



THE IMPORTANCE OF SPORTS MEDICINE IN THE EDUCATIONAL PROCESS

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Abstract

In the article, the pedagogical importance of Sports Medicine in the educational process and its approach to education, its importance in improving the physical condition and health of students, but also in ensuring their intellectual and emotional development. covered in detail.

Keywords: Physical education teacher, sports medicine, physical condition, intellectual, emotional, medical group, medical knowledge, motivation, strategy, choice, health.

SPORT TIBBIYOTINING TA'LIM JARAYONIDAGI AHAMIYATI

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Annotatsiya

Maqolada sport tibbiyotining ta'lim jarayonida pedagogik ahamiyati va uning ta'limga yondashuvi, talabalarning jismoniy holati hamda sog'lig'ini yaxshilash, balki ularning intellektual va emotsional rivojlanishini ta'minlashda ham muhimligi batafsil yoritilgan.

Kalit so'zlar: jismoniy tarbiya o'qituvchisi, sport tibbiyoti, jismoniy holat, intellektual, emotsional, tibbiy guruh, tibbiy bilim, motivatsiya, strategiya, tanlov, sog'liq.

Sports medicine is a professional field, a type of activity aimed at all types of medicine, aimed at preserving, strengthening human health, preventing and treating diseases, as well as increasing the effectiveness of the educational process



in the field of physical education and sports [1].

Sports medicine is a part of clinical medicine that studies the impact of sports and physical education on the human body, and the most important component of sports medicine is sports control [2]. The more carefully the sports control is carried out, the easier it is to make a diagnosis.

According to the practical experience of educators, doctors and representatives of the social sphere, scientific and technological progress and the associated demands on modern youth lead to an increase in loads and mental stress. It should also be noted that the level of physical activity of students is decreasing not only in work, but also in everyday life [3].

Scientific observations show that about 50% of students engage in physical exercises for 2-3 hours a week, and 45% do not do it at all. This, in turn, leads to a weakening of the body of young people, a decrease in their health, physical development and physical fitness. The number of students who are classified as belonging to a special medical group (MTG) due to their health status is increasing.

According to L.L. Katalimova [7], medical knowledge is a field of scientific and practical activity of people aimed at preserving and strengthening human health, preventing and treating diseases.

Taking into account the goal, medicine is a special form of human knowledge. It is more than speculative attempts, it is a practical way of knowing. The method of emergence of medical knowledge is also practical: medicine combines knowledge, principles and explanations, organizes them to fulfill its practical purpose. In addition, mastering the necessary medical skills turns medicine into a kind of "art". A person with medical knowledge prevents the causes and consequences of diseases, is constantly on the move to prevent the occurrence of this disease (creates a healthy lifestyle for his family and himself, avoids hygienic damage, does not give in to harmful habits). This indicates an improvement in his lifestyle and a long life [8].

In life, various accidental situations can occur, especially among future physical education teachers, as well as among physical education specialists and practitioners, serious illnesses can occur. For example, many do not know how to provide first aid to a patient with shortness of breath, heart failure, or an injury. In



these cases, lack of medical knowledge, fear of providing assistance, or incorrect behavior can cause a number of complications in patients.

The number of students who are recognized as belonging to a special medical group (MTG) in various higher educational institutions (HEIs) of our country currently does not reach 30 percent [4]. The health status of most students graduating from educational institutions does not meet the requirements of modern production, society, and time. The main reason for this is the deterioration of environmental and ecological conditions, conditions of study, work, recreation, and nutrition, as evidenced by the increasing stress, workload, and the lack of medical knowledge of students.

Physical education, assuming the task of teaching students physical education, is required to realize its pedagogical essence and increasingly strengthen its role in increasing the general cultural level of future specialists. Considering the physical education of a person as a value, it should become one of the influential factors of progressive trends in the development of public opinion and needs regarding the mastery of physical education as a means. The process of forming a person's physical education involves not the development of individual physical aspects, but the comprehensive and harmonious development of a person through them, along with leading him to spiritual perfection [5].

Scientists V.M. Vidrin, N.I. Ponomarev, A.V. Lotonenko and other authors believe that for each type of physical education it is necessary to organize its own theory, develop its tasks, means and methods in relation to other types [6].

The pedagogical significance of sports medicine in the educational process plays a very large role. This approach plays an important role not only in improving the physical condition and health of students, but also in ensuring their intellectual and emotional development. Let's look at the main benefits of sports medicine in the educational process:

1. Health: Sports medicine helps to improve the physical health of students. Active sports activities can prevent today's diseases.
2. Intellectual development: Physical activity stimulates brain activity, increases attention, which helps to achieve success in the learning process.
3. Emotional stability: Sports activities help reduce stress, control emotions and improve overall mental health.



4. Teamwork: Sports are a team activity, which forms the ability of students to cooperate, work in a team and develop social relationships.

5. Sense of responsibility: Through sports, students strive to be responsible for achieving their goals.

6. Motivation: Sports medicine increases the interest in knowledge and skills, which increases the motivation of students to study.

7. Choices and strategies: Sports medicine teaches students to think strategically and make decisive decisions.

Therefore, the importance of sports medicine in the educational process is not only related to its physical development, but also to its intellectual, emotional and social development. Expanding sports activities in educational institutions, organizing and holding sports competitions among students is of great importance for the overall development of students.

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