AHOLI SALOMATLIGINI YAXSHILASHDA DAVOLAVCHI VA JISMONIY MASHQLARDAN FOYDALANISH SAMARADORLIGI

B. Y. Shamuratova
Urgench davlat universiteti katta o‘qituvchisi

Umrbek Shamuratov
Denov tadbirkorlik va pedagogika instituti talabasi

ANNOTATSIYA

Ushbu maqolada axoli salomatligi yaxshilash jumladan talabalarning sog‘lom turmush tarziga rioya qilishi va jismoniy mashqlarning odam organizmiga samarali ta’siri shu bilan birga jismoniy tarbiya mashg‘ulotlarini ananaviy va masofaviy o‘qitilishining taxlili yoritilgan.

Kalit so‘zlar: jismoniy mashqlar, davolovchi jismoniy mashqlar, sog‘lom turmush tarzi, jismoniy faollik.

THE EFFECTIVENESS OF THE USE OF THERAPEUTIC AND PHYSICAL EXERCISES IN IMPROVING THE HEALTH OF THE POPULATION

ABSTRACT

This article analyzes the health status of the population, including students ' adherence to a healthy lifestyle and the effective impact of physical exercise on the human body.

Keywords: physical exercise, therapeutic physical exercise, healthy lifestyle, physical activity.