

PROMOTING A HEALTHY LIFESTYLE AMONG STUDENTS IS AN IMPORTANT FACTOR

Ravshanova Inoyatkhon*

*Researcher,
Kokand DPI, UZBEKISTAN

DOI: <https://doi.org/10.5281/zenodo.7483201>

ABSTRACT

The article discusses health, healthy lifestyle, physical education, factors of physical development, and the role of physical education in the upbringing of a harmoniously developed generation. A scientific study of the attitudes of young people to a healthy lifestyle also provides conclusions and recommendations.

KEYWORDS: *Health, Healthy Lifestyle, Physical Education, Physical Development, Factor, Physical Education, Exercise, Diet, Sleep, Hygiene.*

REFERENCES:

1. Azimov I, Sobitov SH "Physiology of sports" Tashkent -1993
2. Axmedoa N.K. "Atlas of human anatomy" Tashkent - 2006
3. Ashmarin B. A and others "Theory and methods of physical education" M. Enlightenment 1990s
4. Weinbaum YAS "Physical Education Hygiene" Tashkent "Teacher" 1988
5. Goncharova OV "Development of physical abilities of young athletes" Tashkent 2005
6. D.J. SHaripova, G.S. Fuzailova, G.A. SHaxmurova, M.T. Toirova, M. Turkmenova, D. Zufarova "Formation of a healthy lifestyle in students" Fergana 2010
7. A. A. Sarukhanov, Sovremennyye problem organizatsiizanyatiypofizicheskoykulture v Vuze so studentamispetsialnoy... Innovations in pedagogy and psychology, 2020
8. SultanovaNurkhonAnvarovna, The importance of didactic games in the activities of primary school students. Continuous Education 1 (Special Issue), 42-46 9. Sultonova N.A., Teoreticheskieosnovypodgotovkidetey V Sovremennyxusloviyax K Sotsialnoyjizni V Seme, Scientific Progress 1 (6), 631-635.
9. Shavkatjon Son Nr Start Developing the Speech Of Mental Students In The Classroom //Research And Education. - 2022. - T. 1. – No. 1. - S. 263-267.
10. Hatamjono‘G‘Li H. I. Technologies for the Formation of the Skill of Creative Thinking in Weak Auditory Students //International Journal Of Social Science & Interdisciplinary Research Issn: 2277-3630 Impact Factor: 7.429. – 2022. – T. 11. – №. 11. – C. 265-271.

- 11.** Xonbabayev, S. H. "D.(2022). Socio-Pedagogical Basis Of Spiritual And Spiritual Education Mechanisms In Society And Foreign Experiences." International Journal Of Culture And Modernity: 285-292.