

**TECHNOLOGIES FOR THE DEVELOPMENT OF THE COMPETENCE OF
SELECTING CHILDREN FOR SPORTS IN FUTURE PHYSICAL EDUCATION
TEACHERS**

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Abstract: This in the article healthy marriage tazini wide promote to do and of formation main directions studied. Healthy marriage style and public sports development, harmful from habits give up passing away through of the population health and health strengthening, man activity in the process carelessness provide issues analysis done.

Key words: Physical education, healthy marriage style, mass sports, correct food, thirst, harmful habits.

The last in years in our republic all areas democratization, innovation technologies current to do, man potential development for necessary conditions and opportunities to create, of the population welfare level to increase directed wide scope reforms done is increasing population the health of our country strategic potential , national safety , perfection and society welfare factor to be recognized as healthy marriage style shaping ways and methods looking for to find current from tasks to one turned .

"Covid-19" coronavirus in the world from the pandemic surface coming the world countries row population in Uzbekistan health, physically health, healthy life forgiveness degree weak that showed. Pandemic many of our citizens from the world premature the eye to work reason it has been .

All of us from this serious conclusion did without harmful from habits give up past healthy marriage style daily to our lives to convert necessary that today's of the era himself just like that is doing. Physical education and with public sports regularly engage in and healthy marriage style according to vital skills shaping through each one in the citizen to the disease against strong immunity harvest to be provide, harmful from habits give up leave, right eating to the principles action make, restore and rehabilitation works and mass physical activity events systematic and efficient organize to make, to create in the population ignored. „Healthy marriage tazini promote reach and public sports more development Decree No. PF - 6099 on measures Uzbekistan Republic Ministers The decision of the court on November 19, 2020, Aholinig healthy marriage style supporting support and physical activity to increase circle addition measures on " Decision No. 735". acceptance done [1]

President in the decree healthy marriage style to life wide application reach and public sports more development main directions set given :

Har one family, neighborhood and district, education institution and physical education in organizations and with public spot to engage in conditions - conditions create ;

- Public sports development according to regularly sports competitions transfer
- Food safety provide ;
- Population between healthy eating culture wide promote to do
- of the population harmful from their habits give up to leave reach thanks to the disease obesity , obesity and premature death to reach reduce

- Sanitation and hygiene to the rules president to reach healthy marriage of style indispensable part as promote to do
- All institution, enterprise and physical education in organizations and with sports engage in for modern material and technology base shaping [1]

Har one a person from his age strictly look healthy to be wants So It 's your physical condition and your health to strengthen how much early if you enter , that's all good In the future yourself reliable and carefree you see, your life that's all meaningful , lively will be. If not work "From what start need How by doing of exhaustion prevention get and training right organize reach need" said right questions is born Of this for first of the organism vital important systems - heart - blood vein activities and breath to receive to develop help giver exercise of types start it is necessary Permanent respectively walking, running , swimming , tourism, walking do, gymnastics exercises with to engage to the road to put it is necessary They are person kaddi - figure, body structure beautiful forms, walks graceful movement quick, dexterous does .

Man himself how it feels of my body common and basically nerve system status reflection is enough Classes to the organism damage not but help to give for yourself yourself control what you do, your mood, yourself how you feel your tracking, downloads to you suitable or suitable that he is not coming you know necessary. If you exercise with bajon -u dil , happy performing if you are, that 's all in place , downloads to you suitable and to worry place no If you laziness in the situation if you are either your mood bad if so, own your training program seeing get out Too much upload received if you are can That's why for healthy of training size your reduction should , but training I'm fine don't stop [2]

Today is doing good our work upcoming generation perfection for service to do no doubt. Today how seedling if not , tomorrow so fruit we can Young the generation to the country , to the homeland faithful , faith smart , brave and brave , high qualified , qualified high people by doing from upbringing training of their hearths separately there is a place . For sports no, most first of all people for them both physically, as well spiritual in terms of perfect people reached bring up for , land on the face all people peace peace , friendship and cooperation , happiness for service to do need [3]

Honorable First our president Islam Abdughanievich Karimov's this in his words, sports healthy marriage the style of a person vital activity is the most important long life to see for important factor that let's see possible

To independence of what we have achieved after in the field of sports in Uzbekistan very many to achievements achieved. Uzbekistan whole the world recognized and admitted. Of these all of them at the core dear the actions of our president in return it has been. Although to independence from what we have achieved then , somewhat difficulties to the child despite the youth supported and sports development for all conditions by creating they gave It was created conditions fast in between his own positive the effect showed: 1992 in Barcelona conducted Olympics in their games Uzbekistan athletes 3 gold , 2 silver and 1 bronze medals to the hand entered. Sports boxing type fast grew up. Arthur Grigoryan, Muhammad Qadir Abdullayev such as from Uzbekistan of athletes name to the world famous it has been.

Humanity of society different periods healthy marriage style to ensure differently approached. Social environment development with this to the field is enough more increase started Diary in life different character dangerous circumstances and extraordinary situations security provide the ability healthy marriage of style main part being human social well-being provides . Healthy marriage style is this daily marriage biological and social laws based on organize reach , health storage and to strengthen directed marriage is the style. Healthy marriage style the following directions there is :

- to eat right and rational organize reach
- physical education wajismani to activity based on marriage style organize reach
- diary and wrong activity biological laws of the regime based on organize reach
- physical education , healthy family ;
- spiritual tranquility and perfection to ensure reach
- medical culture form ;
- personal and public sanitation and hygiene to the rules compliance to do
- harmful from habits give up passing away through diseases reduce
- life and work activity safety provide , unhappy events and injuries reduce
- healthy marriage style promote to do at the expense of of the population that's it in the field knowledge and to qualification have to be reach

Healthy marriage style is this human life health safety to ensure service doer to skills have to be based on life activities to the road from putting consists of Usually healthy marriage style concept two to the field separate possible . The first is his to his actions according to of health good situation for conditions creating security provide active forms. Second, a person slomat negative effect showing habits to form hindrance from doing consists of following healthy marriage style provide factor as to see can :

- own health about constant and conscious respectively worry , future faith
- life and work activities organize in reaching to the organism harmful and dangerous diseases the effect reduce
- light physical work with engage in , thank you physiological the basics account get , to organism excess loading hard to fall to exhaustion take to come road not to put
- each how to the situation fast adapt get
- goodness long time from the not to issue and bad things fast unity ability
- to jokes inclination , har always the mood do not drop. Health for harmful to factors the following input can :
- less mobile marriage style carry away;
- alcoholic drinks and drug substances consumption to do
- without rest long time work
- fear, constant protest mood, own actions and his from the results dissatisfaction with others relatively jealousy is bad in relation to be , evil to do and others [4]

Man own health improve for sanitation rules and hygiene to the rules action exercise , physical education and exercise exercises systematic respectively perform, spend did to energy suitable eating it is necessary Alcohol drinks consumption do, cigarette smoking l, drugs and toxic acceptance to do health to decay accumulative necessary habits from them get rid of measures to see necessary [5]

Healthy marriage style and his a person activity in the process appetite, sleep and hygiene important important have

Appetite is whole in the body vital of activity how of passing indicator is counted. Appetite decline or even loss in illness, physically either nervous exhaustion and to sleep in satiety observed .

Physical education with engage in after starting, the person weight decrease can This is definitely energy spend increase, accumulated the rest of fats spend to be , to sweat through of liquid out leaving with depend This thing appetite increase with if it's late, that's it simple is the case .

Classes during perspiration - substances exchange sharp increase as a result face gives, this is normal. With skin organism for necessary has been salts, as needed substances out goes At this time the body's normal water-salt balance storage it is necessary of this for more liquid

consumption to do to the goal according to, i.e. mineral waters and cocktails these are including Too bad more than a lot sweating is also good symptom remember that it is not don't take it out.

Myriqib sleep is health health and to the physical load being performed tolerance thin is an indicator . Sleep the most important of the organism the need is counted. Man's successful activity a lot in terms of to sleep depend Because sleep during member the body rests . Especially the brain shell cells for sleep important A strong feeling - excitement surrender more than to information indulgence , excessive physical exertion , i.e to sleep from leaving first done downloads to sleep disturbance take coming are the reasons .

Evening the food from sleep two hour first tanavul to do necessary Evening food light ie fast digestion to be food to be need Bitter tea or coffee to drink to the goal according to it's not . That's right eating a person life and activity in the process important important have [2]

Whole the world health storage organization information according to the person physicist Spiritual and social status level looking his health and health common situation to determine can Learning to the results according to whole country population 50 percent of health each one of a person to himself , 20 fioz a person heredity , 20 percent surroundings of course environment to the effect and 10 percent health storage according to of events own in time and efficient to be held depends . From this come it turns out , health and health demand level storage each one of a person to himself , to his character and marriage style depends it is [5]

Summary : Healthy marriage style to life wide application reach for each one family, neighborhood and district, education institution and in organizations promotion their work systematic to the road putting , physical education and with public sports to engage in conditions create them encourage issues separately attention to be directed it is necessary Healthy marriage style daily life style to rotate period requirement is doing

Healthy marriage style with lived people to others relatively long lifetime to see determined . Average to live level 70 years in the world organize does The last in years in Uzbekistan of the population average lifetime eyesight from 67 years to 75 years extended if By 2025 of the population average lifetime to see duration from 75.1 to 76.4 years increase planned . And this we have healthy marriage style attention from being given is evidence .

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