

PHYSICAL CULTURE AND PHYSICAL EDUCATION

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ABSTRACT:

One of the important tasks in the harmonious development of physical and intellectual resources of young people is the extensive use of the opportunities of the basics of physical culture, physical education and physical development. This article provides theoretical information on the basics of physical culture, physical education and physical development.

KEYWORDS: culture, physical culture, education, physical education, ability, sports, physical training, coach.

INTRODUCTION

It should be implemented with the main directions of modernization of the system of physical education and improvement of physical fitness for young people in educational institutions, measures to improve the system of physical culture and sports for students, as well as recommendations to increase the effectiveness of compulsory physical education in education. To this end, the development of physical culture and sports in Uzbekistan is considered at the level of state policy and is used as a guaranteed means of strengthening the nation's gene pool, educating a generation of physical and intellectual potential and promoting national independence.

The current development of science, technology, manufacturing and technology defines the image of modern society. The most important characteristic of modern society is the evidence of globalization in all its spheres. Globalization itself requires rapid action, immediate acquisition of necessary information, their processing and effective application in practice. Only personnel with knowledge of their field, high level of professional skills, rich experience and skills will be able to act in this way. Therefore, taking into account today's requirements in training of higher education personnel is purposeful.

METHODS

The development of physical culture and sports has always been one of the most pressing issues facing the state and society. The basis of public health is built on physical culture and sports, and the regular participation of the people in physical culture and sports has played an important role in the recovery of their health. This served to cultivate great commanders, brave warriors, people with common sense.

“Physical culture, physical education and sports are important factors not only in physical but also in spiritual development. It heals the will, teaches to strive for a clear goal, to endure difficulties with endurance and perseverance. It instills in the human heart a sense of confidence, pride and pride in victory ”[1, 67].

The main indicators of the state of physical culture in society:

- the level of human health and physical development;
- the level of use of physical culture in the field of upbringing and education, in production, in everyday life, in the structure of leisure;
- the nature of the physical education system, the development of mass sports, the perfection of sports, and so on.

The essence of upbringing is different in each period, and its content stems from social goals. Although the idea of upbringing is expressed differently, but the nature of the direction and the object are expressed in unity.

Upbringing is an organized pedagogical process for the purposeful improvement of the individual, which allows a regular and systematic impact on the pupil's personality. It is very important to organize the life and activities of students in a pedagogically correct way in the educational process. Physical education is a pedagogical process aimed at the morphological and functional improvement of the human body, the formation and improvement of basic motor skills, abilities, knowledge associated with them, which are important for his life.

RESULTS

In society, physical culture is the property of the people and is an important means of educating a new person who combines spiritual wealth, moral purity, and physical perfection. It relies on increasing the social and labor activity of people, the economic efficiency of production, the movement of physical culture, the multifaceted activities of state and public organizations in the field of physical and sports. People's physical culture is part of its history. The concept of physical culture undoubtedly includes all that is created by people's consciousness, talent, sewing, all that reflects its spiritual essence, its attitude to the world, nature, man and human relations.

It is time to develop physical culture, personality, the "technique" of its implementation in practice and to understand the decisive concept in the physical culture and upbringing of the younger generation, to form and strengthen consciousness based on deep knowledge and beliefs and constant care. The peculiarity of physical education as a social phenomenon is that it can serve mainly in society as a means of developing a person's physical abilities and at the same time have a strong influence on his spiritual maturity. This feature is a special feature of physical education that is applied to all equally. But in the real life of society, there is no physical education at all outside of specific historical conditions.

"The task of physical education is solved so successfully that if participants consciously understand exercise or if they are interested in sports and take a creative approach, they will have to rely on general specialized knowledge for the correct formation of motor skills and functional abilities" [2, 21].

DISCUSSION

In each socio-economic formation develops a specific historical type of physical education. Physical training. There are three main directions in physical education, and human physical education is carried out on the basis of these frameworks. They are general physical training, professional physical training, sports training.

Vocational physical training is a process of physical education aimed at preparing for a specialized, specific type of work and defense activities. It mainly uses types of exercise that are close to the profession or occupation.

The use of occupationally oriented physical training tools accelerates the process of acquisition of labor skills, increases labor productivity, improves the body's resistance to harmful factors of the external environment.

Sports training represents a special direction in physical education. The task of this is to ensure that a person achieves high results in a chosen sport.

CONCLUSION

We should never forget that physical education and sports, on the one hand, have a positive effect on strengthening health, a high level of physical development, the performance of all types of activities throughout life. On the other hand, physical education brings up young people stable morale, good breeding, education, able to value and respect people, to be an active citizen of his homeland, support and promote friendly atmosphere within home and abroad, contribute to the development of sports as well as the country.

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