

**PHYSICAL EDUCATION AND THE ROLE OF THE POPULATION IN
HEALTHCARE.**

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The article analyzes the importance of physical education in strengthening public health, its benefits for different age groups, and methods and tools used in health improvement programs. Ways to stimulate physical activity in the formation of a healthy lifestyle are also considered.

In the rapid and stressful conditions of modern life, the protection of human health has become one of the most important tasks. A healthy lifestyle serves not only to prevent diseases, but also to ensure the mental and physical development of a person. From this point of view, the sphere of physical culture has strategic significance in strengthening public health. The introduction of physical activity into everyday life contributes to the formation of a healthy lifestyle, prevention of diseases, and improvement of overall well-being.

The importance of physical education in public health. Physical activity contributes to the strengthening of the cardiovascular system, respiratory system, muscles and bones, metabolism, and the immune system. A sedentary lifestyle reduces the risk of excess weight, hypertension, and other chronic diseases. Also, regular exercise improves mental state, reduces stress levels, and improves a person's quality of life.

Physical activity for different age groups. Children and adolescents achieve proper growth and development through sports games, running, swimming, and other physical activities. For adults, aerobic exercises, walking, cycling, and gymnastics are effective in strengthening mental and physical well-being. Elderly people can maintain a healthy lifestyle through light exercises, breathing gymnastics, and massage. Also, training plans adapted for each age group increase the effectiveness of the health improvement process. Methods of physical education in health programs

The individualized training plan is organized taking into account physical condition. Group sports activities increase social activity and strengthen interpersonal relationships. Exercises aimed at rest and recovery serve to reduce stress. At the same time, with the help of modern digital and interactive technologies.

The development of sports facilities in society, the organization of local and national sports competitions, as well as activities to stimulate physical activity at home and at work, contribute to the widespread introduction of a healthy lifestyle. They increase not only physical, but also mental well-being and improve the quality of life of individuals.

Conclusion: Physical education is an important tool in maintaining and improving the health of the population. By systematically and effectively organizing exercises for people of different ages, it is possible to prevent diseases, improve mental and physical condition. Therefore, it is necessary to pay great attention to the development of physical culture and sports at the state and public levels.

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