

THE IMPORTANCE OF PHYSICAL EDUCATION AND SPORTS IN THE DEVELOPMENT OF SOCIETY

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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.

This article explores the relationship between physical education and sports.

KEYWORDS: Culture, Physical Culture, Education, Physical Education, Ability, Sports, Physical Training, Coach.

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