

**PRIORITY TASKS IN WIDELY IMPLEMENTING A HEALTHY LIFESTYLE AND
DEVELOPING NATIONAL SPORTS IN UZBEKISTAN**

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Abstract: The article mentions the attention and opportunities for sports in our country in promoting a healthy lifestyle, the specific features of developing children's sports in strengthening the health of the population.

Further development of mass and national sports, the system of getting young people interested in sports and preparing them for competitions, cooperation of organizations in the development of sports, and the priority tasks of developing children's sports in raising a healthy generation were also described.

Key words: healthy lifestyle, healthy generation, health, sports, public and national sports, wrestling, individual sports, physical training, competition, healthy generation, physical and mental stress, sports club, exercise.

As is known, ensuring the formation of a strong immune system against disease in every citizen through regular physical education and mass sports and the formation of life skills for a healthy lifestyle, giving up harmful habits, and adhering to the principles of proper nutrition are important factors in the longevity of every person. The development of our country in the conditions of global changes requires people to have the enthusiasm, courage and courage characteristic of the younger generation, the composure and insight characteristic of the wise, the foresight characteristic of entrepreneurs, and the ability to find a way out of any situation, find the only way to solve any problem, and ingenuity. Young people should deeply feel that they are doomed to tasks that have never arisen before them at any time.

For centuries, the Uzbek people have been proud of their legendary wrestlers and horsemen, who are the founders of the national sports of Uzbekistan - kurash, belt wrestling, turan and kupkariolak. Thanks to independence, we have the opportunity to introduce our national sports, which are our cultural heritage, to the world. The national sports team of the Republic of Uzbekistan is steadily increasing its membership year after year, conquering strong and high peaks in international arenas. The rise of athletes to the top undoubtedly helps to strengthen the reputation of our independent country in the international arena. At prestigious conferences, young people defending the flag of our state, especially professionals of individual and game sports, demonstrate their training and skills, making our country's flag fly high, causing our anthem to ring, and demonstrating the power of our state [1]. Achieving high peaks in the field of physical education and professional sports requires a serious approach, great work and financial costs. Only when all these are present, it is possible to achieve sustainable development of the sport.

According to the experience of many countries, the state's care for the fate of national sports and physical education is undoubtedly very beneficial. In supporting these branches of the social sphere, all favorable conditions are created, first of all, for the spiritual and physical health of adolescents and the young generation of society. If Japan is considered the homeland of judo,

karate, sambo, China - wushu and kung fu, Korea - taekwondo and surim, England - football, Canada - ice hockey, the USA - baseball, basketball, now Uzbekistan's national sports - wrestling, belt wrestling, turan, boykurgan and others are being recognized in the international sports arena as the homeland of these sports. According to information on the activities of the Department for the Development of Mass Sports, Organization of National Sports, and Mass Sports Events, in implementing its tasks and strengthening executive discipline as set forth in the Regulations, the Department conducts its activities in accordance with Resolution No. 455 of the Cabinet of Ministers of September 30, 2004 [2].

On behalf of the Ministry of Culture and Sports of the Republic of Uzbekistan, in collaboration with other ministries and departments, many activities have been carried out to develop and promote mass and national sports, and to coordinate them, and goals have been set. In this regard, the department, in collaboration with ministries and departments, in order to form a healthy lifestyle among the population, develop mass and national sports, and further strengthen their ties, has regularly organized the National Television and Radio Company of Uzbekistan, together with the National Association of Electronic Mass Media of Uzbekistan, the Ministries of School and Preschool Education, Culture, Sports, and Sports, in order to instill in young people, especially children of kindergarten age, the concept of physical education and sports and to interest them in them, such as "From Childhood to Sports", "Morning Gymnastics", in general schools "Do with us, do like us, do better than us!", "Cheerful Starts" inter-class, "Aerobics for Adults", "Beginner Yoga Classes", "Give Up Excess Weight!" The broadcasting of sports activities such as "My father, mother and I are a family of athletes!" and television sports competitions held between families on TV channels is also an important factor in promoting national and mass sports in our country. In addition, cooperation is well established with the Ministries of Defense, Labor and Social Protection of the Population, the Youth Union, the Women's Committee, the Development of Children's Sports, the Mahalla, the Healthy Generation Funds, the Republican Center for Social Adaptation, the Veterans' Union, the Federation of Trade Unions and various other organizations.

As our esteemed President said, the Universiade, a celebration of youth, beauty and sports, is a sports Olympiad suitable for the youth of Uzbekistan. We are confident that the Universiade competition, held in the beautiful oases of Uzbekistan, will spiritually and physically train our students and in the future will produce famous athletes who will spread the glory of independent Uzbekistan to the world.

If the selection and selection of young athletes participating in these world sports competitions is properly organized, our youth, feeling a sense of pride and honor, will certainly show themselves as the main force in the development of mass and national sports and raise the flag of our Motherland to even higher heights [3]. More productive use of the attention paid to our sport and accelerating the process of achieving the set goals will impose many tasks not only on our athletes, but also on all of us. In fulfilling these tasks, we must all join hands and take bold steps towards our goals in unity. The development of the sports sector, like all other sectors of our country, is also of great importance. The movement of young people is the main force in the development of the sports sector. Today's youth have adopted the slogans "Sport is the guarantee of health", "A healthy body, a healthy mind", "My health is my wealth" and others as the main programs of their life path. This shows that the achievements of our mass and national sports in the future will reach even higher heights [4]. In addition, one of the important initiatives in this regard is the further improvement of extracurricular mass physical education and sports and health-improving activities of students and youth by creating sports clubs at educational institutions, the selection of talented youth and the formation of a reserve of school national

teams in sports, the organization of various competitions in sports among teachers and other employees of educational institutions in order to attract them to sports, as well as the effective establishment of sports clubs.

In conclusion, from the first days of independence, our main goal as the basis of social development, the development of spirituality and enlightenment, the upbringing of a physically healthy, scientifically and potentially mature generation, has been raised to the level of state policy, and all conditions are being created in our country for such talented and gifted youth. Indeed, today, during the thirtieth anniversary of our independence, our youth have reached the level of being able to compete with the youth of the world in science, spirituality and sports. Because the future of independent Uzbekistan is in the hands of highly spiritual, physically healthy, and mature youth, we are no less than anyone.

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