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The Role of the Sports Klaster in Public Health

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ABSTRACT

This article describes the importance of the sports cluster module system in popularizing sports. among the population and improving the helth of the population with health problems.

In the second half of the 20th century, the need to form a healthy lifestyle, collective and individual prevention of infectious and non-infectious diseases, hygienic education and health of the population was understood as a complex problem. In 1989, in order to coordinate all the activities of various bodies, institutions and public organizations on hygienic education and health improvement of the population, the health education service was transformed into a formation service.

Forming a healthy lifestyle among broad sections of the population, including young people, by organizing mass sports competitions among them

Of course, in order to rationally use the ways of forming a healthy lifestyle, it is necessary to use all possible methods. As noted above, the establishment of a healthy lifestyle is not only health care, but also education, family education and personal example. The research of the World Health Organization in this direction led to the determination of the following statistical indicators. Human health depends 50-55% on lifestyle, 20-23% on genetic factors, 20-25% on environmental factors, and 8-10% on medicine and health care.

We are currently living in a time that is developing day by day. All over the world, almost every year, techniques, methods, and manuals are created that serve to improve human life, and research is conducted on them. Despite this, many diseases such as inactivity, lumbar hernia (grija) and leg cramps are observed around the world. Despite this, scientists and doctors have not stopped researching. Such cases are observed mainly in employees of enterprises,

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organizations, elderly people, and drivers. The main reason for this is that they sit in one place too much. In order to prevent this, it is necessary to maintain the same standard of eating, sleeping and sports activities, and of course, to perform a series of five-minute exercises from time to time. At the same time, the existing negative trends in the state of public health, there are issues of forming the need to educate the population of personal responsibility for their health, to follow the rules of a healthy lifestyle and to consciously abandon bad habits, and to carry out targeted preventive measures. .

We can easily say that public forms of organizing a healthy lifestyle are (film and video lectures, fairs, holidays, health marathons and of course programs). It is no exaggeration to say that the organization of sports clusters is one of the priority tasks. Cluster ! (cluster is an English word - it expresses meanings such as gathering, gathering, accumulation, and means a term that means the concepts of one circle as a whole.

The cluster module system is a well-thought-out strategy that can be used in one-on-one or group sessions with residents. In trainings organized on the basis of such a module group, the shortcomings will improv based on the opinions expressed by the residents. This creates an opportunity to generalize the presented ideas and find connections between them. This issue is becoming more relevant due to the fact that it is focused on aspects such as bringing health issues to the people, forming sufficient knowledge and skills in this regard, and using the cluster module system.

Broad promotion of a healthy lifestyle through the systematic organization of mass sports competitions among residents in the neighborhoods, bringing their involvement in mass sports to a new level, and the 67th goal of the development strategy of New Uzbekistan for 2022-2026 in order to ensure the performance of tasks, strengthening the material and technical base for mass sports in the neighborhoods and providing sports facilities with modern sports equipment, as well as creating an appropriate sports cluster for the population with limited opportunities, remains a priority issue. To increase the participation of young people in mass sports, to create conditions for families who regularly engage in mass sports in neighborhoods and parks, and to introduce mechanisms to encourage family sports, to adequately encourage residents who have won prizes during mass sports events, and to promote their activities and there is also the activity of creating conditions for it.

The purpose of the research- is to work directly with different strata of the population to improve their health based on their interest in sports and to use the cluster-module system.

According to the purpose of the research, the following tasks are set:

- Physical fitness and longevity of the population, in which the sports cluster module system ultimately forms a culture of healthy living
- Studying the needs of the population for physical education and sports, working on solutions to the problems of raising the future generation to be mentally mature and physically fit.

A useful definition from the sport management literature defines sport as “a physical activity that is competitive, requires skill and effort, and is governed by institutional rules” (Trenberth, 2012, p. 3). All of these definitions include and include recreational, competitive, professional, and amateur sports. Depending on the research questions and empirical contexts, scholars may use a more exclusive definition of sport.

The sport cluster concept is based on Porter's (1998) cluster concept. He defines clusters as "geographical concentrations of interconnected companies, specialized suppliers, service providers, firms in related industries, and related institutions."

defines (Porter, 2008a, p. 215). A cluster is “a system of interconnected firms and institutions whose value as a whole is greater than the sum of its parts” (Porter, 2008a, p. 229). The well-

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being of the cluster reflects the well-being of the cluster members. Simultaneous competition and cooperation are common within clusters (Porter, 2008a).

The decision of the President of the Republic of Uzbekistan on June 3 "On measures for the further development of physical education and mass sports" was another important document in the field. With this decision, the program of further development of physical education and mass sports in the Republic of Uzbekistan was adopted. In the program, in 2017-2021, more than 995.2 billion soums spent for the further development of physical education and mass sports, in order to strengthen the material and technical base of sports schools, to build 167 sports facilities, including 90 sports complexes and 77 swimming pools. , reconstruction, capital repair, equipment and re-equipment works were carried out.

Healthy habits can reduce the risk of various diseases, including those that run in our family. For example, in a recent study, adults who followed a standard American diet (rich in fruits and vegetables) for 8 weeks had a reduced risk of cardiovascular disease.

In terms of exercise, 11 minutes a day can add years to your life. In a 2020 study, researchers followed more than 44,000 adults. Those who did 11 minutes of moderate to vigorous physical activity each day had a lower risk of death than those who exercised for just 2 minutes. This comparison is true even if people sit for 8.5 hours every day.

Basic healthy habits are associated with longevity. If you have never smoked at age 50, maintained a healthy weight, are regularly active, and eat a healthy diet, you can live up to 14 years longer. Making a few of these changes can extend your life. (Medically reviewed by Emelia Arquilla, DO — By Brittany Risher on January 6, 2021)

It is worth noting that despite the researches, decrees and decisions mentioned above, it is not a secret to many people that there are cases of chronic diseases and incorrect daily routines, in short, non-observance of a healthy lifestyle and non-regular participation in sports. It is no exaggeration to cite the sports cluster system as a solution to these and similar issues. During this process, several programs provide for the use of video and photo recordings.

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