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**Anotation:** in our country there is a need to introduce into practice specific programs that contribute to the strengthening of the health of the population in the field of physical education and sports, to widely involve young people in sports and to qualify talented athletes from among them, to form national teams with skilled athletes who provide high results in sports and create additional The problems of development and practical testing of advanced pedagogical technologies have attracted the attention of many scientists as scientific objects.

In this study, an attempt was made to cover these problems more widely, to promote consistent mastery of coaching skills for students. In the study, the means for a gymnastics lesson are given as an example. It is hoped that the set of classes given as a model will allow specialists to deepen their knowledge.

**Keywords:** atherosclerosis, hypertension, hypodynamia, degenerative, osteochondrosis, psychoemotional

Experience shows that a person who begins to engage in physical education not only achieves an extension of his life, but also increases its quality. The following are proven:

people who orient themselves on constant physical loads are three times less likely to suffer from cardiovascular diseases, namely atherosclerosis, ischemic heart disease and hypertension, which are the main cause of death in the current period;

whether insufficient physical activity (hypodynamia) is a risk of being exposed to sugar can lead to degenerative changes in the joints, osteochondrosis and "normal" colds;

people in good physical shape have been observed to have a lower propensity for cancer (cancer), for example, as long as it would be at the lowest level to be exposed to cancer in moderate practitioners with running compared to people with less movement. It turns out that in running people, cancer is 4 times less than in people with low movement, and in women who practice running, this figure would be 6 times lower;

insufficient physical activity reduces the tolerance of the body to a decrease in protective forces, psychoemotional, overload and various unpleasant factors.

Scientists note that constant intensive physical exercises (2 hours of training in a week, if every day from 1 hour, then even better) slow running, tennis, rowing, swimming extend a person's life by 6-9 years on average.

The means that are applied in the body of health or treatment can be conditionally divided into gymnastic and non-gymnastic means.

Gymnastic tools are generalizing, strength-speed exercises, relaxation and stretching exercises, coordination static and dynamic breathing exercises, as well as exercises that control breathing at will.

Nogymnastical means are walking, running, swimming, cycling, skiing and skating, and rowing. For these tools, dynamic, cyclic physical loads, various structures, simulators, that is, a veloyergometer, tredban, special stairs, etc. are provided. This group of tools can be called games, sports games, massage and natural physical factors. However, there are also generalization, breathing and special exercises according to the conditional classifications of physical exercises that are practiced in the body of treatment.

Universal exercise improves blood circulation, enhances the exchange of substances, strengthens the musculoskeletal apparatus, and has a general and local effect on the body. These, in turn, are classified as follows.

By anatomical sign:

\* exercises that are given to the muscles of the arms, shoulder girdle, neck, body, pelvic girdle, legs. These exercises are directed to one or another muscle group, thereby also affecting the activity of internal organs.

By sign of activity:

• Active (active) exercises are performed by a person independently and consciously. These make up

the main composition of the means of physical education of treatment. Exercises that are given to relaxation from this group can be distinguished separately. Such exercises have a comprehensive effect on the general body: they reduce muscle tone, calm the nervous system, accelerate recovery processes. Jerking and jerking movements will help to relax the muscles of the arms and legs. To relax the whole body, for example, it is enough to go down to a warm bath, in addition, “working” with strong-willed im-pulses, that is, with the head, gives a good breath;

\* Passive exercises are performed with assistance provided from the outside. This exercise is practiced in the case of paralysis of the legs, arms, in the initial period of myocardial infarction, broken bones. The muscles being trained must be completely relaxed in passive movement. These exercises have a mild physiological effect on the body, which is associated with the level of stretching muscles and the duration of relaxation. During stretching, the heating product of muscle tissue is expected, the blood drop is narrowed, the blood supply to the muscles is reduced, while relaxing the muscles, the reflector everything is reversed: blood circulation improves, oxygen absorption in the muscles increases three times, muscle elasticity rises (30.31)

The fact that visible physiological absorption in the body occurs through loading is that physical exercise is small, moderate and high (maximum) fast-paced.

- small fast-paced exercises do not make certain changes in the absorption of physiological functions and do not affect the effectiveness of training, however, small additional loads prevent the negative consequences of hypodynamia and have a positive effect on the central nervous system. Small fast-paced exercises are small muscle group movements that are performed at a slow pace and with a small amplitude. Treatment of such exercises is carried out at the first stage of practicing bodybuilding. These exercises normalize hemodynamic indicators, the number of heartbeats, the number of breaths, the depth, etc., but long and continuous execution of small fast-paced exercises increases fatigue, which, in turn, can negatively affect the functioning of the cardiovascular system;

- exercises of medium strength pace activate the processes of oxidation in the muscles and the breakdown of glycogen, the work of the cardiovascular, respiratory system, thereby creating aerobic conditions for muscle function. These exercises are more commonly used in the treatment body. These exercises include walking at a slow and medium pace, exercises that are given to the arms and legs at a slow, medium pace with large amplitudes, as well as to the muscles of the bodies;

- large and maximum fast-paced exercises lead to a certain degree of tension of the body's vital functions. Muscle activity has an anaerobic character, and in the long term the “oxygen debt” is extinguished. However, during this recovery period, the duration of the exchange of substances increases, the effect of small maximum fast-paced exercises lasts longer.

As a result of rapid running, brisk walking, exercises performed on gymnastic equipment, additional exercises of malolence, exercises given to a large muscle group, with a large amplitude and speed, strict medical supervision should be carried out in the performance of these exercises in connection with the provision of a certain load on the body.

Ideomotor exercises form a separate group. And this is “thinking Gymnastics”. There is no magic here: imagining a certain movement triggers certain neurons in the brain, so that the action of nerve cells is activated. This will help restore impaired peripheral nerves (16).

In different diseases, different physical exercises have a targeted effect. For example: special breathing exercises for the cardiovascular and respiratory system of the heart, in hypertension-relaxation exercises (muscle relaxation); in diseases of the central nervous system — exercises to improve movement coordination and balance; in digestive disorders — abdominal press, static isometric exercises for bone fractures and muscle atrophy, etc. are recommended.

Lifestyle includes a person's life in society and the environment, work, rest, etc. Its components include not only socio-political and production activities, but also socio-cultural activities in time outside of production. Medical activity is also a kind of it. In marriage, a person can fall into various negative influences, adverse circumstances and conditions. To prevent this, it is necessary to educate the population's attitudes towards their own health and promote medical knowledge.

A healthy lifestyle is a concept with a broad meaning, it consists of productive work, active rest, practicing physical activity and sports, conditioning the body, adherence to personal hygiene, rational nutrition, abstinence from harmful habits, passing a doctor's examination every year, and many other such components.

Each member of society will live a healthy life if they apply them to their lifestyle (22,23).

Medical supervision plays an important role in the formation of a healthy lifestyle among the population. In order to detect diseases in advance, a dispensary examination or a medical examination of the population to the yoppasi is important in the fight against most diseases.

1. Engage in the prevention and treatment of diseases.
2. Give tips.
3. Study of cases of morbidity and mortality.
4. Providing organizational and methodological assistance to doctors of the general network.

It is necessary that health institutions, state and public, cultural organizations and the media work in cooperation to increase the medical literacy of the population, promote a healthy lifestyle and prevent diseases (20).

Gross medical examination is one of the methods of treatment and Prevention, to identify patients with a doctor's observation in order to make an early diagnosis of the disease; to monitor the health of certain groups of the population and patients, taking into account their special conditions; to prevent diseases, its prevention; to carry out timely treatment and preventive measures for faster recovery; the study of labor, as well as living conditions of people standing in the dispensary account, involves the elimination of factors that allow an increase in diseases (40,42)

There are three types of institutions participating in population dispensarization:

1. Outpatient-healing institutions: rural doctor's office (QVP), doctor's outpatient clinics, medical department; medical-sanitary part (TSQ), area healing facilities.
2. Specialized dispensaries-cardiology, oncology, skin-venereal, Endocrinology, Narcology, psychoneurology, etc.
3. Hospitals of regional and Republican hospitals, specialized centers, medical and research institutes.

Severe chronic diseases (tuberculosis, cardiovascular diseases, peptic and duodenal ulcer disease, etc.), as well as most healthy people, infants, children of preschool and school age, adolescents 14-18 years old, students of professional colleges, pregnant women, athletes, miners and workers in harmful activities, military personnel, mechanizers, milkmen and people of other professions, are subject to regular dispensary observation (25,26,27).

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