

THE ROLE OF SPORT GAME VOLLEYBALL WHILE DEVELOPING STUDENTS' HEALTHY LIFE STYLE

Shaymardanov Ravuf Narzulloevich
Teacher of Termez State University

ANNOTATION

The article deals with the physical training, sport games and their usage of students' life styles. We know that physical training is very important for all people in the world.

Key words: *Training, physical, hot, climate, methods.*

INTRODUCTION

Physical activity is defined as any bodily movement produced by skeletal muscles that require energy expenditure. The term "Physical activity" is not equal to "exercise". Exercise is a subcategory of physical activity which is structured, repetitive, and purposeful. "A sound body has a sound mind" It means that if a person is weak, dull, and sick, he is not able to do his work efficiently and quickly. It is very important to have a fresh mind before any work, like office work, study or some creative work. The people who make exercise as essential part of their routine are more happy and efficient than others. Exercise does not mean to go to gym or some club for daily activity; it only means to do some physical activity no matter how and where. Exercise is useful in preventing or treating coronary heart disease, osteoporosis, weakness, diabetes, obesity, and depression. Strengthening exercises provide appropriate resistance to the muscles to increase endurance and strength. Cardiac rehabilitation exercises are developed and individualized to improve the cardiovascular system for prevention and rehabilitation of cardiac disorders and diseases. A well-balanced exercise program can improve general health, build endurance, and slow many of the effects of aging.

The benefits of exercise not only improve physical health, but also enhance emotional well-being. Regular physical activity remains an essential behavior for endorsing health, postponing or preventing predominant musculoskeletal disorders such as mechanical low back pain, neck and shoulder pain and decreasing the risk of increasing coronary heart disease, hypertension, diabetes, osteoporosis, obesity and colon cancers. The period of adolescence represents the transition from childhood to adulthood and lifetime habits such as regular exercise are normally begun at this time. But unfortunately research indicated that physical activity rates decline consistently during the adolescent years. No matter what your age or shape, you should exercise daily. Not only does exercise so you can wear your favorite dress, it strengthens your muscles, keeps your bones strong, and improves your skin, increased relaxation, better sleep and mood, strong immune function, and more. The basis of the technology for the formation of professional thinking of future teachers of physical education is the concept of the structural and functional relationship of all components of the educational process.

At the same time, it is customary to proceed from the fact that it should ensure the formation of the following components of professional thinking: knowledge systems, methods of their improvement, methods of pedagogical thinking, including a number of hierarchically organized levels: the level of general ideas, the level of constructive and methodical schemes, the level of technical receptions; systems of strategic intellectual skills that regulate the thinking process of a future physical education teacher and are activated in the process of developing and making appropriate decisions in pedagogical activity [1, p.59].

Based on the results of the analysis of scientific, pedagogical and psychological sources [1-4], it became possible to highlight the structural components that contribute to the process of forming professional thinking of

future physical education teachers: conceptual component, target component, substantial component, operational-active component, control and evaluation component. We describe in more detail the conceptual component of the proposed technology.

Conceptual component – includes a social order, purpose, objectives, principles and pedagogical approaches of the process of forming professional thinking. During the design of the goals and objectives of the process of forming professional thinking of future teachers of physical education, it is necessary to highlight the relevant principles and approaches of teacher training, namely:

- the principle of integrity - based on the harmonious interaction of all components, which is achieved due to the presence of effective feedback between the expectation and the result of students' learning activities;
- principle of adequacy of purpose and content - involves the use of information that meets the requirements of the disclosure of specific educational topics to optimize and improve the level of the learning process and the assimilation of educational material in general;

REFERENCES

1. World Health Organization (Regional office for Europe) WHO. Reviewed on 12 July 2016.
2. Jones DA, Ainsworth BE, Croft JB. Moderate leisure-time activity: who is meeting the public health recommendations? A national cross-sectional study. *Archives of Family Medicine*. 1998; 285-289.
3. Vuori I. Exercise and physical health: Musculoskeletal health and functional capabilities. *Research Quarterly for Exercise and Sport*. 1995; 66:276-285.
4. Andersen LB, Haraldsdottir J. Tracking of cardiovascular disease risk factors including maximal oxygen uptake and physical activity from late teenage to adulthood: an 8 year follow-up study. *Journal of Internal Medicine*. 1993; 234:309-315.