

SOCIAL PEDAGOGICAL FUNDAMENTALS OF PATRIOTIC EDUCATION OF A HEALTHY LIFESTYLE

Boltaboyev Hamidullah Habibulloyevich

*Namangan state university Physical education and sports sciences to shoot
department associate professor*

Abstract : Youth military servants, military knowledge of their countries student to his mind Homeland love feeling absorption, that's it basically humanity and military patriotism in spirit bring up pedagogical, social pedagogy and physical education lessons of sciences to himself special is a feature. In this regard no doubt, thought done education in the field about classic thoughts and current time pedagogical views are colorful importance occupation is enough

Key words: officer - commander, high spiritual, ideological, moral, aesthetic value, physical education in their classes military patriotic education form and methods.

Today's the most main from tasks one independence strengthening, age in generation patriotism, national pride, national pride the soul formation them own motherland, its rich history, culture, heritage, great the future with to be proud in the spirit from upbringing consists of

Uzbekistan political independence to the hand input with of our society all on the fronts that it was like Armed Our forces is also great in his activities changes face is giving Our country defense enough level protection to do able was the army mature without officer-commanders imagination to do difficult Because it is our country armed forces of our independence warranty and main from symbols is one

This is a profession another to professions than his own complexity and him take over the fans forward to be placed of requirements different variety with separated stands Officers job own to the point according to from man military equipment, weapons and personal composition, military servants with the same high level work to get just like that does

This is the field representatives physically and spirit healthy, mentally mature to be, spiritual in terms of while not only own to their professions and duties Loyal, maybe high patriotism and patriotism also has qualities to be necessary In this place officership profession to choose take coming motives about word conduct to the goal is appropriate. That's why for students and young people to professions right orientation general education of schools main of duties one to be it is necessary

Our heroes Homeland destiny for take went valiant struggles, Motherland freedom on the way showed feats future military in specialists own country, his

freedom for fought from ancestors pride in them patriotism feel bring up factor physical education in their classes wide is being used.

Physical education in their classes young people military patriotism in the spirit bring up for they are undertake the following tasks it is put.

1. Uzbekistan to the future hope with look at her to rise unselfishly service to do for physical to health reach

2. Independent Our country safety for themselves personally responsible feeling

3. Patriot - said high the name pride with whitewash

4. Own to the power trust, military knowledge skills continuously by improving to go

5. Physical education in their classes physical exercises to perform whole strength enthusiasm act with, military service difficulties nice to do

6. Military political the conditions ingenuity with evaluation and any in the circumstances military to be ready for service.

7. Our country holy symbols to be State coat of arms, State the anthem appreciate

8. Physical education in their classes own desire - will with any physical to exercises endure give get

9. Physical education in their classes military of service initial during to the soldier placed requirements do it get qualifications formation

10. High level education, performance, responsibility abilities formation

11. Physical education in their classes initial military preparation level by increasing to go

To young people physical in classes above counting passed adjectives bring up own in turn certain pedagogical system, educational events complex work requires release. This system efficient in operation pedagogues undertake separately responsibility is loaded.

Especially : In young people Uzbekistan Armed to the forces relatively loyalty and respect the soul educate ; in young people Uzbekistan Republic protection to do constant preparation formation ; young people in education necessary has been spiritual, spiritual, moral and psychological features attention get young people military and patriotism in the spirit education, military-professional, legal, moral, spiritual-aesthetic, physical education importance consciously felt in case activity to show study in young people patriotism feeling bring up them of the concept of " Homeland ". the meaning deep realize to reach to teach " Patriotism " is high for them spiritual, ideological, moral, aesthetic value that explanation ; of our people material, spiritual heritage protect guard and the future to generation deliver to them right in relation to be feelings formation ; to the ancestors, they left material and cultural, spiritual and educational inheritances continue to carry out, national and universal to

values respect feeling wake up in young people Each of the homeland old man, his material and spiritual wealth the eye like a black eye storage feeling wake up and others

These tasks solution to do for in charge leaders, science teachers, military educators own activities lesson in the process, from the lesson besides, social education from the lessons except held educational events during done is increased.

One word with in other words, in young people right vocabulary courage, military friendship perseverance, heroism show get, educational of the complex organize is enough Physical education lessons military of service structural part become his efficient to the road put to the service to callers military knowledge the basics give them as well military discipline and to him compliance reach conditions with introduction enable gives

In youth patriotism feeling formation regarding public information of means importance big After all, theirs on the pages being given data of young people military activity regarding theoretical and practical in knowledge use, no doubt, young people, like patriotism of feeling formation the ground creates

Table 1

Transferred experience of results final points in the sheep in the table reflection delivered.

No	Factors	High	Medium	Low
1	Bajo	63.8	30.2	6
2	Activity	49.2	39.8	10.8
3	Orderliness	61.6	33.6	4.8
4	Complexity	56.2	35.7	8
5	Strength	55.1	37.7	7.2
6	Let's be comfortable	51.4	36.5	12.1

A student of our youth military to life better preparation in order to near in the middle military part or military study institutions trip, excursion organize students military of servants his life and activity with closely introduction to the goal according to If, let find such in institutions student involved one how many daily military study gatherings organize if done again too better will be was Such events in the students professional of imagination expansion and the end at the end their of officers of your profession right to choose take will come

School libraries current at the time state in the language publication done and military to the activity about " Military typography ", military psychological, military pedagogy such as many study literature as well as " Umum military regulations ", military patriotism on the subject publications with provide necessary This is a factor student - youth military to professions in orientation separately importance occupation

is enough the world to the community fast come in going in our republic another fields with together physical education and especially for sports attention is being given. Of this social - economic, personal and pedagogical aspects there is

Social and economic side is the country the future his development safety young people with closely depends. And this own in turn young people healthy and physical strong by doing to educate problem as society and to science puts Young people physical in terms of homeland for protection preparation is also difficult problem Any community to the activity known requirements he ate. Professional activity known work perform for necessary was skill and qualifications own into takes.

LIST OF REFERENCES

1. Habibulloyevich, Boltaboyev Hamidullo. "THE IMPORTANCE OF TRAVEL AND TOURISM IN FORMING A HEALTHY LIFESTYLE IN PRIMARY CLASS STUDENTS." *ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ* 18.8 (2023): 3-8.
2. Khabibullayevich, Boltaboev Hamidullo. "Theoretical foundations of a healthy lifestyle, physical education and physical activity of pupils." *European Journal of Research and Reflection in Educational Sciences* Vol 7.12 (2019).
3. Nazirjonovich K. Z., Farrukh T. **METHODOLOGICAL FOUNDATIONS OF THE MANAGEMENT OF PHYSICAL CULTURE AND SPORTS ACTIVITIES OF STUDENTS IN ORDER TO PREPARE FOR PROFESSIONAL ACTIVITY** //Proceedings of International Conference on Educational Discoveries and Humanities. – 2023. – Т. 2. – №. 4. – С. 23-32.
4. Nazirjonovich K. Z., Abdukhamidovich M. I. **THE EFFECT OF PHYSICAL EXERCISES ON THE MENTAL ABILITIES OF STUDENTS** //ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ. – 2023. – Т. 18. – №. 1. – С. 15-19.
5. Akramovich T. A., Nazirjonovich K. Z. **IMPROVEMENT OF PHYSICAL EDUCATION IN THE SYSTEM OF HIGHER EDUCATION** //ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ. – 2023. – Т. 18. – №. 1. – С. 10-14.
6. Nazirjonovich K. Z., Alidjanovna A. N. **IMPORTANCE OF TRAVELLING AND TOURISM AT THE FORMATION OF HEALTHY LIFESTYLE OF THE PUPILS OF BEGINNING CLASSES** //INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH ISSN: 2277-3630 Impact factor: 7.429. – 2022. – Т. 11. – №. 11. – С. 81-86.
7. Nazirjonovich K. Z., Alidjanovna A. N. **SOCIAL AND PEDAGOGICAL FUNCTION OF SPORT IN SPIRITUAL DEVELOPMENT OF YOUTH** //INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH ISSN: 2277-3630 Impact factor: 7.429. – 2022. – Т. 11. – №. 11. – С. 255-260.
8. Abdullayevich Z. A. **THE EFFECTIVENESS AND METHODS OF DEVELOPING THE TECHNIQUE OF PLAYING YOUNG BASKETBALL**

- PLAYERS THROUGH SPECIAL EXERCISES //ASIA PACIFIC JOURNAL OF MARKETING & MANAGEMENT REVIEW ISSN: 2319-2836 Impact Factor: 7.603. – 2022. – Т. 11. – №. 12. – С. 123-125.
9. Abdullayevich Z. A. IMPROVING THE QUALITY OF POWER IN YOUNG SAMBO WRESTLERS IN THE PROCESS OF DEALING WITH SAMBO WRESTLING //INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH ISSN: 2277-3630 Impact factor: 7.429. – 2022. – Т. 11. – №. 09. – С. 231-233.
 10. Abdullayevich Z. A. IMPROVING THE QUALITY OF POWER IN YOUNG SAMBO WRESTLERS IN THE PROCESS OF DEALING WITH SAMBO WRESTLING //INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH ISSN: 2277-3630 Impact factor: 7.429. – 2022. – Т. 11. – №. 09. – С. 231-233.
 11. Abdullayevich Z. A. IMPROVING THE QUALITY OF POWER IN YOUNG SAMBO WRESTLERS IN THE PROCESS OF DEALING WITH SAMBO WRESTLING //INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH ISSN: 2277-3630 Impact factor: 7.429. – 2022. – Т. 11. – №. 09. – С. 231-233.
 12. Муйдинов И. А., Хамракулов Т.Т., Якубжонова Ф. И. "СПОРТИВНОЕ-ОЗДОРОВИТЕЛЬНОЕ ВОСПИТАНИЕ СТУДЕНТОВ." International scientific conference "INNOVATIVE TRENDS IN SCIENCE, PRACTICE AND EDUCATION" (2022): 99-105.
 13. Yakubjonov Ikrom Akramjonovich, Azizov Mukhammadjon Azamovich, Muydinov Iqboljon Abdukhamidovich. "THE BENEFITS OF TABLE TENNIS ON THE DEVELOPMENT OF THE CHILD'S BODY." INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH ISSN: 2277-3630 Impact factor: 7.429 11.09 (2022): 5-8.
 14. Muydinov Iqbol Abduhamidovich, Muydinov Shuhrat Mansurovich, Akhmedov Umid Usmonovich "[SELECTION OF TALENTED WRESTLERS AND EDUCATION OF PHYSICAL PERFECTION IN THE PROCESS OF WRESTLING ACTIVITIES IN SPORTS SCHOOLS.](#)" Asian Journal of Research in Social Sciences and Humanities (2022): 166-167
 15. Xatamov Z. N., Ahmedova N.A., "Importance of travelling and tourism at the formation of healthy lifestyle of the pupils of beginning classes." International journal of social science & interdisciplinary research issn: 2277-3630 impact factor: 7.429. (2022): 81-86.
 16. Xatamov Z. N., Ahmedova N.A., "The importance of travel and tourism in the formation of a Healthy lifestyle danang primary school students." International journal of social science & interdisciplinary research issn: 2277-3630 impact factor: 7.429. (2022): 75-80.
 17. Xatamov Z. N., "Педагогические условия формирования спортивной мотивации." International scientific and practical conference "the time of scientific progress "(2022): 35-45.
 18. Xatamov Z. N., "[Special physical of students of higher education preparation.](#)" Educational Research in Universal Sciences. (2022): 151-157.

19. Alikulov Akmal Akramovich, Yakubjonova Feruzakhon Ismoilovna, Xatamov Zafar Nazirjonovich. "Technologies for developing of future physical education teachers through media education tools." *ACADEMICIA: AN INTERNATIONAL MULTIDISCIPLINARY RESEARCH JOURNAL* 11.2 (2021): 885-890.
20. Khatamov Zafarjon Nazirjonovich. "The use of modern educational technologies in the organization of physical education is a guarantee to increase the effectiveness of education." *ACADEMICIA: An International Multidisciplinary Research Journal* 11.10 (2021): 477-480.
21. Tohirjonovich, Arabboyev Qahramon. "SPECIFIC FEATURES OF THE APPROACH TO STUDENTS IN PHYSICAL EDUCATION LESSONS ON THE BASIS OF THE PRINCIPLE OF INDIVIDUALIZATION." *ASIA PACIFIC JOURNAL OF MARKETING & MANAGEMENT REVIEW* ISSN: 2319-2836 Impact Factor: 7.603 11.12 (2022): 269-273.
22. Arabboyev, Q. T. "SPORTCHILARNI TAYYORLASHDA FUNKSIONAL TAYYORGARLIKNING AHAMIYATI: 10.53885/edinres. 2022.75. 29.012 QT Arabboyev." Научно-практическая конференция. 2022.
23. Arabboyev Qahramon Tohirjonovich. (2022). THE IMPORTANCE OF FUNCTIONAL TRAINING IN THE ATHLETE TRAINING SYSTEM. *INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH* ISSN: 2277-3630 Impact Factor: 7.429, 11(11), 261–264.
24. Arabboyev Qahramon Tohirjonovich. (2022). ADAPTATION OF ATHLETE STUDENTS TO STUDENT LIFE. *INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH* ISSN: 2277-3630 Impact Factor: 7.429, 11(11), 272–276.
25. Arabboyev Qahramon Tohirjonovich. (2023). MATTERS OF PHYSICAL EDUCATION IN KAIKOUS' "QABUSNAMA". *Galaxy International Interdisciplinary Research Journal*, 11(1), 223–226.