



O'ZBEKISTON RESPUBLIKASI
SOG'LIQNI SAQLASH VAZIRLIGI
TOSHKENT TIBBIYOT AKADEMIYASI



SOG'LOM TURMUSH TARZI

XALQARO ILMIY-AMALIY ANJUMAN

HEALTHY LIFESTYLE

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**O'ZBEKISTON
RESPUBLIKASI SOG'LIQNI
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«SOG'LOM TURMUSH TARZI»
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THE RATIO OF STUDENTS OF UNIVERSITIES TO PHYSICAL CULTURE AND SPORTS

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Relevance. In the era of scientific and technological development, a technologic developers have developed a high level in the very high level that allow us to limit our actions. The physical activity of the human body with limited movements is reduced. To somehow support the physical activity of the body, the person is engaged in sports. Young people should receive physical education as the future of any society and have basic sports skills. Thus, he should engage in sports and daily exercises within the framework of the curriculum or outside it. On the one hand, this problem may seem trivial, urgent and not requiring an immediate solution compared to problems such as addiction, youth alcoholism and crime. But, nevertheless, physical culture and sport are an important factor in healthy formation of youth.

Method of research: the holding of a sociological survey - questionnaire among students of medical and pedagogical universities in the city of Tashkent. Students of medical and pedagogical universities in the city of Tashkent (the number of respondents 312).

The results of the study. According to the conducted social poll among students of medical and pedagogical universities and analysis of results, the following data were obtained: of them 75.6% belong to the women's floor, and 24.4% - male. The study was attended by students of such universities, like Tashkent Medical Academy (33.3%), Tashkent State Dental Institute (14.1%), Tashkent Pediatric Medical Institute (38.5%), Tashkent State Pedagogical University (3.2%) and National University of Uzbekistan (10.9%). The main mass was 37.8% of the third-year students, fourth -32.7%, and 21.8% of the second course. It is established that most (51.9%) are substantially mental load, and 42.2% approve against equal load, both physical and mental. To determine the level of activity during the day, the following parameters were considered: the movement both in transport and walking was 35.9%, both in transport and on foot - 34%, only in transport - 14.1%, both in transport and on foot - 12.2%, only on foot - 3.8%; Engine activity (including hiking, hiking in stores, cleaning houses, etc.) takes 2-4 hours at 34.6% of respondents, more than 6 hours 24.4% of participants, 4-6 hours, 22.4%, and the remaining 18.6% - 1-2 hours; On a dream of 54.5% of students spend 6-8 hours, 32.1% - 4-6 hours, 10.3% - 8-10 hours, 1.9% - 4 hours, 1.3% - more than 10 hours; The approximate time spent in a sitting position was 35.9% of respondents 4-6 hours a day, 28.2% of students - 6-8 hours, 21.8% spend an average of 4 hours, 9% - 8-10 hours and finally 5.1% - more than 10 hours. When specifying the level of physical education and sports, found out: that only a small amount (17.3%) of the survey participants attends sports sections and gym; But at home with physical exercises (such as yoga, pilates, dancing, bodybuilding, power exercises, cardio trainings) are 50% of the respondents. Also, 59% argue that the previously visited sports mugs (volleyball, basketball, karate, gymnastics, swimming, boxing, judo, Muai Tai, football, athletics, sambo, freewriter); Sports achievements are available 21.8% of students; As it was prevented by the sport of skill of a lack of time (at 48.7%) and lazy (42.3%).

Conclusion. The obtained data allow the need to attract students of a medical and pedagogical profile to a more active and healthy lifestyle. It will also need to create development universities for students so that they regularly engage in physical culture and sports.

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