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**THE IMPORTANCE OF PHYSICAL EDUCATION AND SPORTS IN THE
EDUCATION OF THE YOUNG GENERATION**

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ANNOTATION

"Sport is a guarantee of health", therefore, we should all constantly engage in some type of sport, consider it an integral part of our lives. The article discusses these things.

Keywords: Sport, I.A. Karimov, Bukhara, Samarkand, mature generation, youth, football.

Relevance of the Topic

It is clear to all of us that regular sports training forms a healthy attitude and will of our children and youth, creates a strong foundation for them to grow into brave and courageous people, to be able to bravely overcome various trials and difficulties. . The most important thing is that children who are friends with sports do not join completely alien and harmful currents for us. Today, our young people spend their free time meaningfully on newly built modern football fields in our cities and villages. Such works are bearing fruit. Our lives are changing, our consciousness, our worldview is changing, our attitude towards ourselves, our health, and our future is changing, and in this process, along with many other positive factors, first of all, sport has a great impact.

It's no secret that sports is an incomparable means of strengthening health and making any country famous to the world. The achievements of our athletes on the international arenas awaken feelings of pride in our hearts and increase the feeling of love for our Motherland.

Sport is the most important and powerful factor in raising a mature generation in our country, and it will undoubtedly remain so in the future. Because sport means first of all a healthy generation and a healthy future. Therefore, only a healthy people and a healthy nation are capable of great things. In his report at the meeting of the Cabinet of Ministers, he emphasized the following points about the further development of higher education and higher educational institutions:

"In the field of higher education, a completely new and improved system of regular retraining of professors and teachers of higher educational institutions has been introduced. In 15 basic higher educational institutions, retraining and professional development courses were organized for heads of higher education institutions and pedagogues. "I would like to emphasize that the amount of funds directed to strengthening the material and technical base of higher educational institutions of our country is increasing. This year, it is planned to allocate 355 billion soums for the construction and reconstruction of 13 higher educational institutions, including Karakalpakstan, Bukhara and Samarkand State Universities, Fergana



Polytechnic Institute. Also, the buildings of the Tashkent State Dental Institute, the new educational buildings of the branches of Inha University and the Singapore Institute of Management Development in Tashkent will be built." On the basis of the work carried out on the further development of higher education with the initiatives of our country's president, only one thing is envisaged, and this means the training of strong, qualified and high-potential personnel in higher education institutions.

In the early days of our republic's independence, attention was paid to the issue of reforming the field of education and personnel training as one of the most important priorities of state policy. As the head of our state said, our noblest goals are ahead of us

- the great future of our country, our tomorrow, our free and prosperous life,

Uzbekistan's place in the world community in the 21st century - all of this depends, first of all, on what kind of people our new generation, growing up, will grow up to be. These far-sighted words clearly express the essence of the state policy implemented in our country during the years of independence. Indeed, the large-scale reforms implemented in the education system are not a simple phenomenon, they are a radical change in the life of our people, national It is not for nothing recognized by the world community that it is a component of the process of strengthening statehood, preserving independence, becoming one of the developed democratic states, building a free and prosperous Motherland, a free and prosperous life, and the process of renewing and modernizing our society.

1. Maintaining health while raising a healthy generation

Human life and health are the highest social wealth. This puts the issue of forming a healthy lifestyle in front of the family, school and other places dealing with human education and development. The health of the nation is naturally determined by a healthy lifestyle.

Health is a balanced unity of biological, mental, physical conditions and labor activity of the human body. Health is happiness for everyone. Its labor productivity is a necessary condition for the development of the economic power of the country and the well-being of the people. A conscious and responsible approach to health, which is a public property, should be the standard of life and morals of society and all its members. In order to maintain and strengthen health, first of all, a person needs to know the structure of his body, the normal functioning of all tissues and organs, the laws of growth, development and reproduction. Also, like all living beings, it is necessary to know and create the necessary conditions for the preservation and further improvement of these biological characteristics, which are characteristic of humans.

To raise a healthy and mature generation in our country, to create the necessary conditions and opportunities for youth to realize their creative and intellectual potential, to raise the young men and women of our country to become well-rounded individuals who fully respond to the students of the 21st century. 2010 was declared as the "Year of the Perfect Generation" in the Republic of Uzbekistan in order to implement large-scale and targeted measures. In this program, young people are encouraged to adopt a healthy lifestyle and prevent them from drinking alcohol. a complex of protection against the evils of drugs, various other deadly threats, and religious and extremist influences alien to us, attacks of "mass culture" the task of implementing measures is defined.



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