



GENERAL DESCRIPTION OF THE MEANS OF PHYSICAL EDUCATION

Abdullaev Farkhad Dilshodbekovich

Andijan State Pedagogical Institute

<https://doi.org/10.5281/zenodo.15239429>

Annotation: So, one of the main goals of Physical Culture in our homeland is to educate the people of Uzbekistan, who have achieved physical maturity, are active builders of the legal state, ready for creative work and defense of the motherland. This goal is common to all organizations and institutions implementing physical culture in the country.

Key words: physical culture, education, harmonic development, result, activity skills.

When physical culture relies on a specific system, a pre-envisioned result is achieved. By the system of Physical Culture, first of all, the principles, means, methods of Physical Culture and the forms of its organization are understood in such a way that it corresponds to the goals and objectives of the comprehensive harmonic development of a member of society.

The issue of the defense of our motherland also makes a number of requirements for the process of Physical Culture established in our society, as a result of the implementation of these requirements, the objective features of the system of Physical Culture are manifested. It is necessary to serve as an indicator of the readiness of the population of our country for the defense of the Motherland for comprehensive physical fitness, well-developed physical qualities.

So, one of the main goals of Physical Culture in our homeland is to educate the people of Uzbekistan, who have achieved physical maturity, are active builders of the legal state, ready for creative work and defense of the motherland. This goal is common to all organizations and institutions implementing physical culture in the country.

The totality of the goal is one of the main laws of the system of Physical Culture. In response to the stated goals and conditions, it is taken at the expense of the age, health, physical fitness, occupation of those involved in its implementation, and concrete tasks are solved in Physical Culture. The system of Physical Culture is assigned general tasks, which include:

- a) harmonic development of the form function of the human organism. to bring physical ability to perfection in every possible way, to strengthen health and give direction to ensuring the longevity of the people;
- b) the formation of vital activity skills and skills, special knowledge with a physical culture that will be needed in everyday life;
- c) culture of physical qualities for comprehensive development.

Human physical culture the purpose and function of which is related to other cultural processes is understood as consistent only so that this conformity is of an objective nature and gives a legitimate direction to the process of Physical Culture. In the process of physical culture, it has been proven in practice that goal-oriented activities, as in other areas of culture, cannot always coincide with the planned result. Takazo wants to assess the result of culture in

Physical Culture how Planned physical exercises in the training of a young athlete or a Physical Culture person affect his body:

Pay attention to the result of sports trainings in the short line sak, we note that high results are within a certain period, and if oddingi are forgotten, training sessions will not occlude themselves later. This undermines all-round harmonic development and puts sports Swallows in the bag.

Therefore, in front of the educator and trainer will be the request diary to configure the distance. And to halve this task burns the demand for training ukimishli, self-employed, loving professionals. These specialists will have to consider it their special duty to positively treat the goals and objectives that must be achieved in the physical culture system in the country, to physically promote the young generation from the child's health and spirituality. Navkiron, at the initiative of state and non-state sports societies of different categories of our country, associations of traitors of Physical Culture, who have just recognized our identity, increased the focus on the weaving of a single system of Physical Culture, which embodies the main features in the song: spiritual perfection, chalkiness and science.

Eastern thinkers have long paid special attention to the issue of a spiritually harmonious, perfect person. It is said that the greatest of the qualities of perfection is the perfection of the body and the human body. It was seen that positive traits such as perseverance, Dionysia, mathematics, canoeing, science, patience, discipline, Mi'kiyo si, lust, conscience, hakkaniyat, theoretical lesson, chastity, betrayal, perception, intelligence, piety, obedience, khakshati, benevolence, munislik, sadokat, Justice, mukhab bat, high humility, avf, love of the fatherland are achieved only through healthy body, tani-tightness.

At the fact that our country is a system of physical culture, we are widely abandoned among the masses of the people in the style of national houses. it is understood that from the program of National Sports, mass sports, Olympiads there is an opportunity to engage in multi-Milat Republican khalks with urin olga "big sport".

It was possible to improve the knowledge of the physical culture of naza, that the scientific examination of the physical culture of the sphere of intent was widely abandoned and was carried out in connection with the practice, the scientific Sciences of the physical culture of naza were divided into pedagogy, psychology , anatomy, physiology, biomechanics, sports metrology, Sports Medicine, Physical Culture of treatment, etc., their scientific achievements were.

The physical culture system has been bullied into the bulgan zvenos that are inextricably linked with each other, and currently the execution of various programs of the ham culture process is not carried out in these zvenos:

- a) preschool education (state and non-state preschool culture children's institutions) zvenosi;
- 6) school-age physical culture (General secondary education grades I-IX) zvenosi;
- v) secondary special, vocational education(academic lyceums, vocational colleges) zvenosi;
- g) higher education zvenosi;
- d) Army zvenosi;
- e) on the basis of higher education and military sungi khawasmandsh zvenosi of Physical Culture;

The system of physical culture combines the main elements in Kui in itself:

a) the purpose, objectives and principles of Physical Culture;

b) tools to be used in the physical culture system-physical exercises of the type of gymnastics, games, sports, tourism, etc;

It is worth noting that in developed countries, the use of different systems of the sphere of Physical Culture is not burned to the limit.

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