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THE ROLE OF PHYSICAL EDUCATION IN PROMOTING A HEALTHY LIFESTYLE

Abstract: This article discusses the importance of physical education and physical exercise in the organization of a healthy lifestyle

Key words: healthy lifestyle, physical education, therapeutic gymnastics, therapeutic exercises

Therapeutic physical culture (LFK) is a medical discipline that uses the means of physical culture (mainly physical exercises) for the purpose of treating and rehabilitating the sick and disabled, as well as preventing diseases [1]. To increase the effectiveness of exercises, the tasks of exercise therapy include the use of pedagogical means of influence: developing the patient's self-confidence, a conscious attitude to the classes and the need to take an active part in them.

Before the appointment of therapeutic physical culture, the tasks of using physical exercises are determined, means and forms are selected to solve these problems. To do all this correctly, it is necessary to take into account the phase of the development of the disease, the reaction of the body to it, the state of all organs and systems not involved in the disease process, the patient's mental reaction to the disease and his other individual characteristics.

In all cases, it is important to observe the principle of combining the general and local effects of physical exercises, remembering that recovery largely depends on the general condition of the patient's body. Each physical exercise used in therapeutic physical culture has a restorative, supportive or prophylactic effect on the patient. Therefore, when prescribing therapeutic physical culture, it is necessary to determine (in addition to medical indications)

the direction of its use: in order to restore impaired functions, maintain them and health in general, or to prevent diseases, their complications and other deviations in health.

Based on the general provisions of therapeutic physical culture, various private methods are built that reflect the originality of the pathophysiological and clinical manifestations of the disease in an individual patient or group of patients, compiled according to a nosological sign. The main principles of the application of therapeutic physical culture are the integrity of the body (the unity of mental and physical), the unity of the environment and the body (social and biological), the unity of form and function, general and local, treatment and prevention.

The methodology of therapeutic physical culture should be based on general pedagogical (didactic) principles. Its effectiveness is possible only with the active attitude of the patient to classes. The methodologist's explanation of the prospect of accelerating the recovery of impaired functions under the influence of physical exercises increases the patient's interest in them.

The principle of visualization in teaching movements is carried out not only through visual sensations, but also with the help of other senses. Demonstration of physical exercises confirms the explanation and helps the practitioner to perform them correctly.

The principle of accessibility depends on the assessment by a doctor or methodologist of the clinical manifestation of the disease and the level of physical fitness of the patient. The healing effect of therapeutic physical culture is the result of the implementation of the principle of systematic training, built taking into account the gradualness and sequence of exercises. Classes begin with simple and easy exercises known to the patient. As its functionality grows, more complex exercises are assigned (with strict consideration of the body's reaction). Classes are held daily, sometimes several times a day, at a certain dosage, in combination with the prescribed daily routine.

The principle of an individual approach involves taking into account gender, age, fitness level, the general condition of the patient, the course of the underlying and concomitant diseases. Along with didactic principles, the optimal dosing of therapeutic physical culture means is of great importance - the establishment of the total dose (value) of physical activity when using both one exercise and any complex (morning exercises, therapeutic exercises, walking).

Physical activity should be adequate to the functional capabilities of the patient. An excessively small or large load will not have a sufficient therapeutic effect. The load is dosed by the choice of initial positions, the selection of exercises, the number of general developmental and breathing exercises, their duration, the number of repetitions of each exercise, the pace, the amplitude of movements, the degree of force tension, the complexity of movements, their rhythm, the emotionality of classes, their density.

In therapeutic physical culture, the choice of starting positions depends on the motor regimen prescribed by the doctor. There are three main starting positions: lying (on your back, on your stomach, on your side), sitting (in bed, on a chair, on a carpet with straight legs, sitting in bed or on a chair with your legs down), standing (on all fours - knee- carpal, on half-fours - knee-elbow, standing without support, relying on crutches, sticks, walkers, bars, crossbar, gymnastic wall, back of a chair, etc.). For example, in diseases of the cardiovascular and respiratory systems, you can perform exercises in the prone position, reclining with your head held high, sitting, standing; in diseases of the digestive system - sitting, lying on your back, standing; with injuries of the spine - lying on the back and on the stomach, standing on all fours, reclining, standing.

Occupational therapy is understood as the restoration of impaired functions with the help of selectively selected labor processes. Mechanotherapy is the restoration of lost functions with the help of special devices. It is mainly used to prevent contractures (stiffness in the joints). In sports practice, after

damage to the musculoskeletal system, training devices can be used to increase the range of motion in the joints (according to a sparing method).

Therapeutic massage (classical, acupressure, segmental-reflex) is used for the purpose of both treatment and prevention of diseases (for example, hygienic massage performed in the morning hygienic gymnastics complex).

There are many forms of therapeutic physical culture: morning hygienic gymnastics, therapeutic exercises, independent physical exercises, therapeutic dosed walking, dosed climbing (health path), mass forms of recreational physical culture, dosed swimming, rowing, etc. (see diagram).

Morning hygienic gymnastics is the performance of a specially selected set of physical exercises that promotes the transition of the body from a state of inhibition (sleep) to an active daily regimen. At the post-hospital stage of rehabilitation, morning hygienic exercises can be performed outdoors, combining it with a short walk.

Remedial gymnastics is the main form of therapeutic physical culture aimed at restoring the function of the affected organ and the whole organism as a whole. The lesson consists of three parts: introductory, main and final. In the first, elementary gymnastic and breathing exercises are given, preparing the patient for increasing physical activity. In the second, special and general developmental exercises are used that have a positive effect on the affected organ and the entire body of the patient. The third includes elementary gymnastic and breathing exercises to relax muscle groups, which reduce the overall physical load and contribute to the restoration of physiological parameters.

Independent classes in therapeutic exercises are carried out by patients who know how to perform physical exercises correctly and are conscious of the quality of their performance. A set of exercises for them is made up by specialists in therapeutic physical culture, taking into account the individual characteristics of each patient. Self-study, which are carried out with a

preventive purpose, are built on the basis of the recommendations of the experts themselves, as well as recommendations received with the help of the media (television and radio programs, special literature, etc.).

Therapeutic dosed walking is carried out to normalize gait after injuries and diseases of the nervous system, musculoskeletal system, metabolism, to train the cardiovascular and respiratory systems, as well as to adapt the body to stress. Therapeutic walking is dosed by the speed of movement, the length of the distance, the length of the step, the terrain, the quality of the soil. Such walking is an independent form of therapeutic physical culture, in contrast to walking as a sports-applied exercise used in therapeutic exercises as a means of therapeutic physical culture.

The mass forms of health-improving physical culture include elements of sports games, close tourism, elements of sports, mass physical culture performances, and holidays. These forms are selected and dosed individually. They are used during the period of final recovery in order to train all organs and systems. Mass forms of therapeutic physical culture can also be used for preventive purposes, especially in health groups, resorts and sanatoriums.

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