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## THE ROLE OF HEALTHY MOTHERS AND FAMILIES IN THE DEVELOPMENT OF WOMEN'S SPORTS

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**Annotation:** *Through this article, we aim to illustrate the role of women in the historical development of our people on the basis of the following historical sources in order to cultivate girls' interest in physical culture and sports and their regular place in their lives.*

**Key words:** *healthy mothers, family, women's sport, physical culture, sport.*

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Thanks to independence, physical culture and sports, like all areas of development of our country, are developing within the priorities of state policy. Adoption of the Law "On Physical Culture and Sports", the Resolution "On measures to further develop physical culture and sports in Uzbekistan", the Resolution "On further strengthening of mass sports activities" and other conceptual documents in this area, their gradual implementation The Law of the Republic of Uzbekistan "On Education" and the Law "On the National Training Program" emphasize the importance of physical culture and sports. But not to miss the high results, the training of qualified, competitive athletes is directly related to the cultivation of young talented reserves.

Involving more people, especially girls, in the training process places a great responsibility on sports professionals. For this reason, our female coaches play an important role in the development of women's sports.

We consider it appropriate to consider measures for the organization of physical culture in sports on the following issues:

- In the process of organizing physical education in women's sports, take into account their interests and needs;
- Inclusion of issues of physical education, teaching women a healthy lifestyle in the curriculum, improving their general culture, raising the prestige of physical culture, sports and a healthy lifestyle in the family;

The working capacity of the female body is slightly lower than that of the male. This is due to the anatomical and physiological features of the female body. Therefore, the goal cannot be achieved without setting the optimal amount of exercise given to improve women's health, or to make them achieve high results in sports. Determining the amount of physical work to be given, as mentioned above, will be closely linked to the structure and functional characteristics of the female body. It is known that every woman is a mother, it is important to remember that the health of the next generation depends primarily on the health of the mother. To do this, every specialist in sports, every teacher, as well as every girl, woman, coach in sports should know the physical capabilities of the female body, conduct a comprehensive examination of the organization and conduct of training with them, study modern knowledge in the field of sports. , must be able to use them correctly in the classroom.



The growth of girls in the family physically and psychologically healthy, spiritually mature, hardworking and ready for family life is formed in them along with all the human qualities such as honesty, truthfulness, loyalty, courage, kindness, agility.

From the feedback we received, we need to get girls involved in the sport. Following this, we will create a healthy environment in the family, strengthen the health of women and lay the foundation for their future lives. They must bring up a healthy generation in the future and bring them up as mature people loyal to the Motherland.

Indeed, thanks to our independence, our country has achieved growth in all areas.

The reforms being carried out in our country on the path of interethnic solidarity and the development of society will raise the prestige of Uzbekistan and further increase its potential. One of the first laws of the state in the sports system is the Order of the Healthy Generation.

is the result of their efforts to bring up our youth as a spiritually mature and physically harmonious generation.

Now, along with our athletes who have shown high results and glorified the name of Uzbekistan, our female athletes are also being awarded. They are awarded the high title of "Pride of Uzbekistan." Thanks to our independence, our women often go abroad. On this basis, the focus is on the fact that Uzbekistan has created great conditions for the development of women's physical culture and sports.

The development of women's sports has become a very important issue in recent years. Ways to positively address this issue are reflected in the speeches and speeches of the first President Islam Karimov, in the works on the harmonious development of the individual, in the scientific literature.

In recent years, the number of women involved in sports has been growing.

Now they are not only the Republic, but also. Participating in international competitions.

Competitions among women in cities and districts have also become a tradition. This is helping to further popularize women's sports in the field. Thousands of women are improving and demonstrating their skills, as well as improving their health.

They are growing up to be harmonious and beautiful generations. All this is in the field of sports of our President, especially. The fact that women are taking part in physical education and sports development initiatives fills hearts with pride and joy.

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