

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

Shavkat Abdurakhmonov*

*Lecturer,
Fergana State University,
Fergana, UZBEKISTAN
Email id: abdurakhmonov.sh@mail.ru

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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.

INTRODUCTION

The urgent task before us today is to create a unique way of life based on economic, social and political principles. It is understood that an important factor in determining sustainable development in all respects is a healthy lifestyle, a healthy lifestyle, as well as the expansion of the number of young people who regularly engage in sports. It should be noted that there is no doubt that a healthy and long life has always been a dream of mankind. In this regard, the main task of any society is to realize this dream of humanity, that is, to create conditions for the health and longevity of citizens.

Historically, the issue of education has been the most pressing issue in society, and today it is one of the main issues. Because the education of the members of the society is the decisive force in the whole existence of the society of its time, that is, its development, well-being, enlightenment and spirituality, economic stability, cooperation of the members of the society, peace in the world, joint solution of various problems is calculated. Physical culture, which is an integral part of such a unique system, has a unique role to play in ensuring the full development and activity of members of society. Taking this into account, special attention is paid to physical culture in our country.

MAIN PART

In many countries around the world today, people are running to improve their health. Running for healing has now been tested, and folk wisdom has laid the groundwork for its use. It is no coincidence that less than 3,000 years ago on the Forum wall in Hellas (Greece) was written: "If you want to be strong - run, if you want to be beautiful - run, if you want to be smart - run." This is now confirmed by scientific research.

Knowing how to live and work is great enlightenment. Life honors quality, productive, meticulous performers. The proverb "If you work, you will enjoy" defines the demands of everyone's life.

Today's market economy lives by established rules, which require theoretical knowledge, such as diligence and business acumen, proper rest, quick and good rest.

As a result of health training, the body not only increases strength, but also expands its thinking capabilities. Physical and mental maturity is endless, boundless, and giving it a slow or fast pace depends on everyone's aspiration, diligence, patience, will.

Sport training is a pedagogical phenomenon, a specialized process of physical education, directly aimed at achieving high sports results using a system of exercise techniques. It is important to note that from the point of view of pedagogy, sport is not a single goal, but a means of education, health and preparation for life.

Objectives of sports training: the requirements of health promotion and spiritual education, the harmonious development of the individual in all respects; mastering sports techniques and tactics; development of physical, mental and volitional qualities specific to the chosen sport, acquisition of practical and theoretical knowledge in the field of sports hygiene and self-control. During the training, not only high skills, but also health, development of physical qualities, hard work and acquisition of vital skills necessary for the defense of the Motherland are solved.

We have described one of the simplest means of fitness training to achieve physical fitness, a vital movement - a healthy lifestyle physical culture exercise that should be considered when using walking: simple walking is done by moving most of the muscles in the human body and it affects all internal organs. The positive effect was proven before the XV century. As a result of walking or other purposeful movements, the tissues in our body, the connections between the organs of our body are activated, the fluid in the myriad large and small tubes, and with them the interstitial exchange of substances, takes place rapidly; improves the supply of cells with nutrients and building materials needed to create new tissue; the valves of the tissues, which for some reason are closed, move the stagnant organs.

Walking is the simplest and most beneficial means of maintaining a healthy body. Walking as much as possible is beneficial for all ages, but it is better to get used to walking a lot from a young age.

Walking puts a load on most muscles of the human body because the whole body shakes when one leg is lifted and the body shifts its center of gravity. The longer such shakes last, the more the body's resistance to movement increases. The increased normative volume of mental and physical labor creates the basis for longevity. By studying the secret of the longevity of people who have seen longevity, it has been proven that they walk more in the open air than others, and are in constant motion. It is important to choose and adhere to the norm of physical activity of fitness training.

In addition, physical development is associated with the law of the unity of the organism and the environment and depends on the living conditions of a person, including the geographic environment. Therefore, when choosing the means and methods of physical education, it is necessary to take into account the influence of these laws.

Physical development is closely related to human health. Health acts as a leading factor that determines not only the harmonious development of a young person, but also the success of mastering a profession, the fruitfulness of his future professional activity, which is the overall well-being.

As means of physical culture are used: physical exercises, natural forces of nature (sun, air and water, their hardening effect), hygiene factors (personal hygiene - daily routine, sleep hygiene, diet, work,

body hygiene, sportswear, shoes, places of employment, rejection of bad habits). Their complex interaction provides the greatest health-improving and developmental effect.

Physical culture is the basis of the social and cultural life of an individual, a fundamental modification of his general and professional culture. As an integrated result of upbringing and vocational training, it manifests itself in a person's attitude to his health, physical capabilities and abilities, in his lifestyle and professional activity and appears in the unity of knowledge, beliefs, value orientations and in their practical implementation.

Physical culture acts as an integral quality of a personality, as a condition and prerequisite for effective educational and professional activity, as a generalized indicator of the professional culture of a future specialist and as a goal of self-development and self-improvement. Interests are also important in encouraging students to engage in physical culture and sports. They reflect the selective attitude of a person to an object that has significance and emotional attractiveness. When the level of awareness of interest is low, emotional attractiveness prevails. The higher this level, the more important is the objective significance. Interest reflects the needs of a person and the means of their satisfaction.

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.

Only when physical education is based on a clear system can a pre-determined result be achieved. The system of physical education means the generality of the principles, means, methods and forms of organization of physical education in such a way that it corresponds to the goals and objectives of the rich and all-round harmonious development of a member of society.

It should be noted that the purpose of physical education in our country is to educate the people of Uzbekistan to be physically mature, active builders of the rule of law, ready for creative work and defense of the Motherland. "This goal is common to all organizations and institutions engaged in physical education in the country. The level of development of physical culture in society is assessed by the following indicators:

The degree to which members of society incorporate physical culture into their daily lives;

- Health and physical fitness of members of society;
- Material and technical support of physical culture classes and their quality;
- With a permanent staff (staff), qualifications and activity and ability of the staff in charge of physical culture;
- evaluated by the results of community members in sports.

Physical perfection is interpreted differently as a concept that has its own ideal classification for any historical period that changes historically, because this ideal reflects the economic conditions of the population, the worldview of social life. Physically fit is a historically formed perception of the norm of health and the level of comprehensive physical fitness, which optimally meets the requirements of longevity of labor, public, military and human creative activities.

Physical maturity has a clear meaning and social significance in the harmonious development of the individual. It has been proven in practice that activities performed only to achieve physical maturity lead to one-sidedness during the pedagogical process.

One of the most important tasks of informatization of education is the formation of an information culture of the specialist, the level of which is determined primarily by knowledge of information, information processes, models and technologies;

Second, the ability to apply the tools and methods of information processing and analysis in various activities;

Third, the ability to use modern information technology in professional (educational) activities;

Fourth, to see the environment as an open information system;

The use of modern information technologies in the education system in the educational process includes computer modeling of educational activities aimed at computer modeling, information, programming of educational activities, associative method, test method, active learning game method, project methods, "non-surrender tasks", situational modeling and others.

Teaching information computer technology is not just a transfer link between teacher and educator: changing teaching methods leads to a change in the content of learning activities, which is increasingly independent and creative, helping to implement an individual approach to education.

The sharp decline in computer hardware and software development has contributed to the introduction of technologies such as multimedia technologies, Internet technologies, web design into the educational process. Their proper use contributes to the complex development of a person's personality and abilities.

The sharp decline in computer hardware and software development has contributed to the introduction of technologies such as multimedia technologies, Internet technologies, web design into the educational process. Knowledge of modern information technologies, their skillful use creates real opportunities for the training of specialists with a completely new content, which has not been used before in the educational process.

The content of the main components of information training should be designed to serve as a basis for the formation of an information culture of the physical education and sports specialist in the future. At the same time, the specificity of the field of future professional activity should be reflected in the solution of certain practical problems in the laboratory and practical training.

CONCLUSION

Ensuring the required level of information culture of the specialist cannot be the goal of a single training discipline; It is necessary to introduce modern information technologies in the teaching of all special disciplines of specialized departments, which requires a high level of professional training of professors and teachers, acquaintance with the potential of these technologies, the ability to use these opportunities in practical and scientific activities. In short, future physical education professionals (students) should see in their own experience the advantages and opportunities of modern information technology in practice, in the process of training, conducting research, and so on.

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