

THE ETHICS OF SPORTS IN IMPROVING EDUCATIONAL EFFICIENCY

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ABSTRACT

The popularization of physical education and sports in our country has been established as one of the most important areas of social policy. Because sports make a decision on a healthy lifestyle in society by strengthening the health of the population, educating the younger generation in a healthy and harmonious way. Various diseases prevent harmful habits among young people. Sport also plays an important role in the formation of feelings of high culture, patriotism. During the years of independence, large-scale work on this was carried out. The necessary conditions were created for the regular participation of the population, especially the younger generation, in physical education and mass sports.

KEYWORDS: *Sports, Education, Sports Games, Intellect, Competition.*

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