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Preparing Students for Sports

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Abstract: *The article analyzes the scientific and theoretical aspects of information on the development of environmental education and training of students in sports. The social and theoretical impact of environmental factors on athletes in the conduct of sports training in schools and on sports grounds.*

Keywords: *sports, exercise, analysis, field, ecology, air, water, problems, health.*

INTRODUCTION

As the man-made pollution of the environment accelerates, the cooperation of the countries of the world has created international organizations. The United Nations has also developed specific principles for the protection of the human environment in the Declaration of the United Nations Stockholm Conference (1972) and the United Nations World Map (1982). In particular, in his speech at the 75th session of the United Nations General Assembly, President of the Republic of Uzbekistan Sh. Mirziyoyev said, "Another acute problem of our time is global climate change. Today, every country is feeling the negative effects of this process. "Unfortunately, such changes pose a serious threat to the development of Central Asia." [1]

Resolution of the President of the Republic of Uzbekistan dated October 4, 2019 No PP-4477 "On approval of the Strategy of the Republic of Uzbekistan for the transition to a green "economy for 2019-2030" [2], October 3, 2018 No PP-3956 Additional measures to improve the system of public administration in the field of defense.

MATERIALS AND METHODS

A lot of scientific research has been done on environmental problems and their negative impact on the environment, what factors affect the human ecology, the emergence of a wide range of environmental forces among the population. The legal bases of ecology were analyzed by J.Kholmuminov, D.U.Aripov, Sh.Kh.Faziev, G.Rakhimova and I.M.Mamarayimov. They have conducted research on the management of the development of the ecological economic system based on the negative effects of industrial enterprises in Uzbekistan. DJ Goldi's scientific work "Fundamentals of pedagogical geography" provides information about ecopsychology. A number of studies have been conducted on the problems of environmental education in the process of continuing education.

In particular, the analysis of the issues of environmental education in the educational process and interdisciplinary relations DR Boboeva, N. Ravshanova, M.R. Khalilova, K.D. Nazarova, PA Yusupova,

G.O. who did. Researchers EV Kryukova, N.Ashurova, MBBrakhimkulova, IVMakukhina, Sh.M.Mirzaakhmedova, G.Eodurdieva, G.A.Sultanova, V.M.Nesgorova and M.A. conducted research on environmental education. In such research, they have conducted research in the sciences and sports, on the negative effects of environmental problems and ways to prevent them, as well as on the issues of environmental education in the study of natural and social sciences.

The research of historian G. Rakhimova provides information on the processes of occurrence of environmental problems and social problems among the population. According to G. Rakhimova, "Environmental problems have a great impact on not only social but also economic problems in human life. In particular, due to air pollution from industrial enterprises, the spread of lung diseases among the population, and as a result, the disease of the population has a negative impact on the production of planned products in industrial enterprises, weakening the economic situation of enterprises.

RESULT AND DISCUSSION

Environmental problems in Uzbekistan are connected with the ancient past. It is clearly stated that the construction of many industrial enterprises in Churki is associated with the cultivation of cotton in our country. Because many cotton factories were built around the population's production, schools, kindergartens and sports complexes.

During the 1940s and 1980s, all the natural resources and flora of the republic were severely damaged due to the independence of the former Soviet Union, the extensive development of production, disregard for the laws of nature, and the one-sided use of resources only for economic "efficiency". [3] Extensive plant-rich valleys, scattered production facilities in the oases, the construction of large chemical enterprises that are not fully scientifically based on ecology have damaged many areas of the green world in the country. This has led to an increase in land-water shortages and diseases related to the human genotype in the environment. In many regions of the country, in Bukhara, Fergana, Tashkent and Surkhandarya regions, natural plants have lost a number of important functions in terms of type, quantity and quality [4]. Pollution of water from chemical wastes has also changed the sanitary and hygienic condition of food. [5] The state of breaking the chain of water in the circulatory system in nature has led to a deterioration in the natural drinking water level. Plants also play an important role in the circulation of the water system. Poor quality of natural chain water, in turn, has led to the outbreak of diseases such as soil erosion and defoliation. As a result, problems such as ecological imbalance, water scarcity, and environmental pollution in the Aral Sea have been exacerbated.

People who play sports are considered to be not only physically but also spiritually healthy, strong-willed, healthy-minded people. Sport also makes a person mentally healthy, active and mobile in all aspects of life. In addition, people who regularly participate in sports are accustomed to discipline, cleanliness, and due to their physical activity, the process of digestion is good. It nurtures a spiritually strong person who can withstand the trials of life. Therefore, everyone should take care of their health, of course, regularly engage in some kind of sport, make sport their life.

Another secret to health is really moral education. Life itself proves that people with good manners and morals live longer. Our modern medicine and life itself prove that the psyche and nervous system of people who drink, smoke, live a healthy life, have a healthy mind, are constantly engaged in physical activity, play sports and do useful work are strong.

Exercise is important in people's lives. The development of sports should begin with the prevention of environmental problems and the education of young people in a healthy lifestyle in order to create the necessary opportunities and conditions for the next generation. In particular, the cleanliness and tidiness of sports grounds, the absence of air pollutants near the field, the use of clean water is very important for

the health of athletes. Industrial facilities located near sports fields also have a negative impact on the human environment of athletes.

CONCLUSION

In short, environmental culture and sports are very closely and inextricably linked. At the health level, cleanliness and environmental cleanliness of sports fields prevent athletes from experiencing various problems in the training process and protect them from various diseases. Environmental problems have clearly and rapidly demonstrated the negative effects of various factors on human health on the processes of respiration, sweating and water consumption. Therefore, in terms of human health, keeping the environment clean and tidy is important in the health of athletes.

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