



## INNOVATIVE ASPECTS FOR HEALTHY LIFESTYLE FORMATION AND DEVELOPMENT OF SPORTS

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### ABSTRACT

Strengthening the system of physical culture and sports can be explained by trends in the requirements for innovative research emerging in the system. Today's pace of modern development is accelerating, which, combined with the increasing penetration of various fields in the system of physical culture and sports, determines the co-development of physical culture and sports.

In particular, the growing importance of socio-cultural problems in physical culture and sports, as well as the impact of various levels of incoming techniques and technologies, makes it necessary to study the social image of athletes through the prism of spiritual values, religion and culture.

This article scientifically examines the importance of physical education and the formation of a healthy lifestyle in the upbringing of a harmoniously developed generation.

**KEYWORDS:-** Physical education, fitness, healthy lifestyle, physical education, education system, innovation, pedagogy, innovative education, pedagogical technique, pedagogical ability, sports, concept.

### INTRODUCTION

The processes of profound changes, consistent reform and liberalization of all aspects of political and socio-economic life, democratic renewal and modernization of our society are developing rapidly in our country. At the same time, the huge tasks set and consistently implemented on the way to building a strong civil society provide a solid foundation. One of the conditions for the country's economic growth and improving the quality of life of its citizens is the scientific development and practical implementation of innovations and innovative technologies in all spheres of human life. With regard to Uzbekistan, it can be noted that the country's future depends on the ability of the economy to develop scientific innovations and introduce industry innovations, including in the

sports industry.

The skills and experience of professors and teachers are invaluable in the development of students of the Republic of Uzbekistan as mature professionals, in the implementation of the tasks facing higher education institutions. Their professionalism is also important in carrying out these tasks.

Innovation means trying to innovate the learning process, to adapt the learning process to the needs, desires and wishes of students, to teach students to read independently, not to give their knowledge in a ready way, but to form students' learning skills and abilities. In the implementation of such tasks, along with knowledge, the rational use of modern teaching methods, the formation of creative thinking in students, awareness of information and



communication technologies, mastering foreign languages, extensive use of the Internet are the requirements of the times.

## METHODS

The Decree of the President of the Republic of Uzbekistan dated September 21, 2018 "On approval of the Strategy of Innovative Development of the Republic of Uzbekistan for 2019-2021" PF-5544 states that the main goal of the Strategy is the development of human capital highlighted.

Since the development of human capital is a key factor in modern development, it is necessary to mobilize all means, factors, resources and structures in this direction. In particular, it is necessary to pay special attention to human health, to develop the factors that serve to ensure health, to develop measures and to study the existing problems.

As the President of the Republic of Uzbekistan Shavkat Miromonovich Mirziyoyev noted: "It is known that the upbringing of the younger generation has always been important and relevant. But in the 21st century we live in, this issue is really becoming a matter of life and death. "The more perfect the upbringing, the happier the people will live," say the sages. In order for education to be perfect, there must be no gap in this matter"[1, 504-505]. Most importantly, a national model has been created in our country to ensure the education of a harmoniously developed generation. Today, about 60% of the population of our country are students. Conditions are being created for them in our republic in sports and in all spheres.

In this regard, the development of physical qualities is important. Movement from physical qualities can be the main means of training speed, exercises that are performed at close speed or at high speed. In this case, the speed training exercises usually last for a very short

time.

It is known that the main purpose of teaching physical education is to provide young people with all-round (physically), healthy, strong-willed and their inner (mental) development, expansion of mobility, resistance to adverse external factors, while giving children and adolescents joy and freshness. is to form feelings of love for the motherland. In addition, it should be noted that each person has a knowledge of personal and nutritional hygiene, routine, exercise, morning physical training and exercises that develop physical qualities, and as a result of learning to form a "healthy lifestyle" in society.

It is commendable that the national program has given wide access to teacher creative initiatives. This important document focuses on the practical physical preparation of students, the realization of the goals and objectives of the lesson. The choice of organizational methods of the lesson is of great importance for the full implementation of the sections and topics of the curriculum and to increase the effectiveness of the lessons. By organizational or teaching methods of a lesson, we mean the methods of organizing students to perform physical education lessons according to the teacher's plan. Oral method in physical education classes is a system of interrelated, certain sequence of activities aimed at mastering the content of education of the teacher and the student. There are oral, visual, practical, competitive, game styles in physical education. For example, speaking in an oral style is one of the most commonly used ways of using speech in the field of physical education, which means verbally imagining the topic being studied or describing and analyzing the behavior of the participants. The narration consists mainly of a short and broad detailed description in two forms. In both forms of speech, special terminology that allows you to add the necessary clarity and conciseness to a word in a clear and



wide range plays a big role.

Oral methods used in physical education include:

- Explanatory method of performing exercises;
- expression of instructions, opinions in the order of command;
- verbal assessment of achievements, methods of corrective actions;
- Conversation, question-answer method in teaching and education;
- Whenever possible, students should give oral reports on the tasks given by the teacher;
- self-command and self-teaching style of the trainees.

"In the field of physical education, the competition style is used both in the training process and in the independent game system. Determining the winners in the conditions of organizing and conducting the competition process, stimulating the achieved achievements creates an important physiological and emotional mood, which increases the impact of exercise and helps to activate the functional capabilities of the organism"[2, 56]. Apparently, the race style has a number of similarities with the game style. For example, in sports, these styles are compatible with each other. But in reality, race and game styles aren't exactly the same. The style of play may not be competitive, and the style of competition may also be devoid of many of the characters of the game. All methods used in the physical education lesson are used to solve students' educational tasks - to develop their physical, volitional, moral qualities, skills and abilities, as well as the ability to use skills and abilities correctly in complex situations.

## RESULTS AND DISCUSSIONS

Over the years, foreign experience, which has

been the basis for training competitive and popular athletes, shows that in the development of such athletes is important to conduct regular research based on modern science, innovative ideas and technologies and make targeted changes in training programs based on the results. To solve the existing problems in the sports industry, it is necessary to constantly introduce innovations into the system of training sports personnel: athletes, coaches, teachers, referees, doctors and representatives of other professions involved in the field of physical culture and sports (FKiS). Based on this, one of the leading elements of the sports industry is sports pedagogy, which trains personnel to manage the development of sports as a social system. Finding and implementing innovative educational practices everywhere is one of the tasks of the modern development of the sports industry in the territories. The purpose of the study is to analyze existing strategies for the implementation of innovative ideas, projects and technologies in the sports industry with their further systematization into blocks of ready-made solutions for the sports industry market.

Innovative processes in the field of sports, innovative approach to the preparation of athletes for competitions, high quality and efficiency of training, the ability to organize athletes at the level of world standards, the ability of athletes and trainees to be independent-minded, talented, active participants in training and competition. Of course, we can assume that the wider coverage of information about the type of sport in sports clubs will also increase the interest of students in sports. In today's globalized society, it is a natural process to explain and teach the topic of sports in clubs using information and communication technologies, which has an impact on increasing the effectiveness of knowledge.

We must not forget that where and how



information and communication technologies can be used in the teaching of physical education is also a widely studied topic. Knowledge of the personal characteristics of young students forms the basis of pedagogical cooperation. The individualization of the process of physical maturation of young people is characterized by the differentiation of lessons, ways of their passage, norms of physical activity and ways of their management, types of training and methods of pedagogical influence.

The organization of innovative educational activities plays an important role in the training of qualified professional scientific and pedagogical specialists who meet the requirements of the times and have the skills to be formed on the basis of educational and scientific-innovative research in modern sports, the ability to use information technology and meet the requirements of the time to solve problems and solutions in the training. "In particular, the growing importance of socio-cultural problems in physical culture and sports and the impact of different levels of incoming techniques and technologies make it necessary to study the social image of athletes through the prism of spiritual values, religion and culture"[3, 528].

## CONCLUSION

The strategy of scientific and pedagogical innovative education in the field of physical culture and sports is based on solving interrelated issues:

- to be able to see strategically and turn the task into a clear goal and task;
- development of strategies to achieve goals and objectives;
- Qualified and effective implementation and implementation of the adopted strategy.
- Evaluate the results of activities, learn new

directions and implement actions based on long-term directions of development, strategic goals or methods of its implementation based on current experience, changing conditions, new ideas and opportunities.

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