
**TYPES OF PHYSICAL CULTURE: MASS, MEDICAL, ADAPTIVE.
PHYSICAL EDUCATION AND HEALTH**

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Annotation

different types of Physical Culture perform their functions. And they are all very important. Despite this division, physical education is aimed at strengthening human health, its psycho-emotional state. Effectiveness is its goal. Each component is independent, purposeful, logically and technically equipped, has a level of development and personal values. Concepts such as " physical education "and" sports " are often indistinguishable from each other because they perform the same functions and pursue similar goals. "Physical education" is understood as mass and medical activities.

Keywords

Physical Culture, types, tasks, important, physical education, values, upbringing, level of Vision Sports

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The physical education system is part of a healthy lifestyle. It is impossible to gain mental and physical strength without moderate effort. Physical education is a set of exercises aimed at improving the human body, strengthening its emotional state. It is used as a prevention of diseases, as well as their elimination.

Features

The system of physical education includes the main means of achieving it. This is a natural and natural factor, exercise, personal care and massage. All this forms the basis of a healthy lifestyle in the complex, which means that the soul and

body live a harmonious life. Complete physical education is a complex application of all means. Each of them affects the human body.

Types of Physical Culture

The next moment. What types of physical education are there?

Fon... A physical culture in which a person is unconsciously realized. It turns out that any actions performed during the day belong to this type. A distinctive feature of the background of physical education is that it does not require a large load from a person. This includes cycling, walking, morning exercises, climbing stairs, and other light exercises.

Large. Aimed at the development of physical education and self-education. Helps the body to develop, heal, improve its abilities, improve its physical condition.

Sensitive. Physical education, it is individual. It aims to integrate a person into society, to correct mental and physical disorders. This type of Physical Culture Not only heals, strengthens the body, rehabilitates, but also has many other positive effects.

Treatment... Exercise therapy is used to rehabilitate patients who have shown positive dynamics in the treatment of the disease with drugs. Physical therapy is also known as motion rehabilitation. A specific set of exercises was chosen for the exercise therapy course. They are aimed at restoring body functions as a result of trauma, illness, stress.

All types of Physical Culture pursue specific health goals. This includes: hardening the body and strengthening health; harmonious development of the body, its functions; the comprehensive formation of mental qualities; endurance, training of performance; improvement of the functioning of the central nervous system. Physical education helps to maintain not only youth in the body, but also clarity of consciousness in old age.

Instructions

Types of Physical Culture have their own indicators. For example, it is aimed at eliminating the consequences of a therapeutic disease or is included in therapeutic treatment. Mass physical education is designed to strengthen the body, so it is shown to everyone without exception. But taking into account individual characteristics. The main indicators of physiotherapy exercises include: weakening of the body after a prolonged illness, complications due to the disease, positive dynamics in the patient's condition, improved well-being during drug treatment, Good Clinical and laboratory tests.

Pregnancy is a special condition of a woman, in which it is important to control her well-being and health. Exercise and sports are essential to keep the body in good shape. Pregnant women are advised to do certain exercises for half an hour five times a week. Before carrying them out, you should consult your doctor. If a woman has diseases such as asthma, diabetes mellitus, heart disease, you cannot load the body. It is worth avoiding training with the risk of miscarriage and other dangerous conditions. If you follow the recommendations of specialists and always follow the norm, rest physical education and Sports will always benefit a person.

Contraindications

All types of Physical Culture are aimed at strengthening human health, body and soul. It is of great benefit to healthy people with chronic diseases. For those diagnosed with somatic diseases, physical education is limited, and sometimes must be completely excluded. Exercise therapy has contraindications. This may be true for other types of Physical Culture:

Increased body temperature.

Embolism, thrombosis and predisposition to them.

Internal bleeding, a threat to their appearance.

Intoxication of the body.

Pain.

Infectious and inflammatory diseases.

Progressive diseases.

Metastases.

Hypertension.

Malignant tumors.

Mental disorders.

A foreign body in the body.

When prescribing physical therapy, it is important to take into account the individual characteristics of the patient, indicators (limitation, limitation, limitation) and risk factors. The latter include deviations in the patient's physical and mental state, diseases and complications that directly affect the choice of exercises. Risk factors include aortic, cardiac, osteoporosis, callus, and other pathologies.

Physical education

Later. Popular physical culture is widespread. They teach him from school age. Physical education is part of the educational process aimed at mastering personal values. Its main purpose is to form a culture of personality with the further realization of spiritual and biological potential. Education should be carried out in conjunction with moral, labor, physical, mental. Only in this way does the individual develop in every possible way.

Effect on the body

And finally. Therapeutic physical culture has a beneficial effect on the human body. A set of exercises for patients with various diseases is selected by the attending physician based on the patient's well-being and laboratory tests. Physical education hardens the body, strengthens it, acts as a preventive agent. It helps to form the correct curvature of the spine, strengthens the ligament apparatus, muscles, develops the foot, improves the central nervous system. In general, what a person needs.

Adaptive physical culture methods consist of a whole system of measures aimed at correcting various disorders in people. Such Gymnastics primarily affects the emotional state of the body. It helps to find a desire to improve personal qualities, increases aspirations, forms efficiency, helps to realize the need to make a personal contribution to the development of society. It should be noted that adaptive exercise is much more effective than medication. Any physical activity works in the same way. It improves mood, strengthens the body and restores strength.

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