

SPECIFIC PECULIARITIES OF THE FORMATION OF A HEALTHY LIFESTYLE OF CADETS OF THE ACADEMY OF THE MINISTRY OF INTERNAL AFFAIRS THROUGH PHYSICAL EDUCATION AND SPORTS

Mirzakulov Akrom Gafurzhanovich

Senior lecturer (PhD) docent of the Department of Combat and Physical Training,

Ministry of Internal Affairs of the Academy of the Republic of Uzbekistan

e-mail: akrom.mir1988@gmail.com

Annotation: the widespread introduction of Physical Education and sports into the life of a modern person is now of significant socio-hygienic value. This is due to the peculiarities of modern civilization, which creates conditions for sharp restriction in everyday life and physical activity, is the most important stimulator of life processes. The main value of physical education and sports, especially in our time, is the creation of a decent lifestyle and a harmoniously developed human image. Our physical education system has preventive and hygienic measures aimed at the comprehensive development and maintenance of the physical activity and physical activity of people for many years.

Keywords: *physical culture, sport, healthy lifestyle, cadet, psychophysiology, health.*

In recent years, Physical Education and sports have been slowly but surely entering people's lives. Mass forms of Physical Culture will undoubtedly help to recover, increase physical fitness and, therefore, solve some socio - economic problems. In modern science, physical culture is an objective need of society, has a broad structure and performs the following basic functions: health and Prevention, economic, educational, political and cultural.

In the formation of a healthy lifestyle, physical education and sports are great. According to a number of scientists, the health benefits of physical education and mass sports, if it is fully worked out, the constant growth of the organization is ensured, all sorts of diseases are obtained. Solving the problem of the formation of a healthy lifestyle through physical education and sports is especially important for a group of young people, such as cadets of the Academy of the Ministry of internal affairs, where various physical education, wellness and sports activities fully contribute to the development of such important personal qualities as perseverance, willpower and hard work. Helps to get rid of harmful habits.

At the moment, the attention of researchers is focused on the development of the problem of the formation of a healthy lifestyle of young people through physical education and sports as the most effective tool that helps to develop positive characteristics of healthy lifestyle behavior. Covering the problems of physical education and sports, modern research helps to develop a scientific worldview of the methodically correct attitude to physical education and sports, to understand the connection of this area with a healthy lifestyle. The study promoted the problem of the formation of a healthy lifestyle of cadets of the Academy of the Ministry of internal affairs through physical education and sports. Methodological issues and organizational and methodological recommendations tested in the system of the educational process of physical education at the Academy of the Ministry of internal affairs of the Republic of Uzbekistan, described in this study, to some extent help to increase the capacity of the worldview in training and future professional activities, preparation for life.

At the end of the 20th century, physical culture is increasingly recognized as an almost unified tool that ensures physical perfection, general and special readiness of a person to perform the most important social conditioned functions (labor, intellectual, defense), successfully fights hypokinesia and eliminates the imbalance between the body's need for movement and the existing image and the real motor regime. In general, it is aimed at using everything that contributes to the full development of the individual, carries out opportunities to achieve each physical maturity and maintain many years of Health, provides physical fitness for creative work and other socially necessary activities.

The problem of a healthy lifestyle in modern social, environmental and radiation conditions is becoming more and more relevant in the theory and methodology of physical education. Solving the problem of the formation of a healthy lifestyle through physical education and sports is especially important for a group of young people, such as cadets of the Academy of the Ministry of internal affairs. The formulation of the problem of a healthy lifestyle in the field of professional training of cadets of the Academy of the Ministry of internal affairs is not accidental, since a modern specialist should be distinguished not only by a high level of professional training, but also by health. In this case, physical education and sports become the most important factors in the formation of a high functional state of the body, optimal intellectual working capacity and professional personal qualities.

Taking into account the above, it should be noted that, firstly, the processes of formation and functioning of a healthy lifestyle and physical culture of cadets of the Academy of the Ministry of internal affairs have a certain specificity; secondly, Physical Culture and sports are one of the components of a favorable socio-

psychological environment in the educational process, actively influencing the full development of

At the same time, the media are of particular importance in the management, upbringing of a healthy lifestyle.

Among the most urgent tasks, socio-pedagogical tasks are important, the solution of which contributes to the formation of important personal qualities, such as self-organization, spiritual needs, stable interests, etc.

However, in addition to the fact that a healthy lifestyle occupies a large place in Scientific Research, a viable practical question arises as to how to stay healthy and be so for a long time.

Particular attention is paid to understanding the social significance of physical education and sports as an effective means of meeting the spiritual needs of psychophysical health, strengthening the economic and defense potential of the country, rational leisure, cadets of the Academy of the Ministry of internal affairs.

Research object healthy lifestyle of cadets of the Academy of the Ministry of internal affairs of the Republic of Uzbekistan.

In the conditions of the educational process of the Academy of the Ministry of internal affairs of the Republic of Uzbekistan, there are specific features of the formation of a healthy lifestyle through physical education and sports.

We have reason to believe that systematic and purposefully organized activities in the educational process aimed at the development of physical education and sports in the formation of a healthy lifestyle ensure successful adaptation to the profession to the cadets of the Academy of the Ministry of internal affairs, strengthen the process of acquiring special knowledge and skills to achieve a high level of Self-sufficiency of a full psychophysical health of personal importance it ultimately allows them to reveal the most complete spiritual, moral, intellectual potential of their personality.

In this article, it is advisable to identify and substantiate the principles, content, features and forms of the educational process in the formation of a healthy lifestyle among cadets of the Academy of the Ministry of internal affairs of the Republic of Uzbekistan through physical education and sports.

The methodological basis of the study consisted in the rules of the philosophy of education that the socialization of a young person occurs in joint activities and communication in a certain socio-cultural environment. In order for the process of socialization of the individual to be carried out most optimally and efficiently, the content of education should give it the opportunity to actively use the mechanisms of adaptation, reflection, survival and maintaining psychophysical health. The use of these mechanisms consists in the content of personality education, which, if in addition to cognitive, axiological and activity creative components, helps to acquire skills in

self-knowledge, self-control, self-improvement, moral and spiritual self-determination, the formation of a healthy lifestyle.

At the theoretical level, the analysis of philosophical, pedagogical, psychological, medical literature, analysis, generalization, comparison of socio-value directions and needs of cadets in the field of physical education and sports were used. At the empirical level, it used complex observation, conversation, survey, interview, pedagogical experiment (detection and formation), statistical processing of experimental data.

In the course of the study, 5 training plans and programs were analyzed, 250 cadets of the Academy of the Ministry of internal affairs of the Republic of Uzbekistan were studied, 170 questionnaires were studied and analyzed.

The scientific significance of the results obtained is as follows:

1. In the theory and methodology of physical education of cadets of the Academy of the Ministry of internal affairs, the direction of education and wellness was further developed.

2. Socio-value areas and needs in the field of physical education and sports were identified.

3. The motives that contribute to the healthy formation of cadets of the Academy of the Ministry of internal affairs of the Republic of Uzbekistan were studied and analyzed.

In conclusion, it should be noted that physical education is of great importance in the formation of a harmoniously developed personality, which is seriously associated with their health. The process of physical education, aimed at the physical maturity of a person, allows you to become spiritually rich, morally clean and physically healthy, perfect. Currently, physical education is one of the necessary elements of the general system of youth education, solving practical goals and tasks: preparing young people for Labor (production) activities, protecting their homeland. In our country, opportunities for physical education and sports, constant strengthening of your health are given to everyone from childhood to old age.

It should be noted that the transformation of the moral beliefs of those who practice physical education and sports into strong, everyday, healthy standards of behavior is not brought up by sports and physical culture itself, but primarily by experienced, literate, spiritually and morally mature teachers and coaches, a whole team in which a person is formed.

In such a team, physical education and sports activities force students not only to overcome the difficulties that arise on the way to the goal, to adhere to the moral standards of behavior established in sports, but also to abandon bad habits that do not correspond to the goals of strengthening health.

A large number of scientific and practical works emphasized the importance of each coach, teacher, student to instill in the youth a view of physical education and

sports, to consider sports as something necessary for a beautiful, very important and healthy lifestyle.

All this suggests that life itself requires extensive use of Physical Education, Physical Education and sports in all activities associated with increasing the effectiveness of the formation of a healthy lifestyle of young people.

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