too long and exhausting in terms of level and number. They should not be too fast, otherwise it would seem long to the person, despite the short duration, but also this exercise should not be too loose"

It can be seen that Abu Ali ibn Sina theoretically justified the role and essence of physical education training in human life as early as the middle ages.[1] professor Costas Karageorghis has proven in his experiment the effect of physical exercises on the human body through music echo.

Music and physical exercises are suitable for each other, that is, combining them gives pleasure to a person. Exercise while listening to music makes this exercise easier and more enjoyable. In a circle of the advantages of music in exercise, the study was conducted by professor Costas

Karageorghis from the University of Southern Queensland in Australia and his team in collaboration with Katerri. Peter Terry, together with Costas Karageorghis and their respective teams, analyzed the existing 139 reviews on the subject. They lasted from 1911 year to 2017 year. Therefore, they covered more than a century. The goal was to create a complete and reliable conclusion about the benefits of music in physical exercises. Taking a very large amount of data from thousands of participants, the researchers found that music, in the first place, would benefit physiologically. Secondly, it has the effect of "Ergogen". In other words, it improves performance.[2]

In the reforms carried out in our country, there are also programs and measures aimed at changing the religion of our people and they are being implemented in practice.

In particular, in order to organize children's summer holidays in the summer season and to improve their health today, 95,980 children have been healthy in 200 stationary types of orphanages in the Republic.

This is the dignity and care of our state for children!

In the last 5 years, 7 stationary centers were newly built and commissioned under the leadership of the distinguished president of our Republic. Every year more than 6000 children are healthy in newly built orphanages during the summer season.[3]

The period of summer recovery of children and adolescents should be held in a certain strictly defined period and Conditions, be part of the educational system and ensure the consistency of spiritual and educational upbringing. The peculiarity of this period is characterized by the fact that it provides a great opportunity for all children to freely demonstrate their abilities, as well as to eliminate physical, mental and spiritual – emotional stresses associated with the mastering of educational loads during the school year, ensuring that children come up with the necessary preparation for the new school year. Summer health centers have a role in the further development of the talent of students, have an independent opinion that can clearly express their relationship to the events and processes taking place in the world, educate the patriot and loyal children to our people. Special importance is attached to the activities of summer health centers, involving well-known poets and writers of our country, leading higher education institutions, the most advanced professors and teachers, conducting classes, science evenings, quizzes, readings, various competitions and competitions on the basis of a special program. The purpose of this project is to organize the activities of summer orphanages on the basis of high spirituality standards, which will serve to enrich the rest of our children with content and, if necessary, to improve their health. In the orphanages, along with various sports competitions for the purpose of improving the health of children, every day morning physical exercises are held. These exercises are performed by children with pleasure. But some children do not fully perform physical exercises in the morning. But if physical exercises are performed in the oromg through a musical sound, then the children perform this exercise in a more general way with a more pleasant guarantee. The experience

conducted at the children's health Center "Chor chinor" in the Urgut district of Samarkand region has shown that the children's performance of physical exercises under the sound of music is light and interesting. The result of this experiment showed that the children obtained for the experimental group were much more active than the children in the control group.

№	Terms	12 in the experimental group			12 in the control group		
		High	Medium	Satisfactory	High	Medium	Satisfactory
1	Running without balls	8	3	1	6	3	3
2	Ball replacement action game	9	1	2	7	0	5
3	Running in a slang	7	5	0	6	2	4
4	Running over obstacles	8	4	0	5	5	2
5	Rope-pulling	10	2	0	7	2	3
%		35 %	12.5 %	2.5 %	25.9 %	10 %	14.1 %

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1-TABLE

The result of the experiment shows that children in the experimental group who performed exercises under the sound of music showed a good result in a cheerful start competition (Table 1). In the course of the experiment, the following melodies were used:

Music used in the morning training process:

Askarchukha-badantarbiya, Ariva-corporativniy-tanec, Macarena, Shahzoda-qilpillama.

Music used in the evening training process:

Andijan polka, Ariva-corporativniy-tanec, Shakira-la-la, Bugi-mugi Uzbek song. In conclusion, in the joint application of music and physical exercises among young people, the following advantages were identified:

First, music and exercise-a positive mood arises. One of the conclusions of the researchers is that music increases your good mood during exercise. This is because it helps a person to forget about his current situation. In other words, it is not enough just to hear the song itself. In fact, when a person hears songs for some reason according to his personal preferences, his effect is especially high.

Secondly, music increases physical capacity. Improvement of physical indicators scientists know as "Ergogen effect". This will correspond to the spontaneous increase in your activity. When listening to music, you can exercise more often with the same effort than with the usual use of physical exercises. This is mainly due to repetitive aerobic exercises. The activity is effective only if it is adapted to the rhythm of the song.

For instance, a decrease in fatigue status in the effect of music and exercise. Another interesting benefit of music is that it changes your perception of your actions. In other words, it will help you

to feel that physical exertion is not so difficult and exhausting. In other studies at the University of Jyväskylä in Finland, researchers found that, in general, live and dance rhythms reduce the sensation of perceived force, but this effect improves everything that is associated with people's personal experiences.

Out of the four, this will improve physiologic efficiency. Everything shows that the excited mood, which is added to the vibration of your body when listening to different rhythms, makes your breathing more harmonious. Therefore, you will improve your breathing. The novelty is that this study will allow you to see if the impact can help in carrying out activities that seem to be heavy in a high degree of principle. So, music is a great tool to get more benefit from your exercise routine.

Of course, in our country at the same time, when performing physical exercises under music, it is necessary to develop more general physical dances with the use of mass music, it would be appropriate to popularize preschool education, secondary education, professional education and higher education among young people.

The fact that the morning exercises, which are now being shown on TV, are being conducted in harmony with the music with the addition of elements of national dance, also causes the positive cases listed above.

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