



INFLUENCE OF THE SPORTS AND WELLNESS CLUSTER METHOD IN THE PHYSICAL EDUCATION OF YOUTH

Mamatkulov R. S.

Lecturer at the Faculty of Sports and
Pre-Graduate Military Training, Chirchik State Pedagogical Institute

M. R. Rayimov

Students

M. Sh. Serikbaeva

Faculty of Humanities

ANNOTATION

The article defines the operation scheme for Sport-health clusters. Positive dynamics of growth in the number of organizations involved in the segment of sports and leisure activities in Uzbekistan and abroad. The organization, goals and objectives of the training are described in detail, since the activities of sports and health clusters in the regions of Uzbekistan are very effective, but it is also a matter of improving the quality of life of young people and the population.

Keywords: sports and health-improving cluster, education, immunity, sports, educational cluster, exercises, integration, system, cluster subjects, cluster principles, cluster directions.

Purpose. Development of sports and health clusters as a form of innovative entrepreneurship in solving problems of socio-economic development of future teachers of physical culture in higher education institutions. Tasks; Creation of sports and health clusters in the territory of Uzbekistan is not only highly effective and competitive, but also improving the quality of life of young people and the population. The sports and education cluster allows me to solve the socio-economic problems of the region. At the same time, the positive dynamics of this process cannot be achieved without a state program for the development of regions. In modern conditions, it is important for the national economy of Uzbekistan to optimize conceptual approaches to the formation and development of sports and health clusters. It is necessary to directly implement the actions of the components, which provide



incentives for the development of infrastructure projects. Regional, national and social development. In the long run, the main strategic objectives for the formation and development of sports and health clusters have been developed. Recreation, wellness procedures, sports activities and treatment of the population.

Encouraging the development and improvement of the types of services that form and provide infrastructure and logistics for direct and indirect sports and entertainment activities. It is known from history that our ancestors brought up their children to be beautiful in every way and to have a stature that would make them envious when they see them. This situation has been recognized by our people as a symbol of health, strength, mental and spiritual maturity of young people, as a level of perfection of the human body. When you exercise regularly, it is easier to avoid the evils of lust. When engaged in sports and useful science, all sorts of bad thoughts do not come to mind. The physical energy that can be wasted on useless activities goes to sports, so training a child from an early age to teach them some important time-consuming activities, including swimming, horseback riding, running, rock climbing, sports and movement games, and self-defense techniques. need to be taught. Sport has a unique place in our lives. He attaches great importance to the spiritual and physical development of man. [4] Walking is a simple and useful tool for improving the health of the body. As much as possible, jumping is still useful, but it's better to get used to jumping than to jump. It has been scientifically proven that those who are accustomed to walking for a long time can get rid of the habit that is detrimental to their spiritual and physical well-being. Our ancestors used to walk long distances when horses could not be found. They were able to withstand the hardships of the external environment, and their bodies were able to withstand the harmful effects of the external environment.

Inactivity (hypodynamics) weakens the heart. As a result, cardiovascular and other diseases occur. Through exercise, blood circulation speeds up, oxygen goes to our brain, muscles get stronger, joints move, mental tension disappears, and energy increases. In athletes, the heart valves and muscles are well developed and its size is larger than in others. The vital capacity of the lungs increases (up to 4500-6500 ml), the respiratory and circulatory organs develop well. Normally, a weakened, untrained body finds favorable conditions for microbes to live and multiply. As a result, such a person becomes ill. Exercise strengthens the heart, kidneys, lungs, and arteries, dilates the arteries, and makes them more elastic. Thus the ratio of fat in the arteries, cholesterol, sugar and insulin decreases. When the body fat ratio decreases, we feel



stronger, the nervous system becomes healthier. The most important condition for enhancing memory is that the nerves are healthy. To do this, you need to engage in physical education. Exercising at home or engaging in any sport is a common treatment for obesity that is now common. After all, obesity reduces performance, weakens health. Physical exercise gives a person uplift and spiritual encouragement. In this case, the work will be productive and in good health. If a person exercises for 10 minutes a day, his heart will beat 10 times a minute. That's 500,000 times a year. This is the way to get rid of cardiovascular disease, keep the heart healthy, get rid of heart attacks. When mental labor is replaced by physical labor, a person does not get tired for a long time, and his work becomes productive. Because during mental labor, the excited centers in the brain rest during physical labor. For example, 5-6 minutes of physical exercise every 40-60 minutes can prevent neurosis caused by stress in the brain. When exercising, you should get in the habit of breathing through your nose and exhaling it through your mouth. As a result, the intercostal muscles and diaphragm involved in breathing movements develop well, and the vital capacity of the lungs increases. Popular sports include: Morning exercise, football, swimming, cycling, basketball, volleyball, tennis, badminton, running, wrestling and more. In addition to exercise, it is necessary to rest in a timely manner and consume vitamin-saturated products in moderation. When doing sports, you should pay attention to age, physical condition, health and time. [5] At this point, we recommend you Tibetan bodybuilding exercises. These exercises are simple and require only 15-20 minutes to complete. When these exercises are performed continuously, there is an improvement in posture, endurance, vitality, and an effective improvement in human energy and health. These exercises have been used by Tibetans to promote good health and to achieve lasting youth and youthfulness. There are 19 power centers in the human body, which are called vortices, "whirlpools" because they move in a circle. There are 7 of them, and they are interconnected. In a young, healthy body, all the wells rotate at a great speed in a proportional manner, thus providing vital energy to all vital systems. In a young organism, the seven primary cocoons and the twelve secondary cocoons act in hormonal balance, and they have an energy flow reminiscent of a single dense cocoon. In a middle-aged person, the hormonal balance between primary and secondary nodules is disturbed and their density is reduced. This leads to metabolic disorders. In popular parlance, it causes salt to build up in the joints, the spine. In the elderly, on the other hand, the hormonal imbalance of the power of all wells, a decrease in their energy leads



to serious aging changes in the body. The performance of these exercises leads to a hormonal balance of nineteen power wells. Later, their density approaches that of young people. A proper balance is established between all the wells and the metabolic processes in the body. This leads to rejuvenation of the body. Below we bring you five exercises that Tibetans keep secret. Of course, try to do them. We hope you will write to us about the results. After at least 6-7 months of training, we can talk about the results. Straighten. Raise your palms at shoulder level with your palms facing down. Slowly turn the clockwise, crossing your legs without changing your position. The rotation is repeated 3 to 21 times. It is possible to increase the speed of communication over time. — It will be held as a training camp. Initially, the position of the pelvis is exhaled and the palms are lowered. At that moment, he breathed, raised his head, straightened his chin, and straightened his legs. — Rises to the top. If the legs are lifted in a straightened position, the knee is allowed to bend slightly. After a few minutes of breathing, the legs and head are slowly lowered and the breath is released. The exercise is repeated 3 to 21 times. — In the initial position, stand on your knees with your legs resting. The knees and ankles are shoulder-width apart and placed on the back of the palms. The head is tilted forward, the chin is flexed, and the breath is exhaled. The head is moved to the back and the hand is held in the air. Exercises are repeated 3 to 21 times. — Initially, the heels are placed shoulder-width apart, with the palms facing forward with the tips of the fingers. The head is bent, the chin is raised, and the breath is exhaled. Then lift your head up and hold your breath until you are in a horizontal position. After tightening all the muscles, loosen and return to the starting position.

My hands should always be in the right position and I should not hesitate. Repeat the exercises 3 to 21 times. When facing downwards, lean back on your knees without touching the palms of your hands. The distance between the palms is slightly wider than the width of the shoulders. Be in a breathing position with your head tilted back. Then, with the help of your hands, bring yourself to a low position, bend your chin and breathe. Tayanchar is always in panjavatovonda.

Repeat the exercises three to twenty times. The bums need to be done every day. In the first week, it is added three times each, and then twice a day. Thus, each exercise is repeated five times in two weeks, and seven times in three weeks, and they are multiplied up to twenty-one times. When you do the exercises, you can relax for a few minutes and enjoy the results. Try not to miss exercises.



Exercises can be postponed only for one day, if more than two or three days are left, they start from the beginning, ie three times. This is because the balance in the movement of the whirlwinds is disturbed. The exercise lasts from dawn to dusk, but can be done until sunset. It's okay to be busy. It is recommended that the water treatment be done before the exercises or 1 hour after the exercises. All exercises begin with a sigh. For all exercises, of course, all 5 exercises must be performed in a fixed sequence, without changing places. Exercises can be divided into 2 or 3. For example, 9 times in the morning and 12 times in the evening. But I don't want to be overwhelmed. To do this, take a break after a few exercises. Breathe in, wait, and then breathe in the exercises.

Health Benefits of Physical Education: Regular exercise is the simplest way to live a long life. When a person does sports, his body tightens and his muscles do not get tired quickly. Increases the activity of the nervous, endocrine, cardiovascular, respiratory and other vital organs and tissues of the human body. - Exercise promotes the rapid renewal of tissues in the human body, keeping it young and healthy. The formation of lymphocytes in the spleen increases, and the body's ability to defend itself against infectious diseases (immunity) increases.

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