



INNOVATIVE CHANGES IN THE FIELD OF PHYSICAL EDUCATION AND PHYSICAL CULTURE

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ABSTRACT: The process of physical education is multifaceted. In this process, both education and upbringing are given. In the process of physical education, education will be focused on the formation and improvement of motor skills, abilities. At the same time, the physical development of the trainees is affected. Creating a healthy lifestyle in our society, creating modern conditions for regular physical culture and mass sports of the population, especially the younger generation, strengthening confidence in the will, strength and capabilities of young people through sports competitions, courage and patriotism, motherhood. Extensive work is being done to develop a sense of devotion to the motherland, as well as the systematic organization of the selection of talented athletes among young people and the further development of physical culture and mass sports.

KEYWORDS: physical culture, physical education theory, health, sports, physical education, upbringing of a healthy generation, healthy lifestyle, physical education system.

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 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.

MAIN PART

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.

“Physical culture is a set of special measures, including the physical development of a person by directing the special means and methods of sports and culture, along with the means of physical education in the comprehensive education of the builders of a new society, mature people. Physical culture is a part of the general culture, the development of which depends on the level of socio-economic development of society”[1, 57].

In the education system, physical culture is taught as a subject, and this subject has its own set of objectives. The goal of the science of physical culture is to achieve physical maturity, comprehensive education, preparation of them for active participation in a democratic state based on the rule of law, creative work and defense of the Motherland. To achieve this goal, of course, will be achieved through the study of the science of physical culture in the field, the implementation of the data obtained as a result of scientific research in practice and teaching students. In this way, the knowledge, skills and abilities of members of society in the field of physical culture are developed.

“Today, the development of a healthy lifestyle and physical culture has become a topical issue. Maintaining the status of this type of activity, especially among athletes, is required to form the right opinion among the people. One of the problems studied in the science of psychology is the motive and motivation, on which there are views of the type theories. In particular, local psychologists E.G. Goziev, G.B. Shoumarov, V. Karimova, B.R. Kadyrov, I.M. Mamatov, Russian psychologists K.D. Ushinsky, I.M. Sechenov, I.P. Pavlov, V.M. Bexterev, A.F. Lazurskiy, V.N. Myasishev, A.A. Ukhtomskiy, D.N. Uznadze, S.L. Rubinshteyn, A.N. Leontev, P.M. Yakobson, V.S. Merlin, L.I. Bojovich, V.I. Selivanov, V.G. Aseev and others conducted research on this problem and left their theories”[2, 72].

Definitions given by experts (L.P. Matveev, A.D. Novikov, B.A. Ashmarin, A.S. Kholodov, H.T. Rafiev, A. Abdullaev, R. Abdumalikov), in existing dictionaries and encyclopedias Based on the data, physical culture is an integral part of the general culture. It can be concluded that it covers species.

The goal of physical education is to shape a person’s physical maturity, strengthen their health, and increase their ability to work from an early age. The purpose of physical culture in society is to develop all areas of society in conjunction with the development of society, that is, not only the education of the individual, but also all areas of the above areas.

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.

“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, skills and knowledge related to them”[3, 8]. 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 commonality of purpose is one of the basic laws of the system of physical education”[4, 36].

RESULTS AND DISCUSSION



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.

The independence of our country, the ongoing social and economic reforms in our society demand that the children of our country must have reached physical maturity. Every nation is proud of its heroes, their physically fit sons. They dreamed that their children would be physically and spiritually formed, such as Alpomish, Rustam, Gorogly, Barchinoy in folklore. 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.

The commonality of purpose is one of the basic laws of the physical education system. In response to these goals and conditions, in its implementation, the age, health, physical fitness, occupation of the trainees are taken into account, and specific tasks in physical education are solved:

- a) the harmonious development of the form function of the human body, the full development of physical abilities, the strengthening of health and the orientation of a member of society to longevity;
- b) formation of vital movement skills and abilities, special knowledge of physical culture, which is necessary in everyday life;
- c) training of physical qualities for all-round physical development;

The fact that the purpose and task of physical education is related to other educational processes is understood in such a way that this compatibility is of an objective nature and gives a legitimate direction to the process of physical education. In the process of physical education, as in other areas of education, goal-oriented activities have been shown to not always meet the planned outcome. In physical education, the results of training for a young athlete or physiotherapist need to take into account the impact of planned exercise on his body. does not justify. This impedes all-round harmonious development and undermines sporting achievements.

From time immemorial, Eastern thinkers have paid special attention to the issue of a spiritually rich, physically fit and perfect man. It is said that the greatest of the qualities of perfection is the perfection of the human body. Only a healthy body has the positive qualities of a person, such as perseverance, piety, piety, contentment, knowledge, patience, discipline, self, conscience, truthfulness, vision, example, chastity, modesty, understanding, intelligence, economy, obedience, forgiveness, love of country. considered to be achieved through familiarity [5, 13].



CONCLUSION

Therefore, in front of the educator and the coach, the need to be able to see far, to make predictions will be cross-cutting. The solution of this task should be carried out in the system of training educated, knowledgeable and loving professionals. Our young, newly recognized country, through various categories of state and non-state sports societies, associations of physical culture enthusiasts, is focusing on the creation of a single system of physical education, combining spiritual wealth, physical perfection, nationalism and its scientific features.

The popularization of the physical culture system of our country means that we have the opportunity to engage the peoples of our multinational republic in the form of national games with "popular sports", which are included in the program of physical exercises, national sports, mass sports, Olympics.

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