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## Developing a culture of healthy life among the students through turon wrestling

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### Abstract

In the following the article, the opportunities of Turon wrestling solo s and productive aspects of attracting students and young people to the sport, absorbing and developing the concepts of the culture of healthy living have been studied, technological conditions of the organization of the targeted pedagogical process have been referred to. The propagation of the ideas of modernized version of Turon wrestling is promoted. The advantages of the Turon wrestling are described through the reforms in the Republic of Uzbekistan.

**Keywords:** Turon wrestling, culture of healthy life, pedagogical tool, technological processes, physical training (PT)

### Introduction

In the global era of globalism, a renewed, changing life from a democratic point of view is passing our young people through specific tests. The reason is that the future of society is connected with student youth and they are the main force of their development. This is stipulated by the all-comprehensive reforms conducted in the Republic of Uzbekistan.

The process of modernization and renewal of all spheres in our country is being intensified at a new stage. In turn, our young people also respond well to the care provided by our state with their achievements in science and other fields. After all, the state policy on youth is a strong pillar of the existing legislation, the adoption of new decisions and the implementation of reforms in this regard. The education of young people, their orientation to the profession and the choice of a profession suitable for them will allow them to become a mature specialist in their field in the future. In particular, higher education institutions serve to educate student youth as specialists in competitive, competency qualities improving it in many occasions.

In the world today, on the basis of international advanced experience, issues such as increasing all-round professional skills of students in higher education institutions, development of pedagogical skills, strengthening health, formation of a culture of healthy living are recognized as a pressing problem. After all, the upbringing of a mature, perfect person in all respects is one of the pressing issues facing our society.

**Main part:** The problem of the development of physical-moral, spiritual-legal qualities of a person of the younger generation of physical education and sports has national traditions, traditions, and values as a power with national historical roots. The issue of bringing our young people to perfection both morally, physically and morally is defined as a priority task in our republic. Included there, the Law “On education” and “The national program on training of personnel”, as well as the decree of the president of the Republic of Uzbekistan “On physical education and sports” on the strategy of action for the further development of the Republic of Uzbekistan” PF-4947, June 3, 2017 “On measures for the further development of physical education and mass sports – decree of the president of the Republic of Uzbekistan “On measures for the further development of the national sports “PP-3031” on measures for the further development of the national sport” PP-3306 on October 2, 2017, as well as one of the main directions of the state policy in the field of Physical training and sports creation of conditions for the development and popularization.

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The experience of many developed countries shows that the development of national sports contributes to the preservation of folk traditions and values, the formation of a culture of healthy living among the population, especially among young people, the protection of Health.

Modern educational process often leads to deterioration in the health of students. It is not surprising that in the latter times, teachers have expressed deep interest in the problem of educating students on their health, the problem of educating others on their health and responsible attitude to the health of the future generation [5].

Turon wrestling also occupies a worthy place in the international sports arena as a kind of Uzbek national sport, which has preserved national values. In educational institutions, the number of pupils – young people, students is increasing day by day. Because in the process of engaging in wrestling is a unique tool in the formation of a culture of health, strengthening one's health, not only improving one's sports skills.

It is worth noting that in the multifaceted process of developing mental, moral and physical qualities through sports, strengthening health, increasing work capacity, creating a comfortable healthy environment in the team, the importance of Turon isolation increases. Because Turon wrestling is the national, spiritual, physical value of our people it facilitates to the improvement of the indices of the physical development of the people [7].

Today, it is an important task to improve the formation of a healthy culture of life in students and young people, to use physical education and sports means efficiently, to apply scientific and practical aspects of efficiency. The solution of this problem will serve as a theoretical and practical basis in solving the important task facing the higher education system and our society as a whole.

**Purpose of the study:** Theoretical analysis of the state of pedagogical opportunities for the development of a culture of healthy living through Turon isolation in students and determination of methodological directions.

**Research methods:** Theoretical analysis of the general factors of the development of the culture of healthy living in students, the educational significance of Turon solo theory and methodology science as a pedagogical tool, and research methods for the study of literature (legal-normative laws and decisions) were used.

**Research findings and discussion:** The problems of students – youth in educational institutions, their integration into the concepts of a healthy lifestyle in students, issues of formation of a healthy lifestyle culture, thinking were studied by the following scholars: N.A. Meleshkova (2005), T.M. Kravchenko (2004), B.M. Zimasov (2006), D.M. Sibikov (2013), A.A. Popov (2011), I.Dj. Matchanov (2001), K. Sadigov (2007), A. Jamoliddinova (2010), D.Sharipova (2010), Sh.Kh. Khonkeldiev (2010).

Scientific work on the possibilities and effectiveness of Turon wrestling in attracting students to the sport of Turon wrestling, absorbing and developing the concepts of a healthy culture can not be considered adequate. In the available sources, the general aspects of the problem were studied.

On the basis of the study of available scientific sources on the subject and observations conducted in the educational-educational process of the direction of several years of Higher Education “Physical Training”, the conditions for the

organization of the technological process of development of the culture of healthy life were determined by means of Turon isolation of its students:

1. The development of the culture of healthy living through Turon solo wrestling is described as a social, pedagogical problem, the role and importance of Turon wrestling in the formation of the culture of healthy living is revealed, as well as showing opportunities in higher educational institutions.
2. To achieve effectiveness through the use of forms, methods and means of developing a culture of healthy living through youngsters, students-youth by exercising the Turon wrestling.
3. Development of a culture of healthy life through Turon wrestling in the students to implement the principles that ensure the effectiveness of the process.
4. Formation of theoretical and practical knowledge, skills, skills in the content of the program for the development of a healthy lifestyle culture through Turon wrestling in students.
5. Criteria indicating the level of students through the development of a culture of wellness through Turon wrestling, the introduction of its effectiveness levels in practice.

Based on the theoretical and practical results, students develop a culture of wellness through Turon isolation to improve and apply the technologies that serve.

In the contemporary period the formation of the culture of a healthy culture of posture, deep integration of its content into the minds of students is an important issue. After all, in our society, human health, physical perfection, possession of a healthy lifestyle culture is an extremely important social value. Ensuring the health of the nation, maintaining the gene pool of the people is resolved in a sufficiently positive way due to a healthy lifestyle. In the concept of “Culture of healthy living”, the idea of “Living a healthy life” is a fundamental and important issue. The concept of “Culture of Healthy Living” has a wide meaning, it covers the healthy development of a person in terms of physical, spiritual and moral being promoted at the state level in the Republic of Uzbekistan [6].

It is the first scientific research work in Uzbekistan to study the characteristics and advantages of the Turon wrestling and its relevance and importance to other national and international types of wrestling, pedagogical, morphological, physiologic features of general and special physical working capacity of athletes specializing in Turon [4].

## Results

The formation of a culture of a healthy lifestyle, strengthening human health, increasing its physical and functional capabilities, requires regular physical training. Maintaining and strengthening the health of students, forming their need for physical education in their physical perfection is an important task facing educational institutions. Therefore, there is a need to conduct in-depth research and research on the problem of the development of a culture of healthy living in the atmosphere of Turon isolation of the students of higher education institutions, exactly this situation determines the relevance of this research work. The scientific study of the current practical situation on the culture of a healthy lifestyle in the students of a higher educational institution shows why there is a specific feature characterizing it.

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major, students' knowledge, skills and qualifications are studied the issues of the existence of ideas of a healthy lifestyle culture in the subject of "Turon wrestling and methods of teaching it", the presence and attention to the ideas of strengthening health in the transition of topics, the focus on the ideas of Turon wrestling sport is paid a great attention. This type of wrestling is being promoted in the whole of Central Asia.

### Conclusion

Turon wrestling is a sport in which the development of mental, moral and physical qualities, strengthening health, increasing work capacity, developing a culture of healthy living and creating a healthy environment in the multifaceted process of increasing the importance of Turon wrestling is being considered. Because it is the national, spiritual, physical value of our people. After all, Turon wrestling is a kind of sport that evokes the interest of young people in demand with its combat, attractiveness. It is important that those who are engaged in this type of sport are taught a culture of self-discipline, it is an effective means of the educational process in the process of training. Several international festivals are being held in Uzbekistan propelling the high values and traditions among the people of Uzbekistan.

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