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ҚИШЛОҚ ХЎЖАЛИГИ ВАЗИРЛИГИ**

ТОШКЕНТ ДАВЛАТ АГРАР УНИВЕРСИТЕТИ

**АГРАР СОҲАНИ БАРҚАРОР РИВОЖЛАНТИРИШДА ФАН, ТАЪЛИМ ВА
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болезнь, представляет собой комплекс функциональных и органических изменений и болезненных симптомов, развивающихся в результате рассогласования деятельности отдельных систем и организма в целом с внешней средой. В основе патогенеза этого состояния лежат нарушения энергетического и пластического обмена (прежде всего в мышечной системе).

Целостность человеческой личности проявляется, прежде всего, во взаимосвязи и взаимодействии психических и физических сил организма. Гармония психофизических сил организма повышает резервы здоровья, создает условия для творческого самовыражения в различных областях нашей жизни. Активный и здоровый человек надолго сохраняет молодость, продолжая созидательную деятельность.

Здоровый образ жизни включает в себя следующие основные элементы: плодотворный труд, рациональный режим труда и отдыха, искоренение вредных привычек, оптимальный двигательный режим, личную гигиену, закаливание, рациональное питание и т.п. Здоровье - это первая и важнейшая потребность человека, определяющая способность его к труду и обеспечивающая гармоническое развитие личности. Поэтому значение двигательной активности в жизнедеятельности людей играет значимую роль.

Заключение

Знание основ физического развития и физической подготовленности дают возможность студентам в условиях вуза более эффективно использовать средства и методы для самообучения и саморазвития.

Успешное использование средств физической культуры в учебном процессе и научно обоснованный контроль студента за физической подготовленностью поможет ему сохранить: физическую работоспособность, сформирует способность к быстрой адаптации, ускорит процессы восстановления после больших физических и умственных нагрузок. У студента формируется успешное выполнение учебных требований и хорошая успеваемость. Воспитывается высокая организованность и дисциплина в учебе, быту, отдыхе.

Литература

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ENGLISH AS AN INTERNATIONAL COMMUNICATION LANGUAGE

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Among foreign languages, English is in the first place and has long been at the international level. English unites people, and no matter what country you come to, almost everywhere you can hear English. Everyone knows that Latin has become the basis of modern European languages. For example, German dialect is a mixture of Latin and Gothic, French is Latin and Gallic, and English appeared as a result of a mixture of Latin and Celtic. The history of modern English began back in the 8th century BC. During this period, the territory of modern Britain was inhabited by Celts who spoke Celtic. So the word "Britain" came from the Celtic - brith - colorized. The spread of the English language in the world is inextricably linked with the increasing political and economic influence of English-speaking countries throughout history. The beginning of the process of spreading English on a global scale was laid by Great Britain. This was not done intentionally. A small country was just about to acquire new lands for the "crown". As a result of violent political activity, the English language penetrated into Asia,

Africa, Australia and the New World. After gaining economic and political independence, the United States joined the process of spreading English in the world. And especially purposefully and actively the promotion of the English language began to be carried out after the Second World War.

There are 2 objective reasons why English has become an international language: historical heritage and economics.

No. 1 Historical Heritage

One of the main reasons why English became so widespread was British dominance in the 19th century, and America (USA) took over the baton and from the twentieth century to this day has been a superpower.

These two countries were the most developed in terms of armed forces and trade. Conquering a large part of the world, England spread its traditions, culture and lifestyle to all parts of the world. For this reason, many of today's ex-British colonies have English as their official language.

No. 2 Economics

Another reason is economics. Today, the United Kingdom and the United States of America are global financial centers in which the business life of large companies and international financial organizations is concentrated.

For example, one of the largest global financial institutions is the London Stock Exchange. It accounts for about 50 percent of international stock trading; companies from 60 countries were admitted to exchange trading. Since English is used for interaction, the wide internationality of the exchange is a significant factor in its distribution.

No. 3 Information

It is known that most communication sources and the media publish their materials in English. In English, more than 60% of all information on the Internet is created: films, books, series, music and much more. The versatility of English is also reinforced by the fact that it is the language of the business sphere.

Currently, the English language plays a large role in international communication, namely:

1. English is a worldwide language. Today, English has become an international language, it is the most spoken in the world. For more than 400 million people, it is a native, for 300 million it remains a second language, and another 500 million speak some English.

2. English is the language of trade and business. In many countries, English has a very important place as the language of diplomacy, trade and business. 90% of global transactions are in English. World financial funds and exchanges operate in English. Financial giants and large corporations use English no matter what country they are in.

3. English is the language of education. English is the most popular foreign language in schools. The most prestigious universities in the world are English-speaking. In countries where English is the second official language, students prefer to study in English. Knowledge of English provides an opportunity to get a good education and build a successful career.

4. English is the language of travel. The large-scale travels of the British for two centuries made results. In the 21st century, English is the language of travel. Whatever country you are in, in English you will be understood everywhere.

5. English is the language of science and technology. English has become the language of the 21st century - the century of technological progress and information technology. Today, all instructions and programs for new gadgets are written in English. Scientific reports, articles, reports are published in English. 90% of Internet resources are in English. The vast majority of information in all areas - science, sports, news, entertainment - is published in English.

6. English is the language of youth. English has become the language of youth culture. American actors, actresses, musicians have been and remain idols of more than one generation of people. Hollywood today is the undisputed leader in the film industry. Iconic American action movies and blockbusters watch English all over the world. From America came jazz, blues, rock and roll and many more styles of music that are still popular.