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Young People in Physical Education and Sports Characteristics of Education Physical Education and Sports

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Abstract: *The article analyzes the need for young people to engage in regular physical education and sports, the specifics of physical education and sports. Thoughts on the priorities aimed at attracting young people to physical culture and sports were highlighted.*

Keywords: *physical training, sports, endurance, agility, flexibility.*

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It is known that the Youth Union of Uzbekistan, which supports the youth of our country in all areas and becomes their backbone, was established on June 30, 2017, and June 30 was declared "Youth Day" in Uzbekistan. At the same time, the fact that the President has put forward 5 important initiatives to raise the morale of young people and the meaningful organization of their leisure time is a clear evidence of the state policy in our country to pay attention to young people, especially their unorganized layer. Therefore, the following priorities have been identified for the involvement of young people in physical culture and sports [2]. In particular, the wide involvement of young people in physical culture and sports. Physical education and sports play a special role in fulfilling this priority.

Physical training and sports not only strengthen the human body, but also help to rejuvenate the body and expand its capabilities.

His energy builds self-confidence while encouraging him to fight injustice.

Taking into account the above features of physical culture and sports, we agreed to make the following proposals: to ensure that the members of the mahalla citizens' assemblies have a representative in the field of physical culture and sports with higher education and to form a group of enterprising youth and honorary athletes; to entrust the group with the task of systematically holding sports competitions among the youth in the mahallas and discovering talented young people, organizing and promoting competitions in national sports at our weddings; Continuation of community, sector, inter-district and regional stage competitions among youth; In front of the MFY buildings it is necessary to create a picture window "Pride of our neighborhood" and hang photos of talented young people in the neighborhood. In carrying out the above tasks, it can have a positive impact on the responsible control of officials, departments, educational institutions, especially sector leaders. Consideration of youth issues as a national issue is the most important requirement of the era of globalization.

Modern production and living conditions have greatly reduced human motor activity. Academician A. I. According to Berg (2000), muscle energy consumption in the last century was 94%, and now only 1%. Lack of exercise has a negative impact on human health. Regular physical activity and

sports, morning physical education, exercise breaks, walks, tourism are aimed at filling the hypo dynamic hunger for movement. Research by experts at Stanford University in the United States confirms that American scientists come up with many ideas that convince people to exercise.

Exercise is essentially an integral part of a healthy lifestyle, because without physical activity, not only a person's physical but also mental condition worsens, a person's intellectual capacity decreases [3]. In the system of exercises proposed by American authors, they do not provide any specific exercises for the purposeful use of muscle strengthening or special development of any physical qualities (agility, endurance, speed, etc.). In order to lead a healthy lifestyle, they believe, aerobic exercise should be done. Aerobic exercise is an exercise that uses large groups of muscles rhythmically. They are not directly related to physical loads, but should help tissues provide oxygen and consume more of it. Any type of aerobic exercise strengthens the cardiovascular system if you do moderate-intensity loads for twenty minutes a day or at least three times a week. Aerobic exercises include walking or hiking, jogging, standing running, swimming, skating, climbing stairs, rowing, skateboarding, roller skating, dancing, basketball, and tennis. As you can see, not all of these exercises require any special physical skills. They are all done in a unique, engaging way for the practitioner. Of course, this is also necessary for physical education. So, it will be an additional factor to lead a completely healthy lifestyle. Successful strengthening of the musculoskeletal system during exercise, weight loss, improvement of fat metabolism, reduction of serum cholesterol, normalization of blood pressure, improvement of the central nervous system, strong exercise effect, strengthening the body's resistance to various extreme effects, ie the effect of exercise is manifested in the work of virtually all organs and systems of the body, but their effect on the cardiovascular system is the most important. Being in good physical condition consists of the following components (Fig. 1): 1) Endurance - it is provided by a healthy heart. The best exercise for the heart is the exercise that the body consumes the most oxygen. Walking, jogging, cycling, swimming, aerobics increase the body's endurance. 2) Dexterity - a person in good physical condition should be able to balance his movements and react quickly. 3) Muscle strength - strong muscles make the body attractive. Exercise to increase strength does not require additional oxygen to the body. 4) Muscle endurance - repetitive movements teach the muscles to work intensively without getting tired. 5) Flexibility - Strong healthy and elastic muscles allow you to maintain mobility at any age, especially in old age. Flexibility is developed by gymnastics, badminton, dancing, skiing and so on.

Adherence to these factors is the basis for maintaining the health of the organism. Health symptoms are primarily indicators of a person's physical health: age, weight, heart rate, blood pressure, vital capacity of the lungs, strength of the palms and fingers, etc. , as well as signs and norms of mental and moral health (behavior, harmful habits, etc.).

Health is the ability of the human body to adapt to the constantly changing conditions of the external environment. Climatic factors and conditions of the external environment include the proper organization of work and leisure, diet, social environment, etc. The ability of young people to adhere to a healthy lifestyle, conscious protection from harmful factors is the basis for ensuring personal and medical health, is a balanced unit of mental, emotional and physical state of the human body.

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