



# CENTRAL ASIAN JOURNAL OF THEORETICAL AND APPLIED SCIENCES

Volume: 03 Issue: 06 | Jun 2022 ISSN: 2660-5317

## Forms of Motor Activity of Students

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*Received 24<sup>th</sup> Apr 2022, Accepted 26<sup>th</sup> May 2022, Online 22<sup>nd</sup> Jun 2022*

**Annotation:** *This article discusses the forms of physical activity. Maintaining a healthy lifestyle involves the use of various methods, and the use of an individual, carefully selected plan. This plan should take into account the physiological and psychological characteristics of a particular person seeking to improve his condition.*

**Keywords:** *health, healthy lifestyle, physical activity, student, health, lifestyle, objective factors, subjective factors, physical exercise, self-control.*

Caring for the physical condition of a person is of particular importance in our difficult time from an environmental point of view. An increasing number of people are beginning to take care of maintaining their own health, to improve it. The means to accomplish this task is to maintain a healthy lifestyle. As modern studies show, the individual health of a person depends on his lifestyle by more than 50% [1].

It has now been established that optimal physical activity has a stimulating effect on the functions of the central nervous system and human mental activity.

But due to the increase in the well-being of people, the violation of the ecological balance of large areas and a number of other objective factors have led to the fact that the lifestyle of a modern person increasingly provokes such phenomena as physical inactivity, hypertrophy, neuropsychic overstrain. The latter cause an increase in the number of diseases associated with improper organization of a person's lifestyle. A particularly alarming situation is developing with the health of children and young people, which is manifested in the rapid growth of various chronic diseases [2].

In recent years, more attention has been paid to the healthy lifestyle of student youth. This is due to public concern about the health of specialists graduating from secondary and higher educational institutions, an increase in the incidence in the process of professional training, and a subsequent decrease in working capacity [3].

Under the style of life in the public mind, it is customary to take the nature of the life of an individual, which combines the originality of a person with the characteristics of specific living conditions.

An analysis of factual materials on the life of student youth testifies to the disorder and chaotic organization of the way of life. This is reflected in such important components as untimely intake of food,

systematic lack of sleep, short exposure to fresh air, insufficient physical activity, lack of hardening procedures, and doing independent study work on time, intended for sleep. Smoking, etc.

This lifestyle of student youth is determined by objective and subjective learning factors that affect the psychophysiological state of students. Objective factors include the environment of life and educational work of students, age, gender, health status, total workload, recreation, including active. Subjective factors include knowledge, professional abilities, learning motivation, working capacity, neuropsychic stability, pace of learning activity, fatigue, psychophysical capabilities, personal qualities (characteristics, temperament, and sociability), and the ability to adapt to the conditions of learning in educational institutions [4].

Especially difficult for students is the examination period, a period of stressful situations that occur in most cases in conditions of time pressure. During this period, increased demands are placed on the intellectual and emotional sphere of students. Both educational overload and poor organization of educational work can lead to psychophysiological discomfort: the criticality of work, the lack of timely and high-quality rest, nutrition, and recreational activities.

A long stay in a "sitting" position, typical for students and mental workers, negatively affects the body. In this case, blood accumulates in the vessels located below the heart. The volume of circulating blood decreases, which worsens the blood supply to a number of organs, including the brain. Decreased venous circulation. When the muscles do not work, the veins overflow with blood, and the movement slows down. Vessels quickly lose their elasticity and stretch. In addition, a decrease in the range of motion of the diaphragm adversely affects the function of the respiratory system [5].

The success of students' adaptation to the conditions of study at the university, the preservation of health promotion during training depend on the healthy lifestyle of students and its components.

Forms of independent physical exercises are determined by their purpose and objectives. There are three forms of self-study.

1. Morning hygienic gymnastics: (UGG) is performed daily. They provide a warning of oncoming fatigue, help maintain high performance for a long time without overstrain.
2. Exercises during the school day are performed in between study and self-study.
3. Independent training sessions can be carried out individually or in a group of 3-5 people or more. Group training is more effective than individual training.

During the entire period of self-study, there should be self-control.

Self-control is a regular independent monitoring of the state of their health, physical development, the impact on the body of physical exercises and sports.

Self-control data are recorded in a diary; they help to control and regulate the correct selection of funds, the methodology for conducting training sessions. In the self-control diary, it is recommended to regularly record subjective (well-being, sleep, appetite, pain sensations) and objective (heart rate, body weight, training loads, regime violations, sports results) self-control data.

Maintaining a healthy lifestyle does not involve the chaotic use of various methods, but the use of an individual, carefully selected plan. This plan should take into account the physiological and psychological characteristics of a particular person seeking to improve his condition. A healthy lifestyle does not imply any special physical training, its principles are designed for use by an ordinary person in order to maintain working capacity and normalize the body's vital functions.

Self-study should be a mandatory part of a healthy lifestyle for students. They compensate for the lack of physical activity and contribute to physical training that is more effective.

A student with a high level of personality development is characterized not only by the desire to know himself, but also by the desire and ability to change himself, the microenvironment in which he is. Through active self-change, a person's way of life is formed. Self-consciousness, absorbing the experience of the individual's achievements in various activities, checking physical and mental qualities through external activities, communication, forms a complete picture of the student about himself. At the same time, ideals, norms and values that are social in nature are included in the structure of self-consciousness. They are appropriated by the personality, become its own ideals, values, norms, part of the core of the personality - its self-consciousness.

No matter how perfect medicine is, it cannot rid everyone of all diseases. A person is the creator of his own health, for which he must fight. From an early age, it is necessary to lead an active lifestyle, harden, engage in physical education and sports, observe the rules of personal hygiene - in a word, achieve genuine harmony of health in reasonable ways.

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