

**PHYSICIAN SCIENCE IN EDUCATION OF BODY STATUS OF PEOPLE OF EUROPEAN COUNTRIES****Musayev Zarifjon Tursunaliyevich**

**Annotation:** In addition to the formation of vital movement skills and training, the education of physical exercises includes training with combat weapons, the main thing is the level of physical training, training, exercise, the external appearance of the body. Based on his appearance, his body began to be evaluated with "wrestler quality". This article talks about the science of physical education in European countries.

**Keywords:** Wrestler qualities, symmetrically developed muscles, Body training, "single wrestling halls", "fitness clubs", "Bidibolding", "Athletic clubs".

The qualities of wrestlers only receive the hadith of the science of training certain parts of our body. Gradually, their various ("Bidibolding", "Bodybuilding", "Athletics", etc.) societies have started to be organized. Societies where aspects of body status were taken into account began to form. Its history began at the end of the 19th century and the first half of the 20th century.

It has become a tradition for our students today to give a special direction and a special status to physical education. Their special literature testifies to the fact that body posture exercises include only the anatomy, and in order to achieve quick results in the improvement of muscles, various anabolics, steroids and other chemical preparations have begun to be used. This direction in physical training has already found its proof that it contradicts the methodical and physiological laws of the formation and development of the organs of the body engaged in.

Their training is in luxurious facilities, gyms with beautiful design, sports clubs, where the purpose is not physical training, but only to increase the size or size of certain muscle groups, "single wrestling gyms", "fitness clubs", As members of "Bidibolding" and "Athletic Clubs", we are witnessing that the one-sided physical development of individual body parts is turning into exercises.

The youth of our time, even the students of general education schools (UTM) of our country, have reached the point where there are many enthusiasts of physical exercises in this direction.

For our pedagogical experience - 160 (160) students of our VII and XVIII secondary schools selected from the city of Ko'kan, and about 5% of our classes in the control group became members of the sports clubs mentioned above.

The main direction of our research involves the systematization of the theoretical foundations of the science of educating the noted amateurs as members of society who are physically well-developed, have a

suitable height, have symmetrically developed muscles, are ready for creative work and defense of the country, and are fit for their body status and somatic health.

In the special literature and scientific studies of the field, the status of the body, the means of its education, exercises and their various forms, since the end of the first half of the Middle Ages, gymnastics, swimming, games, archery, riding, fencing, fist fighting as the foundation of the culture of the human body. Forming the "ideal athlete's body" (Benjamin Lowe), researches on its use in training, preliminary practical exercises, and even the preliminary manuals about them began to be created<sup>1</sup>.

Despite the great attention paid to the status of the body, the analysis of special literature shows that the ancient Greeks lived an average of 29 years, Europeans lived 21 years in the XVI century, 26 years in the XVII century, 34 years in the XVIII century, 50 years in the XX century, and now it is 70 years or more. we found information that they are living longer<sup>2</sup>.

There is enough information about the high attention paid to movement activity in the life and lifestyle of virtuous European scientists. Most of them are engaged in the simplest, most practical forms of physical exercise (normal walking, a little brisk walking, light running (jogging), running and walking alternating between walking and running, using "targeted running exercises" who left noteworthy information about the positive aspects.

In the early days of the beginning of the treatment of diseases, Hippocrates (the father of medical science, doctor, philosopher, champion in swimming and wrestling) approached the phenomenon of "Healthy lifestyle" from a medical point of view, not an educational one. "he wrote his treatise<sup>3</sup>. In the treatise, the author proved that the health of the human body depends on the factors of the external environment - climate, soil, water, the way of life of people, the laws of society, the necessary theoretical knowledge, practical skills, the existing environment and conditions for a healthy lifestyle. Prophesying (expressing an opinion) about longevity, he wrote: "for a long life, a moderate lifestyle, sensible (reasonable) level of gymnastics, fresh air, walks - food of life".<sup>4</sup>

The famous ancient Roman doctor Claudia Galen in the book "The Art of Restoring Health" "Isskustvo vozvrashchat zdorove". "... I have restored health to thousands of my patients through exercises," he assessed the effect of gymnastics on the human body<sup>5</sup>.

<sup>1</sup>Бенджамин Л."Красота спорта".Москва,-"Радуга"-1984 г.

<sup>2</sup> Богданов Г.П.Школьникам – здароровый образ жизни"- М.: "Физкультура и спорт" Москва,1989 г.13 с.

<sup>3</sup>Ўринбоев Н."Барқарор тараққийёт ва соғлом турмуш тарзи"Т.: "Фан", 2009. с.

<sup>4</sup>Абдуллаев А.Жисмоний маданият назарияси ва методикаси(1 - жилд, 2тўлд. нашр) Тошкент/ "НАВРУЗ" нашр.2017. 400 б.

<sup>5</sup>Абдуллаев А.Жисмоний маданият назарияси ва методикаси(1 жилд,2тўлд.нашр)Тошкент/"НАВРУЗ" нашр.2017. 400 б.

The great philosopher Plato's saying "I would add medicine to all gymnastic exercises" is recognized today as the highest value given to gymnastic exercises and physical exercises in general<sup>6</sup>.

Pythagoras was a famous mathematician and Olympic champion in boxing. Why did most of the geniuses of mankind use the term "gymnastics" relatively often? Because "until the middle of the XIX century, when physical education was the system of physical education or physical exercises of the countries of that time, they meant only the movements of gymnastic exercises. The exercises covered by the "Gymnastics" system itself did not have a clear limit.

For example, in the "Gymnastics Competitions Program" of the 1900 Olympics, long jump, "shest" (long stick, pole, anchor stick) jump, and 50 kg weight lifting exercises were also included. It was only at the beginning of the XX century that the historical types of physical exercises were classified as gymnastics, sports, games and tourism. The development of science, the enrichment of the experiences of specialists in the field, and the fact that they began to put new exercises into practice, led to the emergence of new classifications of their types. Since 1924, a clear limit has been set for the current types of gymnastic exercises.

In the history of the emergence of gymnastics, there are opinions of scholars of the Islamic world. They affirmed their opinion that the five times prayer is the beginning of modern gymnastics exercises, and incorporates aspects that modern gymnastics does not include (assuming that it also exercises the internal organs of the body), and there are several Religious Administration of Muslims of Central Asia and Kazakhstan The presence of more than 30 fatwas and instructions of (O'OQMDB) was reported by professor T.I. Iskandarov (1989) in his monograph entitled "Zdorovyy obraz jizni: vostochnye traditsii i sovremennost'" by Arab scholar Alavi Muhammed Kamil, Ar-Riyda-al-badaniya indal al arab (approx. He quoted the fifth chapter of the book "Sports of the Arabs"<sup>7</sup>.

Because if we pay attention to the analysis of the effects on the body of most of the tools used in the education and training process of our gymnastics system, we will see that they only affect the skeletal muscles, increase their mass and flexibility. If we pay attention to the pillars of the five-time prayer (takbir, qiyam, ruku, qawm, sajda, jalsa, qada) recommended by the scholars of the Islamic world, standing, sitting, bending down, in certain positions of the body "to perform various actions such as twisting and bending" is defined as an obligation and rule<sup>8</sup>.

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<sup>6</sup>Искандаров Т.И., Исхаков В.И. "Здоровый образ жизни: восточные традиции и современность". - Т.: Медицина, 1989. - 120 с.

<sup>7</sup>Искандаров Т.И., Исхаков В.И. "Здоровый образ жизни: восточные традиции и современность". - Т.: Медицина, 1989. - 120 с.

<sup>8</sup>Мақсудий А.Ҳ., Ибодати исломия./А.Ҳ. Мақсудий. - "Самарқанд: Имом Бухорий ҳалқаро маркази" нашриёти, 2018. - 240 б.

When performing them, we affect the muscles of our internal organs with a specified level of physical load. Internal organs of our body, especially trachea, medulla, intestines (small intestine, duodenum, large intestine and other organs), liver, spleen, kidney, internal and external secretion glands, The fact that special physical exercises affecting their function improvement are not available in the system of general developmental gymnastic exercises today is criticized by our experts. The positive effect of optimal physical movements on health There is enough evidence that the end of the XIX century was more deeply researched than the beginning of the XX century.

The research of Yu.I. Evseev (2008), an academician of the Russian Federation, based on the theory that "working muscles create a stream of muscle impulses"<sup>9</sup>.

These pulses stimulate metabolism, nervous system and all other internal organs in the active organism, improve oxygen consumption of tissues, prevent accumulation of excess fat and strengthen the body's protective properties. has scientific, theoretical and practical proof.

In fact, the theoretical concept that muscle function takes place at the expense of the body's energy consumption is still present in a number of sciences. However, there are also opinions that it should be accepted not only as a theory of physical culture, but as a theory of STT physical culture.

Academician of the Russian Federation M.R. Mogendovich called the mentioned theory the theory of "motor visceral reflexes" and based it on the interconnectedness of the activities of skeletal muscles and internal organs, the exchange of energy arising from movements from one to another.

According to the academician, the presence of microscopic nerve fibers in the muscles, tendons and bones that connect them to the muscles, and through them the impulses of a certain frequency caused by the muscle movements from the central nervous system are transmitted to the internal organs and have a positive effect on their activity. is a big news. For this, of course, the group of muscles involved in movement activity must have a sufficient level of tone or the necessary level of development.

If there are deviations in the stated requirements, the effect of impulses arising from muscle movement on our internal organs will decrease and will have a negative effect on their functional activity.

The noted motive of forming TTJM motivates the emergence of a stereotype of systematic physical exercise.

The increased need for daily movement activity to maintain the necessary muscle tone does not need its practical and theoretical proof as a law of STT physical culture. Teaching such knowledge to students and including it in the state programs of physical education is the current demand. Through the analysis of the programs, we did not find the topics of theoretical knowledge about the power generated by the actions and

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<sup>9</sup>Евсеев Ю.И.Физическая культура / Ю.И.Евсеев,- изд. 5-е.-Ростов и/Д:Феникс,2008.-79 с.

their effect on the function of our internal organs in the state programs of physical education<sup>10</sup>. In addition, despite the fact that one of the most visible dominant features of our age is the limited movement activity of our students, in the state programs of physical education of the educational institutions of the educational system, the teaching of knowledge about hypodynamia and hypokenisia is not provided.

The optimal volume of their movement activity is not scientifically based. In his time, S.P. Botkin recommended the treatment of chronic coronary artery disease with muscle movement.<sup>11</sup>

During the 14th meeting of the leading therapists of the country during the time of the former Soviet Union, real members of the Academy of Medical Sciences were such famous therapists as V.N. and other scientists have provided clear practical evidence that exercise—the healthy lifestyle activities we now systematize—is essential in preventing heart disease and in the fight to preserve the function of a diseased heart<sup>12</sup>.

Nowadays, it should be made legal that regular exercise is the first step to physical culture of STT in the prevention of diseases, not even in the elementary school age, but in the pre-school age.

Therefore, the concept of developing the physical culture and sports of our renewed society until 2025 envisages the formation of young people who can set a specific goal and achieve it with their own strength. That is why it is emphasized that "human life and health are the greatest social wealth"<sup>13</sup>.

To this day, there are very few general and specialized literatures on the scientific-theoretical foundations of healthy lifestyle physical culture, which explain the meaning and essence of the concepts, terms, expressions of STT physical culture, or are written in accordance with the intellect of these ages. Not to mention basic scientific research.

Problems such as the system of daily, weekly, monthly optimal activities and working out their normative norms for students of a general education school still need their solution.

We are witness to the fact that the student has launched great practical work to further develop youth physical culture, mass children's sports, to make them masters of STT physical culture: - in the last 10 years, boys up to 14 years old average weight indicator is 43 kg. to 47 kg, 44 kg for girls. from 48 kg. increased to - their height increased by 3 cm in boys and by 2.9 cm in girls.

<sup>10</sup>Жисмоний тарбия ва спортни ривожлантириш бўйича қўшимча вазифалар белгиланди. Республик Президенти Ш.М.Мирзиёевнинг 2019,05.09 даги видео селектрадаги нутқи.дан. "Халқ сўзи". №184 (7414), 2019 й. 1-саҳифа.

<sup>11</sup>Муравов И.В.Оздоровительные эффекты физической культуры и спорта.Киев:Здоровье,1989 г.103 с.

<sup>12</sup>Муравов И.В.Оздоровительные эффекты физической культуры и спорта.Киев:Здоровье,1999 г.103 с.

<sup>13</sup>Ўзбекистон Республикаси Жисмоний тарбия ва спорт тизимини 2025 йилгача ривожлантириш концепцияси" ПФ-5924-сон Фармониға 2-илова

Currently, 92% of our boys and girls' physical development indicators in terms of weight and height meet the standards of physical development of children and adolescents of the World Health Organization, should be considered as the result of practical work in the implementation of the great goal<sup>14</sup>.

During the analysis of special literature, we came across a collection of written opinions of a number of famous European scientists about the effects of active movement on the human body, written by A.Abdullaev, T.Normatov, Q.Jabborov (2003)<sup>15</sup>.

For example, Simon-Andre Tissot, a famous physician from Farangistan, wrote as early as the 18th century, "According to its effect, action can replace any medicine, but all the healing drugs in the world cannot replace the effect of action."

It was not for nothing that the famous ancient Greek philosopher Aristotle said that "life requires action."

The famous mathematician Gauss or the even more famous medical examiner Hermon Helm, one of those who are used to movement activity and understood the importance, benefit, and pleasure of movement. It always comes unexpectedly, certainly at the writing desk, not when the brain is tired and physically exhausted, but when the physical stamina and mood are high. Especially (flashing, sudden appearance, like "lightning") comes when the sun is shining, the blue mountain scenery is mind-blowing, and the mountain slowly climbs up. We witnessed that he wrote down.

"Walking inspires my thoughts to a certain extent, gives me joy. If I am calm, I cannot think clearly, my body must be in motion, only then will my mind also begin to move," wrote the famous French pedagogue Jean-Jacques Rousseau.

Genius Goethe, a professional writer, poet, and writer, wrote: "All the most valuable and noblest ways of thinking come to me while I'm walking."

A.S. Pushkin walked at least 30 miles from Tsarskoe Selo to Petersburg.

George Simenon, a writer from Farangistan, "I walk a lot, no matter where I am, I start the creative process while walking, only by smelling, feeling, hearing, hearing the heat, cold, mud, fog, etc. during the walk. "I will fill in the face and eyes of the character with the words, if only a little."

Farang Alain Bombar, a famous doctor and traveler from George Simenon's country, wrote: "Only a healthy person can solve the task assigned to him by society, man's capabilities are very high, if he knows his capabilities and believes in them, his bravery and self-confidence will increase."

<sup>14</sup>Жисмоний тарбия ва спорт соҳасидаги давлат бошқаруви тизимини тубдан такомиллаштириш чора тадбирлари тўғрисида”ги 2018 йил 5 мартдаги ПФ-5368-сонли” Фармони,

<sup>15</sup>Абдуллаев А, Норматов Т. ва бошқалар. “Жисмонан баркамол авлод орзуси”. Фарғона, 2003 й. 29 саҳифа

For the heart, for a bright creative mind - in a lively rhythm, one can think perfectly while walking without snoring. Very careful opinions were expressed about the simple, the only, the simplest movement, the exercise of "walking with a step."

The demands of the human body for movement, the miracles of our body that arise from satisfying them, our noble and virtuous ancestors left invaluable experiences. It is worth concluding that those who set bright goals for education, training, spiritual formation in the way of life (TT) created the foundation for the high level of physical maturity and physical perfection of their young men and women.

Our analysis is based on special literature, scientists who have left a mark in the history of mankind, not only in one direction of human science, but also in several fields, their scientific researches are those who felt the continuity and precision of the movement of all beings, sun, earth, moon and heavenly planets, and adapted to it.

Those who violate this ritual are condemned to disintegrate and move to another state. All beings and medicine live and continue to live in accordance with the law of "continuity of nature's movement ritual". In turn, this "biological condition" makes the "law of adaptation to the external environment" come into existence and enforces it.<sup>16</sup>

Allowing carelessness or laziness is considered as "injury to health". That is why the European people believe that "indifference is the beginning of destruction"<sup>17</sup>.

Aristotle, the great thinker of the ancient Greeks, did not say this for nothing: "There is nothing that destroys and destroys a person except continuous physical inactivity"<sup>18</sup>.

Europeans observed that the external environment undergoes changes in the life of the living organism during the day and night due to the movement of the sun and the earth, in the evening the temperature of the body decreases, the arterial pressure decreases, the rate of breathing changes, the metabolism slows down, and the organism goes to its night rest hours. the teaching of theoretical knowledge about the preparation of rest as the main material of school programs was included in the state programs from physical education already in the first half of the last century.

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