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## **THE ROLE OF PHYSICAL EDUCATION IN PRESERVING AND STRENGTHENING THE HEALTH OF THE POPULATION**

**Abstract:** Actual training has long assumed a significant part in creating solid propensities and way of life decisions among understudies. With increasing paces of heftiness and persistent sickness, the significance of actual training in schools has become considerably clearer. This article will look at the critical manners by which actual schooling classes help to protect and fortify the general wellbeing of the populace.

**Keywords:** education, social awareness, physical activities, arrangements, training courses, daily activities.

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## **AHOLI SALOMATLIGINI SAQLASH VA MUSTAHKAMLASHDA JISMONIY TARBIYANING O'RNI**

Annotatsiya: Jismoniy mashg'ulotlar uzoq vaqtdan beri talabalar o'rtasida qat'iy moyillik va turmush tarzini yaratishda muhim rol o'ynagan. Ushbu maqolada haqiqiy maktab darslari aholining umumiy farovonligini himoya qilish va mustahkamlashga yordam beradigan tanqidiy xulq-atvorni ko'rib chiqamiz.

Kalit so'zlar: ta'lim, ijtimoiy ong, jismoniy mashqlar, tadbirlar, o'quv kurslari, kundalik mashg'ulotlar.

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**Introduction:** Actual culture is a fundamental piece of the arrangement of perplexing development of personality. A necessary piece of the instructive cycle is the contribution of the populace in actual schooling exercises and the development of a sound way of life among the populace, care about wellbeing, retention of the abilities of customary, free act of actual training and sports.

It is no happenstance that our Leader Shavkat Mirziyoyev set forward five independent drives. The subsequent drive is pointed toward making the fundamental circumstances for the functional preparation of youngsters to make them ineligible for their capacities in the field of sports. The development of a solid way of life in the public eye, the fortifying of the soundness of the populace, the childhood of a truly solid and profoundly rich youthful age, the accomplishment of serious actual training and sports exercises of residents are among the most major problems of today.

The healer involves practice for the purpose of wellbeing advancement, sickness avoidance and therapy.

There are different types of restorative actual activities (remedial acrobatic, rub, wellness, swimming, strolling, running, and so on), all of which serve the general wellbeing. While strolling long and uniformly, practically all muscles in the body work, veins, breathing and different frameworks in the body increment, accordingly, digestion increments. To work on the soundness of the populace and make a solid way of life, the motivation behind clinical actual activities is to increment actual work among the populace, work on their wellbeing, actual turn of events, and safeguard them from hurtful propensities.

Abu Ali Ibn Sina, the pioneer behind clinical regulation, didn't state the assessment that "Assuming you stroll by walking, your life will be longer" in vain. As an actual activity, standard strolling has fundamentally medical advantages. An individual is educated to stroll in youth. Be that as it may, this isn't sufficient, all individuals should have the option to walk accurately, wonderfully and financially. Morning and night strolls are suggested by the coach as well as by clinical staff for all the help device in the body and for the stomach and heart framework.

Consistently, as per the aftereffects of the clinical assessment, 5-10% of understudies are briefly absolved from actual preparation by specialists in light of multiple factors. Some of them are totally illegal to exercise, and some are prescribed to do DJM under the management of a specialist. Examination in the field of clinical innovative work shows that the blend of clinical treatment and actual activity, that is to say, the viable consequence of working on the strength of the populace, is accomplished. At the point when any piece of the body stops its actual work, development problems start there.

Being dynamic normally invigorates the body. That is the reason enthusiastic, fretful individuals are in every case, serious areas of strength for new, and vigorous even in advanced age. Tragically, under the states of current urbanization, it is observable that actual work among the overall population and our childhood has essentially diminished. To that end it is turning out to be increasingly more vital to make a sound way of life in the general public, mass battle against dormancy, safeguard individuals' high physical and mental work limit, draw in huge segments of the populace, particularly youngsters, to sports.

In the states of the pandemic, in the presentation of the remote and customary learning framework in the instructive course of understudies in advanced education organizations, most of youngsters, who make up most of the populace, are leading actual preparation and sports preparing on the web, as well as sports and public occasions in internet based structure, to some degree restricted to proactive tasks (absence of versatility, absence of actual work). One of the benefits of web-based perusing is that it doesn't need a spot for perusing, however its negative side is the regular utilization of data specialized instruments (phone, PC, and so on) that lessens active work, for example locomotor device and visual perception. seen that it causes a reduction in its properties, overabundance weight gain, and heftiness.

Consistently on April 7, "World Wellbeing Day" is broadly celebrated in numerous nations of the world. Specifically, in our country, on this date, unique occasions and different advancements are held.

Right now, it ought to be stressed that general medical services are one of the fundamental headings of our state's strategy, as well as that colossal changes in the field of medication have been executed lately.

As a matter of fact, various pronouncements and choices, proposed recommendations and drives took on by the top of our state in this field are significant for the medical services of our populace and serve for the improvement of medication in our country. This should be visible from the way that 14 of the 100 objectives set in the improvement procedure of New Uzbekistan for 2022-2026 are straightforwardly pointed toward guaranteeing the soundness of the populace. Specifically, the way that various measures are made arrangements for the reason for "Killing the current ecological issues that hurt the populace's wellbeing and genetic supply" as characterized in the procedure likewise demonstrates that guaranteeing natural soundness has a significant spot in the security of the populace's wellbeing.

Additionally, on Walk 18 of this current year, in the open exchange held by the top of our country with agents of the wellbeing area, along with the changes carried out lately in the advancement of medication in our country, the issues that are deterrents to the improvement of the clinical area and their answers were examined. helpful proposition and components for their not entirely settled.

At this occasion, 19% of human wellbeing relies upon the outside climate, 20% on hereditary elements, 9% on medical care association and 52% on way of life, focusing closer on illness counteraction through a solid way of life. It was underscored that an individual who does actual activities routinely won't require any treatment. Truth be told, we shouldn't fail to remember that our wellbeing is fundamentally in our own hands.

Simultaneously, in the guide embraced regarding the execution of the errands characterized in the open exchange, exceptional measures for the development of a sound way of life in the general public and advancement of legitimate sustenance are characterized, reinforcing the wellbeing of our kin, thoroughly Raising an experienced generation is significant.

It's a well-known fact that the job of actual schooling and mass games in reinforcing human wellbeing is exceptional. Wide execution of a sound way of life and further improvement of public games fortify the strength of our populace.

In such manner, at the gathering on the actions for the improvement of mass games among youngsters hung on April 1 under the chairmanship of the top of our state, explicit errands for getting the work the field to another level were characterized.

As referenced, over the most recent three years, 118 games buildings and 7,000 games fields in areas were placed into utilization. "Wellbeing hallways" and bike ways were laid out in each area and downtown area. The advancement procedure conceives expanding the quantity of the populace consistently participated in actual schooling and sports to 33% in the following five years.

As should be visible from the abovementioned, every one of the changes executed in the field in light of the standard of "For human pride" are pointed toward guaranteeing the strength of our populace.

### ***Conclusion***

In outline, actual schooling serves the critical capability of protecting and fortifying populace wellbeing through different pathways. It empowers deep rooted solid propensities for ordinary activity and great sustenance. It teaches about way of life decisions and creates actual wellness, the two of which effectively safeguard against constant sickness endangers further down the road. Emotional well-being is likewise reinforced through the pressure lessening and social advantages of active work. As weight and related conditions keep on troubling society, the job of actual training turns out to be perpetually key. By supporting physical, nourishing and mental wellbeing since early on, it gets the strength of people in the future. With exhaustive, quality actual training programs, schools can satisfy their obligation of creating major areas of strength for both and bodies among understudies.

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