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SCIENTIFIC-THEORETICAL FOUNDATIONS OF PHYSICAL EDUCATION AND SPORTS IN STRENGTHENING YOUTH HEALTH AND FORMING A HEALTHY LIFESTYLE

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Abstract: This article examines the role of physical education and sports in strengthening youth health, the impact of physical activity on the human body systems, and the scientific-theoretical foundations of forming a healthy lifestyle. During the research, physiological, pedagogical, psychological, and social aspects of physical education and sports were analyzed. The results show that regular physical activity contributes to the improvement of young people’s physical development, functional capacity, psychological stability, and level of social adaptation.

Keywords: physical education, sport, health, healthy lifestyle, youth, physical development, pedagogy, sports activity, physical activity.

Introduction. Today, global socio-economic development processes, rapid urbanization, widespread implementation of digital technologies, and changes in lifestyle have a direct impact on human health. In particular, the decrease in physical activity among young people and the increasing prevalence of sedentary behaviors (sitting for long periods during study, work, and mobile device usage) have become widespread.

According to the World Health Organization (WHO), at least 70% of young people worldwide do not meet the recommended levels of physical activity, which is considered one of the main factors contributing to the early development of chronic diseases.

From this perspective, physical education and sport are recognized as one of the most important means of maintaining and strengthening human health. Physical education not only develops motor functions of the body but also has a comprehensive impact on biological, psychological, and social development of the individual. Sport, in turn, is considered a socio-pedagogical phenomenon aimed at maximizing physical abilities, forming volitional qualities, and creating a healthy competitive environment.

In the Republic of Uzbekistan, large-scale reforms are being implemented to strengthen youth health, involve them widely in mass sports, and promote a healthy lifestyle. In particular, improving the physical education system in educational institutions, developing sports infrastructure, and engaging all segments of the population in physical activity have been identified as priorities of state policy.

Scientific literature analyzes the role of physical education in health preservation from different perspectives. From a physiological point of view, physical exercises enhance the adaptive capacity of the organism and improve the functioning of cardiovascular, respiratory, and nervous systems. Psychologically, they increase stress resistance, ensure emotional stability, and strengthen self-confidence. From a pedagogical perspective, physical education is recognized as an integral part of the educational process aimed at comprehensive personality development.

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Modern research also highlights the negative impact of digital technologies and sedentary lifestyles on youth health. This further increases the importance of physical education and sports and strengthens the need for their scientific organization. Therefore, increasing physical activity, forming a healthy lifestyle, and scientifically managing youth physical development are among the most urgent pedagogical issues today.

The relevance of the topic lies in the fact that physical education and sport are not only tools for improving health but also important factors in shaping social activity, intellectual development, and life competencies of young people. Therefore, scientific investigation, theoretical analysis, and practical recommendations in this field are of great importance.

Relevance of the Research. The widespread sedentary lifestyle among young people has led to a decline in physical fitness levels. Medical observations show that a significant proportion of students in schools and higher education institutions experience reduced cardiovascular functional indicators, overweight conditions, and spinal deformities.

Eliminating these problems through effective use of physical education and sports tools has important scientific and practical significance.

In the context of globalization, the issue of maintaining and improving human health has become one of the key areas not only of medicine but also of pedagogy and social sciences. Youth health is considered a determining factor for the intellectual, economic, and social development of society. Therefore, forming a healthy generation through physical education and sports is a pressing scientific-pedagogical problem.

Recent global studies show that declining physical activity among youth has become a worldwide trend. Digital technologies, distance learning, social networks, and mobile devices have significantly reduced physical mobility, leading to obesity, cardiovascular diseases, diabetes, and psycho-emotional disorders.

According to WHO data, the risk of chronic diseases is 30–50% higher among individuals with insufficient physical activity. This highlights the importance of considering physical education and sports not only as part of education but also as a preventive tool in healthcare.

In Uzbekistan, youth health promotion and mass sports engagement remain key priorities of state policy. However, challenges still exist in improving the effectiveness of physical education lessons, increasing student motivation, and ensuring regular physical activity.

Purpose and Objectives of the Study. Purpose: To study the scientific and pedagogical importance of physical education and sports in strengthening youth health and to analyze its theoretical foundations in forming a healthy lifestyle.

Objectives:

- To study the biological and pedagogical foundations of physical education;
- To analyze the physiological effects of sports on the human body;
- To identify factors forming a healthy lifestyle;
- To evaluate the psychological effects of physical activity;
- To develop scientific conclusions.

Scientific-Theoretical Foundations.

1. Biological Foundations of Physical Education. Physical exercises enhance adaptive processes in the human body. Muscle activity accelerates energy metabolism, increases oxygen consumption, and improves cardiovascular efficiency.

Scientific studies show that:

- Heart output increases by 15-25%;
- Pulmonary ventilation improves;

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- The immune system becomes more active;
- Metabolic processes become optimized.

These processes increase the overall endurance of the body.

2. Physiological Effects of Sports. Sports activity has a complex impact on all body systems.

- Cardiovascular system: strengthens the heart muscle and improves blood circulation.
- Respiratory system: increases lung capacity and improves gas exchange.
- Endocrine system: balances hormones and reduces stress hormones.

3. Psychological Effects. Sports participation strengthens psychological stability. Scientific sources indicate:

- Reduction of depression levels;
- Increased stress resistance;
- Development of self-confidence;
- Strengthened motivation;
- Development of volitional qualities.

4. Pedagogical Foundations of a Healthy Lifestyle. A healthy lifestyle includes:

- Regular physical activity;
- Proper nutrition;
- Hygiene compliance;
- Avoidance of harmful habits;
- Psychological balance.

In pedagogical practice, these elements are formed in an integrated manner.

5. Factors Affecting Youth Health.

- Sedentary lifestyle;
- Poor nutrition;
- Stress and psychological pressure;
- Excessive use of digital devices;
- Lack of physical activity.

These factors can be balanced through physical education and sports

6. Socio-Pedagogical Importance. Physical education is not only a biological process but also a social one. Through sports, youth develop:

- Teamwork skills;
- Leadership qualities;
- Responsibility;
- Discipline;
- Social adaptation skills.

Results and Discussion. The analysis of scientific-pedagogical observations and literature shows that regular physical activity has a significant positive impact on the functional state of the human body.

Comparative analysis between physically active and inactive groups revealed that active individuals demonstrated:

- Stable cardiovascular functioning;
- Higher oxygen consumption efficiency;
- Greater muscle strength and endurance;
- Higher physical performance capacity;
- Faster recovery processes.

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Sedentary individuals showed higher levels of fatigue, reduced concentration, and psycho-emotional instability.

Physiological analysis confirmed that regular physical activity activates adaptive mechanisms, improves circulation, increases capillary density, and enhances oxygen transport capacity.

Psychological findings showed reduced stress, improved mood stability, increased motivation, and better cognitive performance among active individuals.

Social analysis indicated improved teamwork, leadership skills, discipline, and social adaptation.

Conclusion. Physical education and sports are essential tools for strengthening youth health and forming a healthy lifestyle. They improve functional capacities of the organism, enhance psychological stability, and support social adaptation.

Scientific analysis confirms that physical activity is one of the most effective means of forming a healthy generation. Therefore, physical education programs should be systematically developed in educational institutions.

The study demonstrates that physical education and sports have both practical and theoretical significance in strengthening youth health and promoting a healthy lifestyle. Reg

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