

THE IMPACT OF SPORTS ON HUMAN LIFE AND HEALTH

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Abstract: *The article discusses issues related to the impact of sports on human life and health. Sport is one of the means of shaping a person's personality. The purpose of this work is to show how such a field of activity can affect not only physical health, but also the development of the moral qualities of an individual.*

Keywords— sport, human health, physical qualities, determination, physical activity, popularization of sports.

1. INTRODUCTION

The impact of sports on human life and health in the modern world is incredible great. Sport and a healthy lifestyle are inextricably linked with each other. This is confirmed by the famous expression: "In a healthy body - a healthy mind!" With this it is impossible to argue: as a rule, athletes are decisive and purposeful people, constantly moving forward. The positive effect of sport on human health and character has never been in doubt and has long been scientifically proved. But how much is this connection strong? What types of physical activity are prevailing? How strongly does sport affect a growing body? Answers to these we will try to give questions in this article. Physical education, sports and health are closely interconnected. The influence of environmental factors, the rhythm of modern life, a constant presence in the environment the environment of aggressive microorganisms weakens not only human health, but also contribute to the development of unwanted emotional upheavals. This is why it is so important to develop harmoniously, develop not only the physical state of the body, but also the state of mind, namely: will, morality, intellect, aesthetics, etc.

Sport gives people confidence in themselves and their strengths. Every person including the athlete, there is a need to assess themselves and their capabilities. All our actions are constantly being evaluated by someone. Taking this into account, a person develops a certain self-esteem. An increase in the level of self-esteem affects volitional aspirations and goal building, the fruitfulness and quality of human activity. Through sports activities, in the process of creative search, mastering technique and tactics, the ability to manage your emotions, find instant decisions and make them, the development and intellectual abilities of a person takes place. All this is deposited in a person's head and on a subconscious level is manifested in his actions and deeds in life situations. In the context of technological progress, with the advent of

computers, smartphones, facilitating work and everyday life of a person, physical activity of people sharply decreased. People walk less, communicate less with each other personally, and put less effort into achieving their goal. And without reaching it – simply they forget about it and continue to live and go "on the knurled". All this entails not only a deterioration in the physical condition of a person, but also a loss of emotional stability, immunity and atrophy of some areas of the brain. Lack of movement leads to malfunctions of all systems (muscular, vascular, cardiac, respiratory) and the body as a whole, contributing to the occurrence of various diseases. That's why the influence of sport on human life is so important.

2. MATERIALS AND METHODS

Physical education and sports sometimes become the only ones available to human's forms of physical activity, with the help of which the natural a person's need for movement and stress. To maintain the functional status of the body, movement is simply necessary. Beginners to practice healthy lifestyle should be devoted to physical exercise at least 30 minutes a day. What kind of physical activity to engage in, everyone decides for himself, according to their age, temperament and capabilities. Physical culture is the interaction of at least three traits of a person's personality:

- correct value orientation in the way of life;
- a certain level of physical fitness and education;
- the need for regular exercise with the goal of an active self-improvement process.

Opportunities for the realization of motor potential are not limited - you can start with hiking, then gradually increase the load. Special attention should be paid to the health of the spine: functional state (flexibility and mobility) this section of the musculoskeletal system is the main indicator of the youth of the body. Influence of movement

1) The musculoskeletal system is strengthened, the strength indicators of the muscles increase, the bones of the skeleton become more resistant to stress. In the process of training in the gym or while jogging, swimming, cycling, the oxygen supply of the body improves. Under the influence of regular exercise, it improves blood circulation, the muscles of the whole body are strengthened and the overall health of the body is strengthened.

2) The nervous system is strengthened and developed. The speed of nervous processes increases, the brain reacts faster to certain situations, quickly finds and makes decisions, and also increases the learning ability of a person.

3) The work of the heart and blood vessels improves. The influence of sports on the human body makes the heart and blood vessels more resilient. Exercise forces all organs to work intensively.

4) The work of the respiratory system improves. With physical exertion, due to an increase in the demand for oxygen in tissues and organs, breathing becomes deeper and more intense. The vital capacity of the lungs also increases.

5) Immunity rises and blood composition improves. Direct evidence the fact that sport strengthens defenses is the ability to withstand adverse environmental conditions. Physically active people get sick less often and if they are exposed to aggression of bacteria or viruses, then they cope with it much faster.

6) The attitude towards life is changing. People involved in physical education are cheerful, less susceptible to sudden changes in mood, irritability, depression and neuroses [1].

A necessary condition for the free development and disclosure of their physical and spiritual strength is the gravitation of each person to achieve physical culture. Constant sports activities have a beneficial effect on the development of such a person's communication skills as sociability, sociability, an impulse to creativity, independence in decision making. A person who plays sports applies in life the qualities that he acquired in sports, namely: the joy of victories and the bitterness of defeat, the ability to extract from this is a useful lesson for oneself, an increased sense of duty and responsibility to collective and society, comprehension of honor and dignity, participation and empathy, conscientiousness in the struggle. Assessment of physical development, functional state Exercise is a very powerful means of changing the physical and mental state of a person. Properly organized classes strengthen health, improve physical development, increase physical readiness and efficiency, improve functional systems the human body.

For example, let's take the cardiovascular system and its main organ - a heart. As noted, no organ needs so much training. and does not give in to it as easily as the heart. When you work hard, your heart will inevitably train. Its limits are expanding, and it adapts to the transfer of much more blood than the heart can do. untrained person. In the process of regular exercise, sports, as a rule, there is an increase in the size of the heart, and different forms of motor activity have

different opportunities to improve the work of the heart. At the same time, it is necessary to understand that the uncontrolled and unsystematic use of physical culture means is ineffective, and in some cases it can cause irreparable harm to health, and everyone can give many examples of this.

To exclude all conditions under which there may be a negative impact of physical exercise, sports, control measures are designed and self-control of the students themselves. The purpose of the control is to optimize the process of physical exercise based on an objective assessment of the state of the body. Diagnostics of the state of the body during physical education includes into itself various types of control: medical, pedagogical, but self-control occupies a special place. Physical development, assessment methods as already noted, physical development is a change in the forms and functions of the human body during his life.

The level and features of physical development can be determined primarily with using anthropometry. Anthropometry - a system of measurements and research in the anthropology of linear size and other physical characteristics of the body. The level of physical development is assessed using three methods: anthropometric standards, correlation and indices. Physical development indices are indicators of physical development, representing the ratio of various anthropometric characteristics, expressed in a priori mathematical formulas. The impact of sports on a growing body Medical statistics show how sports and children's health are connected. According to doctors, 70% of frequently ill children and adolescents do not exercise sports and often skip physical education lessons. Constant pastime at computer or in front of the TV at home leads to the fact that the body does not receive physical discharge. This contributes to functional impairment and converts schoolchildren or students into "young old people", subject to a variety of diseases.

3. RESULTS AND DISCUSSIONS

The influence of physical education and sports on the body of children is invaluable - it is young and growing people who need constant stress and movement. The sedentary lifestyle of modern children is of utmost concern from doctors and teachers. Daily physical activity is the key to healthy well-being, development and growth of the child. Sport brings joy and positive emotions to children and adolescents. Parents, teachers and older friends are responsible for instilling a love of physical activity. Your personal involvement can serve as an example for the younger generation. Organize more family outdoor games on weekends and vacations, get the child interested in sports, write him down to the thematic section. The habit of physical training from a young age, as a rule, remains for life. Popularization of sports

Medical research, practical observations, facts and even oral folklore testify to the beneficial effect of sports on a person -numerous proverbs about health and sports ("Whoever goes in for sports, that strength is recruited ", " Strong in body - rich in deeds ", etc.).

Modern medicine and pedagogy are trying to popularize classes sports. Health and sports days are held in schools and

universities, free subscriptions to physical centers, but the percentage of those who ignore the importance of physical activity for health is still great. Sports should engage in a moderate and reasonable approach: overloading during training is unacceptable. To maintain and restore health, passive waiting is not enough, when nature sooner or later does its job. Man must commit himself some kind of action.

But no matter how much we talk about the beneficial effects of a sports image life, many people believe that physical activity has no effect on human health, they say that this is a useless and pointless waste of time, but this opinion is erroneous. It is regular loads, albeit short-lived for time or not particularly difficult in terms of the degree of difficulty, they are able to maintain a constant tone of the human body, strengthen muscles and health. Every year sports becomes more difficult, more interesting and smarter, however active interest in sports is also growing. This means that the impact of physical education and sports for the development of a person's personality is constantly increasing.

For example, in Tel Aviv, namely on its beaches, in addition to the system of bike paths and bike rentals, there are surfing, yoga, windsurfing and outdoor training centers air. Each beach has free sports areas with a view at sea: rings, horizontal bars, parallel bars, volleyball nets and so on.

In Gorky Park in Moscow, where there are quite a few sports people, running clubs, there is a white pavilion that houses a free Reebok CrossFit dropbox. For everyone, there are training sessions with certified trainers and with modern equipment: kettlebells, barbells, jumping benches and other sports equipment [2].

The first steps in sports The purpose of the first complex is to help you get involved in work, get into a habit exercise regularly and follow the regimen. To perform these exercises, do not no equipment will be required, except for a gymnastic stick, which is easy to make yourself.

Start doing the exercises with one set. This means that after finishing one exercise, you move on to the next. After two weeks, if there are no unpleasant sensations, do two approaches, that is, after completing the exercise, rest for 1-2 minutes and repeat it again. After another two weeks, you can do the number of approaches indicated in the complex for each exercise.

So, after airing the room and putting on a tracksuit, you begin to warm up. It includes walking with high knees (3 min), several exercises for all joints (tilts and rotations of the head, arms, trunk, pelvis, tilts forward, to the sides, back).

A pleasant feeling of warmth throughout the body is a signal that the body is ready to work ready. The first three exercises are for the waist and abdominals. They will enhance blood circulation and further prepare the body for work.

4. CONCLUSION

Thus, it is safe to say that sport has a great impact on the life and health of a modern person. The relevance of physical activity in the 21st century, in the era of computerization, is

completely beyond doubt, because it allows you to maintain not only good physical shape, but health organism and spirit as a whole to anyone who devotes at least half an hour to their training day. Numerous studies in this area only confirm the validity of these statements, because the importance of sport is only increasing every day. The popularization of sports contributes to a significant increase in the number of those who engaged, pushing people to create new programs for the development of the body in according to human needs.

5. REFERENCES

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