

BOXING AS AN IMPORTANT MEANS OF FORMING A HEALTHY LIFESTYLE IN STUDENTS

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Abstract: Abstract: this article contains information about the emergence of martial arts, the importance of boxing in personal training and the education system, the role of health promotion and the development of a healthy lifestyle culture.

Key words: tool, tradition, value, concept, intellectual, norm, tradition, power.

Physical education and sports serve as an important tool in the development and upbringing of a person in every possible way, becoming healthy and harmonious. All sports are important for the upbringing and formation of certain qualities of a person. That is why people become oshno for sports. Young people who are growing up are encouraged to play sports.

The development of physical education exercises and sports occurred depending on certain reasons and conditions. Certain sports have seen the face of the world thanks to the ideas and initiatives of certain people or individuals. Examples of this are sports games; volleyball, handball, basketball, judo from singles, sambo types. The services of specific individuals directly are important in the emergence of these sports. There are also certain types of sports, the strength of which is also considered to be a particular nation or nation, both to the wound of these sports. Because certain sports usha are inextricably linked with the history, value, lifestyle of the people or nation.

Boxing (Eng. box-punching, tattooing) sport, the competition of two opponents with a leather surface, a rule-based singles punch in gloves with a soft lining inside. The history of boxing dates back to mil. av. the era goes back to the solo fist competitions organized in Egypt and Babylon. Ancient in Greece. There were also such competitions in the Olympic Games program. Modern boxing is native to England (16-17-a. lar). The early rules of boxing were adopted in this country (1867). The International Association of amateur boxers (AIBA; 1946) was founded by 160 countries member (1999). Boxing has been included in the program of the Olympic Games since 1904, World Championships have been held since 1974, and World Cup competitions since 1979.

In addition to the fact that today the number of talented, skilled athletes developing in all regions of our country increases day by day, the results achieved by our boxers are seen in the highest place in the sport of the world community.

It is worth noting that the health of the growing generation in the world educational system is revered as the national value of any people, and the need to carry out scientific research on issues that determine the progress of science as an important socio-pedagogical task is manifested in this issue. The implementation of systematized and integrated technological models aimed at improving youth health, improving the pedagogical system, which takes a new approach to the content of rational organization of student activities, Shows special relevance [9,10,11,12,13].

In October 2019, in the concept of development of the higher education system of the Republic of Uzbekistan until 2030, such tasks as accelerating intellectual development, training of competitive personnel, effective organization of scientific and innovative activities and the development of Science, Education and production integration in order to strengthen international cooperation were taken as the basis. The content of the concept reflects the priorities of the reform of the higher education system of our country. It sets out specific areas for expanding the level of coverage in higher educational institutions and improving the quality of education, introducing digital technologies and educational platforms, attracting young people to scientific activities, forming innovative structures, commercializing the results of scientific research, achieving international recognition and many others. All this serves to raise the process of higher education to a new level of quality [1, 2,3,7,].

In the current period, according to the medical-demographic nature of the population of Uzbekistan, the level of health of students and young people is counted from significant social indicators. In the regulatory legal acts adopted in our republic on the reform of Health and physical education and sports, the importance of improving these systems is emphasized as one of the important directions of state policy in the development of a healthy lifestyle among the population [6,8,].

Especially in recent years, the popularization and development of national sports in our Republic is one of the main directions of state policy. Decree No. 4947 of the president of the Republic of Uzbekistan “on the strategy of action for the further development of the Republic of Uzbekistan” dated February 7, 2017, PQ-5099 of April 24, 2021 “on measures for the further development of boxing”, PF-6099 of October 30, 2020 “on measures for the wide implementation of healthy lifestyle and the development of mass sports” of the president of the Republic of Uzbekistan, Decree of the Cabinet of Ministers of the Republic of Uzbekistan dated April 28, 2021 "on measures to organize the activities of the platform "healthy lifestyle" and other regulatory legal acts related to this activity are important in maintaining and strengthening the health of the population,

developing mass sports, promoting boxing among the population, developing a healthy lifestyle in students and young people.

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