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## ORGANIZATION OF ACTIVE LEISURE IN THE STUDENT ENVIRONMENT

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**Annotation:** This article analyzes the importance of physical culture in the life of students during their studies at the institute. Physical culture is involved in the process of socialization and affects relations with society. There are various sections that have a positive impact on the education of students as individuals. Group sports events are held within the framework of sports sections and clubs organized at the educational institution.

**Key words:** recreational gymnastics, physical culture, physical activity, organization, active leisure, students.

**Introduction.** Physical culture is an integral part of the culture of the entire world community and its special, independent sphere, which is an integral element of the overall development of a person. It is important to understand that physical culture is associated not only with the physical fitness of a person, but also directly affects personal qualities: it participates in the process of socialization, then affects relations with society, helps to distinguish between the concepts of "other" and "work", that is, takes part in the work at the right time to achieve inner spiritual harmony [3].

Physical culture includes not only physical exercises, but also physical education, professional sports, medical procedures and recreational activities - in other words, recreational physical activity, active games, sports activities.

Recreational physical activity is an important part of the physical education program implemented in any educational institution. The main task of attracting students is to lead an active and healthy lifestyle, systematically go in for sports and participate in various types of mass sports events organized independently at the institute or in the region for all educational institutions [2].

The student union is responsible for organizing active leisure in the student environment, and the department of physical education is responsible for the methodological guidance. Today there are many opportunities for outdoor activities, but we will focus on some of them: health tourism; competitive mass sports events; group sports events; cultural and educational rest.

Health tourism is a relatively new direction for such a modern medical industry as balneology, based on the study of the influence of nature and natural phenomena on the human body.

Health tourism includes a group of people traveling for recreational purposes, while people can move within and outside the borders of the state for at least 20 hours and up to 6 months. Forms of health tourism can be carried out within the learning environment, include all types of excursions, hiking, skiing, cycling, horseback riding, running, swimming, ecotourism (the visitor does not visit tourist places that have not been affected by human activity) [1].

Mass sports competitions have a positive impact on the participants of sports competitions: first of all, not only intense physical activity, but also increased emotionality of sports events. Sports activity allows a person to experience sports excitement (that is, the emergence of a desire to achieve a certain result), inspiration (that is, a sharp emotional upsurge), excitement, pride in achievement. Thus, the student receives a kind of emotional release, but at the same time, the level of his psychological stability increases [5].

The purpose of holding any sports events and the manifestation of physical activity is the formation of psychological qualities, the creation of a cohesive work team, as well as professional applied training [4].

Group sports events are held within the framework of sports sections and clubs organized at the educational institution.

There are also sections organized in various areas of sports: amateur, professional, folk, etc. Classes can be conducted by teachers of the Department of Physical Education of an educational institution, invited athletes, participants in various sports competitions, but in any case, classes should be held freely. Students with high results in various disciplines are given the opportunity to join the national teams of the institute in various sports.

Cultural and educational recreation is a combination of physical activity and cognitive activity, such activities are aimed at studying an object or object, visiting sights and natural monuments. Forms of cultural and educational recreation include educational, historical and local history excursions, ethnographic tourism and expeditions.

Sports activities and physical activity are aimed at physical and psychological recovery, the formation of cohesive work and vocational training. Professionally applied physical training is "a specially organized and selective use of physical culture and sports to prepare a person for a specific professional activity." Each profession includes the presence of certain requirements for the psychological preparation of a specialist in any field, and physical activity helps to develop the specific characteristics used, gain the knowledge and experience necessary for further work.

However, today there are a number of problems in the field of physical culture of universities. For example: insufficient funding, lack of specialists for activities and classes, lack of resources, lack of specific methods, lack of equipment, lack of media support that attracts students to maintain a healthy lifestyle, various events in news materials, announcement of competitions, etc.

**Conclusions.** During the period of study at a higher educational institution, outdoor activities have a positive effect on the physical and psycho-emotional state of students and, therefore, increase the effectiveness of their learning and develop emotional stability.

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