

**ANTIQUITY AND ORIENTAL RENAISSANCE THINKERS
MOVEMENT ACTIVITY IN LIFESTYLE EDUCATION****Musayev Zarifjon Tursunaliyevich**

Abstract: In this article, thinkers of Antiquity and Eastern Renaissance period movement activity in lifestyle education

Keywords: Antiquity and Eastern Renaissance, natural-climatic and ecological geographical factors, biological rhythms, stereotype, Hippocrates, Galen.

"The eternal dream of our great-grandfathers, who are the owners and founders of universal spiritual feelings, is the generation of wise, capable children and their education and training, who throughout the centuries will shape our language, our language and religion, the identity of the nation in all aspects. those who carefully brought up physically matured generations" - our first President I.A. Karimov in his speech at the meeting dedicated to approving the "Healthy Generation State Program".¹

The continuation of the practical works started by our President Sh.M. Mirziyoev said that "all strata of the population, especially schoolchildren, to regularly engage in physical education and sports, to effectively use the conditions created for the formation of a stereotype of movement activity, to increase their effectiveness, put the goal of the state policy as a priority, "Physical education and public sports A perfect classification is given in the review of the decision on further development measures².

In the mentioned review, we are witnessing that they are consistently implementing this policy by defining the specific tasks of "organizing a healthy lifestyle" among educational institutions and a wide segment of the population, which has found its place in our heritage values.

Therefore, the problem of the topic of our research implies the problem of summarizing the content of the scientific, theoretical and practical foundations of the formation of the physical culture of a healthy lifestyle of young students and its rich historical experiences.

The way of life of our ancestors, their education, upbringing, the spirituality of their eternal heritage is an eternal dream. That's why "Healthy lifestyle and its education and upbringing" is to preserve and maintain the organs, structure, services, and other aspects of the human body, ultimately their maturity, strength, mobility of joints. science and its theoretical foundations.

¹Соғлом авлод тарбияси—барчамизнинг муқаддас инсоний бурчимиз” Соғлом авлод давлат дастурини тасдиқлашга бағишланган мажлисда сўзланган нутқидан, 2000 йил 24 февраль.

²“Болалар спорти”.22 (52)-сон., 06.06.2017 йил 2-3 саҳифалар.e.mail:bolalarsportuz@umail/uz.

According to our analysis, the main means of physical training education of our grandfathers is the fact that they worked with skillful movements and coordinated muscle tension for their daily activities, profession, and craft.

Most of them have long lives, strong faith, fruitful work, enviable health, disease-free, long healthy lives, and they have inherited their experiences, theoretical, practical knowledge, and skills. Therefore, research related to the state of human health and its preservation, especially the fact that our various movement activities are subject to certain rhythms, and that all creatures and plants, including the human body, are subject to it is a biological law (V.S. Weinbaum, 1988). They are biological rhythms³.

Even though our ancestors did not fully know the scientific basis of this daily, night-day, weekly, monthly, annual, dimension, they chose the optimal order (regime) for the day ahead, even if it was not too strict, the relative order they were accustomed to. Those who lived without breaking it. Those who felt that their bodies had some kind of relationship and dependence on the effects of the external environment.

They authenticated the amount of physical load that falls on their body parts from active movement and improved it over the centuries. Those who felt the change through their life experiences.

The lifestyle of our country's President Sh. M. Mirziyoev, which has been raised to the level of state policy by "engaging the population in mass sports", has become a necessity for the population to live actively with healthy, long, active movements, and not physical, but biological aging. Creating the foundation for this is not at school age, but from pre-school age, proper nutrition, healthy sleep, rest, work, biological rhythms inherited from our ancestors. paying attention to the need to give up the way of life of the waterfall, following the laws, and creating the conditions⁴.

According to the analysis of special literature and historical sources, there are enough evidences that our ancestors tried to have an organic relationship with the environment and nature in their way of life, felt the existing biological rhythms set for each individual and adjusted their daily activities accordingly.

They woke up early in the morning without scattering the sun's rays, they woke up from their sleep when the sun's rays were still bright, they finished the morning prayer, waited for the sun's rays (choshgoh), and they worked until the sun reached the vertical phase of their livelihood - creating

³ С.Я. Вайнбаум Жисмониций тарбия гигиенаси, ўқув. қўл. Тошкент "ЎҚИТУВЧИ". 1988 й. 216 б.

⁴ "Ўзбекистон Республикаси Жисмоний тарбия ва спорт тизимини 2025 йилгача ривожлантириш концепцияси" ПФ-5924-сон Фармони 2-илова

material wealth, working until the vertical phase of the sun - until noon. After lunch, they continued to work until daybreak.⁵

Sunset, evening-darkness (darkening of the day), darkness, sleep and wakefulness in some parts of the night are subject to certain rhythms (in the appendix we gave a description of our daily rhythms). These rhythms lived according to daily, weekly, monthly and other rhythms.

Useful and less useful times (periods) of biological rhythms are passed down from ancestor to ancestor. For example, it is forbidden to do mental and physical work (spending energy) after cleaning the body thoroughly after the evening of the day.

In accordance with the age-old laws of natural and biological rhythms of night and day, based on the requirements of each season of the year, life rhythms in accordance with the order of the requirements of physical and mental aspects, followed the etiquette of being able to adapt the organism in time to sudden changes in the internal and external environment. our grandfathers spent three months of winter to recover the energy they had spent for the rest of the year. These experiences have been passed down from generation to generation⁶.

The most important thing is that they understand the consequences of excessive muscle tension for their body due to hard physical work, movement activity, that health is wealth, that the service of body parts is not one day, their preservation, care, maintenance, etc. Those who have formed stereotypes of the warnings (signals) that some members of their body may soon encounter diseases, have accumulated rich experiences about them.

They understood that the health of the body, the level of physical training, the level of the organism's strength, the level of adaptability to various influences of the external environment, ultimately lead to the spiritual, social and biological perfection of the person. That is why our great-grandfathers were distinguished from representatives of other nations by the fact that they had the ability to replace labor tools with protective weapons if necessary. In addition, they had an advantage in synthesizing the religious and worldly knowledge of the basis of their relations, educational, educational, scientific theoretical views on the health of a person, the health of his lifestyle, and the passing of social and political processes. The results of the synthesis were theoretical knowledge and practical skills, rich lifestyle manifested in educational experiences.

⁵ Фахриддинов Ф. "Камолот ва маънавият сабоқлари". Тошкент., - "Абу Али ибн Сино" номидаги тиббиёт нашриёти. - 1998. 221.с.

⁶ Эрназаров Ф.Н. Ўқувчи ёшлар жисмоний тарбиясининг ҳудудий хусусиятлари. / Ўқув. услуб. қўл., Фарғона. "Classie" нашриёти. - 2020. 108б

Abu Nasr Farabi (873-950), one of our great grandfathers of the Eastern Renaissance, in his scientific work called "The City of Virtuous People", which was written more than 1200 years ago, reflected on the choice of a mayor for the city, a candidate, a future mayor. He put forward the opinion that his "four organs should be healthy" as one of the first of the 12 qualities that should be possessed. Because "when performing the duties of a governor, the physical defects of his body should not interfere with his state management activities, on the contrary, the health of his body should create a comfortable opportunity to perform his duties easily"⁷.

Our great scholar, encyclopedist scientist grandfather Abu Raykhan Beruni (973-1048) in his book "Jewels" is one of the leading means of training the body to physically resist the harmful effects of the external environment (heat, cold, wind, dust, various diseases, especially infectious ones). one of them wrote about water: "Cleanliness of the body is mainly achieved by washing in water, the smell and freshness of the water comes with the strange smell of the air"⁸.

In this way, the scholar revealed not only the hygienic aspect of body cleanliness, but also the educational and training tool for training it, similar to the religious knowledge (sharm hayo) of his time. the life-giving properties of water, the fact that a significant percentage of the composition of the human body is related to water, water is not only exercise, but all social, material, spiritual, functional and other changes that take place in the organism, especially the educational ones related to swimming, scientifically and theoretically based that it is the main tool in educational and functional processes.

Swimming exercise is the best gymnastics for the lungs, because breathing is under the influence of water pressure, exhalation is a little more difficult under the resistance of water, it forces the muscles to exert a strong strain compared to the physical load of normal breathing, especially the breathing between the ribs. who reasoned that physical exertion of the muscles and all other muscles of the body produces incomparable benefits of the body's skeletal muscle activity.

That is why, as much as possible, every house, neighborhood and its residents have equipped water basins, fountains, ponds that amaze the human race with oriental sophistication, and they have liked to turn their surroundings into flower gardens, gardens, and pleasant places for walks.

In particular, Eastern baths have played the role of treatment centers. Therefore, in the lifestyle of developed countries, correction of various physical defects, treatment of certain diseases, treatment of body

⁷ Хусайин Воиз Кошифий. Футуватномаи султоний., рисола. А. Қодирий номидаги Ҳалқ мероси нашриёти 1994 й. 3с.

⁸ Хусайин Воиз Кошифий. Футуватномаи султоний., рисола. А. Қодирий номидаги Ҳалқ мероси нашриёти 1994 й. 5с.

parts with functional defects are used in Eastern baths, more than 10 types of treatments, more than 10 types of water massages. lifestyle practices are still used as the main means of STT physical culture.

Beruni's contemporary, "Nightmare" (1083), written by Kaykovustomani, gives a lot of attention to the importance of sleep in going to the bathhouse, "body massage" (massage of the body), and restoring the body's spent energy.⁹

"If the life given to a person is a royal table, then sleep (passive rest-restoration of spent energy), i.e. the royal food of this table" has already been recognized by the people of mankind as a factor of restoring the spent energy of the organism.

Abu Ali ibn Sina (980-1037) - "Badantarbiya (exercises) are voluntary actions that force a person to take deep and continuous breaths, and a person who engages in them in a timely and moderate manner will have a broken client. He will not need treatment for future diseases."¹⁰

In the famous "Laws of Medicine", which has been used to train doctors for more than 700 years, he wrote, "If you do physical exercises, there is no need to drink any medicine."¹¹

Based on the requirements of the Uoz era education and upbringing, physical exercises were performed: "holding the opponent by the waist, pulling each other, swings (the main technical element of all fights), lifting, throwing, archery, It is recommended to coordinate with ram, variable speed walks, jumps, several types of riding, kopkari (goat), chavgon, and other activities on horseback, with proper sleep, eating, and rest.

The great Russian scientist, biologist, anatomist, pedagogue, doctor, recognized as the "father" of the system of physical culture of the former Soviet Union, the founder of the theory of "Physical knowledge" P.F. He described the classification of fatigue exercises (wounded fatigue, stiff fatigue, swollen fatigue, emaciated fatigue), divided endurance into five types of groups, and provided scientific theoretical and practical reasons for them as a means of health improvement¹².

Our grandfather Ahmed Yassavi, in his work entitled "Collection of Proverbs", thought about "Healthy soul" (a broad concept according to its scope, three types of soul are described in religious books,

⁹ Кайковус.Кобуснома.Форсчадан Мухаммад Ризо Огахий таржимаси.2-нашр.Тошкент"Истиқлол"1994.63 с.

¹⁰Абу Али ибн Сина."Канон врачевой науки".изд.,"Фан"УзССР, Ташкнт, 1985.Стр.323

¹¹Абу Али ибн Сина."Канон врачевой науки".изд.,"Фан"УзССР, Ташкнт, 1985.Стр.323

¹²Абдуллаев А.Жисмоний маданият назарияси ва методикаси., Оўю учун дарслик,(I-жилд)/Тошкент/"НАВРЎЗ" нашрети, 2017. 308с

all of which are related to lifestyle). based on the fact that they are aspects that prevent from indulging in animal passions and physically strengthen the body parts"¹³.

Pahlawan Mahmoud revealed the secrets of wrestling and wrote many works about wrestling exercises. It is clear that the nation, the country that raised our ancestors, Jahangir, had an improved system of physical education, but unfortunately, the problem has not been fully studied until now¹⁴.

Their main goal was to train their descendants to be strong, courageous, and courageous. Because Pahlavon Mahmud proved that a wrestler needs a strong body, tested that the strength of the body lies in the strength of the joints of his bones and muscles, and formed brave young men. tried in his soldiers.

He required his soldiers to use the right and left parts of the body equally, and he gave excellent information about his ability to ride a horse from both sides and fight with a sword in both hands.

It is based on the teachings of the "Sufism Art of Fighting" school, "Kung-fu", "Wu-shu", "Tai-chi", "Kempo", "Kendo", "Karate" under the guidance of the owner Amir Temur. ", "Jiu-Jitsu", "Taekwondo" fighting methods have been incorporated into each other, creating a terrible special, perfect, unique system-school of fighting. A soldier who has mastered this martial art can defeat a thousand enemy soldiers¹⁵.

S. Kushkaryov, U. Kushkaryovlar (2003) in his book "The Art of Sufi Fighting" stated that "Thousand Soldier" method of fighting is the fighting art of a perfect human being based on divine knowledge, and its basic principles and principles are closely related to Sufism. , who emphasized that this martial art was not intended only for fighting, but essentially only served to achieve spiritual, mental and physical perfection¹⁶.

MirzoUlug'bekozi's pedagogic views, "If you want your child to grow up healthy and strong, educate and train him from a young age" is also a good way to raise a healthy and strong child even in the 15th century in which he lived. shows that attention is high¹⁷.

¹³Жисмоний маданият назарияси ва методикаси. II-жилд, 2-тўлд нашри/ ОЎЮ учун дарслик.А.Абдуллаев, Ш.Ханкельдиев тахрири остида.Тошкент,“Навруз”нашриёти 2018 .413. (СТТ талаба 14 б. ни к/к)

¹⁴Абдуллаев А. ва бошқалар. “Жисмонан баркамол авлод орзуси”. Фарғона, 2003 й. 31-саҳифа

¹⁵Абдурахмонов Абдулхай. Саодатга элтувчи билимлар.(дин,фалсафа,ҳаёт,маънавият ва маърифат сабоқлари).Тўлдирилган бешинчи нашри.Тошкент”Мовароуннахр”.2005. 660 - б.

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¹⁷Махсудий .А.Х., Ибадати исломия ./ А.Х.Махсудий,- Самарқанд: Имом Бухорий Ҳалқаро маркази” нашёди, 2018,-240 б.

"Attention to a child's physical health should be started from the age of 14-16, when the body begins to be full of energy, not when it gets sick"¹⁸.

It should be said that from the period when Hippocrates imagined the "healthy lifestyle" as a medical-hygienic concept of a healthy lifestyle, until Abu Ali Ibn Sina, this concept has only come out of the scope of the medical-hygienic concept. , proved the idea of doctor Claudia Galen, famous master of experiment-tests, that "the formation of health should include the period from early childhood to old age"¹⁹.

By the middle of the Middle Ages, as a result of the withdrawal of the culture of the ancient world, the idea of a healthy lifestyle was transformed into the highly rising scientific schools of Eastern Muslims. Because the scientific works of Hippocrates, Galen and other famous scientists collected in ancient times, the special schools and academies of the East (the largest one in Gundishapur) started to translate from Dayuno and Latin into Arabic, the international language of that time.

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¹⁸ Абдурахмонов Абдулхай. Саодатга элтувчи билимлар.(дин,фалсафа, ҳаёт,маънавият ва маърифат сабоқлари).Тўлдирилган бешинчи нашри.ТошкентМовароуннаҳр”.2005. 660 - б.

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