

The Importance of Badminton Sports in Forming a Healthy Lifestyle

Nuraliyev Laziz Latipovich

Institute of Pedagogy, Bukhara State University Associate Professor of Theory and Methods of Physical Culture

Sayidova Maxbuba Ayubovna

Master of the Institute of Pedagogy, Bukhara State University

Annotation

The article discusses the role of badminton in shaping a healthy lifestyle. Through this sport, it serves to nurture them to be physically agile and agile as deep-thinking and mature individuals, to prevent their health and some of the diseases we encounter in our daily lives, and to promote a healthy lifestyle through sports.

Keywords: Badminton sport, playing sports, healthy lifestyle, decisive stage of given and clear game, Learning Badminton.

Formation of a healthy lifestyle in our society, creation of modern conditions for the regular participation of the population, especially the younger generation in physical education and mass sports, strengthening youth confidence in their will, strength and capabilities through sports competitions. carried out to instill courage and patriotism, devotion to the Motherland, as well as the systematic organization of the selection of talented athletes among young people and the further development of physical culture and mass sports.

Representatives of our country achieve high results at the Olympic Games, World Championships, Asian Games and championships, as well as international competitions, further enhancing the prestige and sports potential of Uzbekistan in the world. "Umid nihollari", "Barkamol avlod" and "Universiade" are becoming more and more popular among schoolchildren and students.

At the same time, in all regions of the country, the importance of mass sports in the life of a person and family is noted, for strengthening his physical and mental health, for protecting young people from bad habits, for giving them their own abilities. and creating the necessary conditions for the realization of their talents, including the selection of talented athletes and the improvement of the targeted training system.

In order to further develop physical culture and mass sports in the regions of the Republic of Uzbekistan, to involve all segments of the population, especially young people, in regular physical education and sports, a number of laws, decrees and resolutions have been adopted. In particular, at the initiative of President Sh.M. Mirziyoyev and under the leadership of our state, much attention is paid to physical culture and sports. In particular, dated June



3, 2017 "On measures for the further development of physical culture and mass sports" No. PQ-3031, dated March 5, 2018 "On measures to radically improve the public administration system in the field of physical culture and sports." "Decree No. PF-5368 "On the development of sports in our country, not only in the organization of sports sections in educational institutions and other localities, but also in the comprehensive improvement of training in them." 'lib serves.

Modern science and biomedical research shows that people who are active during life and work, healthy and physically strong, then slow down physical activity or some people in their profession over time. Under the pretext that they are not there, they "give out" their actions and health. In such cases, there is a slowdown in movement or restriction of active movement - hypodynamics. According to scientists, hypodynamics is the cause of the development of modern diseases (ischemia, tachycardia, hypertension, bronchial asthma, osteochondrosis, etc.). The great physician Abu Ali ibn Sina warned that medical procedures and medicines are less effective in preventing such cases, and that they cannot restore and improve health. According to him, a set of targeted actions, regular physical activity is the most dramatic, harmless, relaxing, "free medicine" and "free treatment" that creates symptoms for health. . Therefore, the content, intensity, volume and direction of training for disabled people should be based on the real capabilities of a person. The positive benefits that sport brings to a person's life are enormous. If you want a nimble body, super reflexes, and a sharp, focused focus, then learn badminton. Badminton is quickly becoming a popular all-around sport that appeals to people of all ages.

Badminton can be played with or without a court and is known by some as "goodminton". Compared to other racquet sports such as table tennis and grass tennis, badminton has its own advantages. Nowadays, when we talk about the importance of the sport of badminton for human health, this is discussed in our article.

I. Sports and health. More than 10% of human deaths worldwide are related to physical inactivity.

II. There has been a tremendous shift in the world toward physically unnecessary work and other sedentary lifestyles. This has been accompanied by an increase in the use of



mechanized transport, widespread use of labor-saving technologies in everyday life, and low levels of activity in leisure pursuits. At least 31% of the world's population does not get enough exercise. This is the case in almost all developed and developing countries, as well as in children. Some experts call the sitting position "fresh smoking" because of its negative effects on overall health.

III. Exercise can increase your risk of chronic diseases, including obesity, heart disease, stroke and high cholesterol. Thus, exercise is associated with a reduction in mortality.

High Performance Sport - You need to start defining what an athlete is.

➤ Athlete varies according to training methods, ratio

- mental, physical and mental constitution in sports and
- The conditions and environment in which the athlete practices sport.

From these elements we can distinguish three types of athletes. Healthy athlete, committed amateur, professional or amateur athlete.

A healthy athlete is usually a city dweller who simply wants to keep fit and fight the negative effects of a sedentary lifestyle, participate in a few tournaments or play random games.

Amateur athletes - performance goals. He trains with perfection or purpose.

A professional or amateur athlete strives to achieve high athletic results, which is a joy.

At the moment, we have studied the effects of badminton teaching on human activity and the body, and made observations during dissertation practice. Upon observation, the following was found.

1. Badminton improves mobility

A fast-moving missile coming from the enemy's direction will require you to stand up to deflect it. Not only do you accelerate physically, you also accelerate mentally because you also have to think fast. Regular exercise will greatly improve your reflexes and you will become more active over time.

2. Improves fitness

The effects of learning and playing badminton on the body are countless. If your goal is to stay fit or get fit, think no more and learn how to play badminton. The very fast paced nature of the game that involves running, jumping, and jumping burns more calories and greatly improves your cardiovascular health. Badminton, an aerobic sport, improves a person's overall physical health. For adults, exercise helps keep important aspects of health like blood pressure and cholesterol levels under control.

When we play badminton, our body produces good hormones that promote mental health and protect against depression.

3. Improves personal skills

Badminton is a dual sport. Playing against an opponent will not only help you improve your game, but also help you learn and develop good values like fair play and sportsmanship.

The two of you have the opportunity to work together and form a team. A partner can help you improve in the game, pointing out your strengths and weaknesses, and be a source of spiritual support when you fail in the game or in life itself.

Top 10 Health Benefits Of Playing Badminton!

Badminton is a racket sport very similar to tennis. It is a fun sport that can be practiced not only in competition but also among peers. If you are looking for a sport that will help you stay physically and mentally healthy, then badminton is your best bet.

The main health benefits of playing badminton are:

1. Helps you stay healthy and lose weight

Playing badminton requires a lot of energy and is very tiring because it engages every muscle

in the body. Even if you play for an hour, you can burn about 480 calories, which is the highest of any sport. It helps overweight people burn fat and the weight is acceptable for their age and height.

2. Helps maintain body and muscle tone

Exercise while playing badminton helps strengthen and tone the core muscles, particularly the calves, glutes, quadriceps, and hamstrings. This type of cardiovascular exercise helps keep your body in shape.

3. Improves metabolic rate

A good metabolism helps you maintain your physical condition and stay healthy. Playing badminton helps improve cardiopulmonary function, which allows your body to sweat naturally. Sweating helps remove toxins from the body and speeds up metabolism.

4. Increases concentration and reflex action

This sport improves the concentration of the player. When the game is played at a fast pace, it increases speed and improves reflexes. Intelligence is also an important factor as players need to know how to outsmart their opponents with every shot.

5. Improves heart function

High cholesterol reduces the volume of blood vessels, which can lead to a heart attack or stroke. Badminton strengthens the heart muscle and opens up congested heart walls, improving blood flow. People with pre-existing heart conditions may benefit from exercising under appropriate medical supervision.

6. Improves muscle strength and flexibility

The more you try, the more flexible you will be. When playing badminton it is very important to move fast and swing the racket at the right speed. This improves flexibility and also helps players increase muscle strength and endurance.

7. Increases bone density

Playing badminton promotes the growth of bone cells. This, in turn, helps reduce the risk of fractures. It also encourages the development of a calcium matrix that improves overall appearance.

8. Reduces risk of diabetes

Regular exercise can help reduce the development of diabetes. Playing badminton helps lower blood sugar levels. This reduces the production of sugar in the liver, which protects you from disease.

9. Treats high blood pressure

Badminton is a social sport. You meet several people doing the same sport, which can evoke positive emotions. It supports activity, improves mood and sleep. This, in turn, helps to relax and reduce stress and anxiety.

10. Improves lung function

Playing badminton increases heart rate and blood flow. It significantly improves lung function and helps reduce dependency on nasal sprays in people with breathing difficulties.

In short, volumes could be written on the benefits of learning badminton. We want you to feel the benefits, not read them. So don't waste time, get your badminton racket and racquet and get ready for your first shot.

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