

Problems and Solutions of Science and Scientific Education in the Field of Sports

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Abstract:

The article discusses the problems and solutions to scientific education in the field of physical education and sports, the study of indicators of professional education of athletes in the field of physical education and sports activities, the activities of sports organizations and sports federations in the field of professional sports education. The close connection is the formation of various sports education studies between the problematic situations of sports education and sports organizations to obtain the desired end results.

Keywords: Training in sports activities, determining the main tasks and goals of sports education, organizing sports education programs, creating a personnel market in the field of physical education and sports, training athletes in various conditions.

Physical education, physical education is an integral part of general education, aimed at promoting health and harmonious development of the human body. This is one of the indicators of the state of physical culture in society.

Basic means of physical education: physical education, physical education, occupational and household hygiene. Physical education is combined with intellectual, moral, labor and aesthetic education. Particular attention was paid to physical education from the initial period. Initially, it represented various rituals that existed in the form of physical exercises, various games, labor processes, hunting, competitions and tests similar to military actions. Later, teaching young people fencing, horse riding, archery, and one-on-one combat became one of the main tasks of society. During the Renaissance, attention to physical education increased. Humanists tried to include physical education in the curriculum. In medieval Europe, physical education was seen as an important part of family education and the pedagogical process at school. Jay Jay Rousseau emphasized the importance of physical education in the mental development and labor education of children in his pedagogical treatise "Emile, or On Education." In the 18th century, mainly under the influence of the ideas of Rousseau, the "schools of humanity and good behavior" - patrons of the arts, which appeared in Germany, led to the improvement of forms and methods of physical education. Gymnastics has a strong place in the school curriculum. At the end of the 19th and beginning of the 20th centuries, national systems of physical education were formed in France, Great Britain and other countries.

The scientific and practical foundations of physical education and specialists in this field are trained at the State Institute of Physical Education of Uzbekistan, faculties and departments of higher educational institutions. The efforts aimed at the further development of sports and

physical education in our country are based on the great goal that our children grow up worthy of their ancestors, physically healthy and comprehensively developed. To the Ministry of Culture and Sports and its system organizations in order to raise the popularization of physical culture and sports in educational institutions to a higher level, develop the physical culture movement, promote a healthy lifestyle, train talented athletes in modern sports and improve their sports skills , work is progressing according to plan.

In order to ensure the participation of the sports delegation of Uzbekistan in international competitions and training camps, Cabinet of Ministers Resolution No. 228 was adopted. According to this order, 1632 people (103%) (of which 589 athletes took part and won 215 gold (116%), 232 silver (116%), 243 bronze (102%) in total: 690 medals (111%). Also, in order to increase the level of sportsmanship of athletes involved in national sports in the republic, select talented young athletes from among the participants in wrestling, belt wrestling, Turonian single wrestling, Uzbek martial arts, national sports games ("Ulok-Ko'kopkari", "Wrestling on the belt", "Chillak", "Dastak", "Stepping stick", "Happak", "Three stones", "Five stones", "Forty stones", "Rope". Extensive work has been done to increase the popularity of wrestling types , belt wrestling, equestrian racing game, horse racing, lanking, belt wrestling.

To ensure the physical and spiritual well-being of the country's younger generation, to strive for a healthy lifestyle and develop a love of sports, to create a material base for children's sports locally, to create a material base for children's sports. in populated areas, as well as to provide sports equipment and equipment, the "Uzbekistan Children's Sports Development Fund" was created in 2002 in order to further enhance its activities. The President of the Republic of Uzbekistan was elected Chairman of the Foundation's Board of Trustees. The chairman of the Jokori Kenges of the Republic of Karakalpakstan, akims of the regions and the city of Tashkent were appointed as chairmen of the boards of trustees of regional branches. Also, the Law of the Republic of Uzbekistan "On Physical Culture and Sports" in our country, the Ministry of Physical Culture and Sports and its system organizations, as well as physical education and health and sports events at lower levels, are working, carried out with the aim of increasing the volume of efficiency, are carefully analyzed. There are 6 Olympic reserve schools, 8 schools of higher sports excellence and 369 schools for children and adolescents in the republic. Sports societies, such as the volunteer sports organization "Yoshlik", the defense support organization "Vatanparvar", the sports club "Dynamo", serve to attract various segments of the population to physical education. Since the physical development, physical abilities and personal characteristics of students are diverse, teachers are required to have an individual approach to students and a high level of professional pedagogical and practical training in organizing and conducting classes. Requirements for physical education classes: physical education classes are considered a process of educating young people and must meet a number of pedagogical, psychological, medical, biological and practical requirements. Educational tasks are carried out jointly with the tasks of education and health care. Physical education classes instill discipline, attention, will, organization, friendship, cooperation, community, initiative, independence, courage and fearlessness in overcoming difficulties. To cultivate moral qualities, physical exercises, activities or games and competitions are organized, in which these qualities are necessarily necessary. During physical education lessons, much attention is paid to instilling a sense of the Motherland and a sense of patriotism. This event is a conversation about national heroes, the lives of famous Uzbek athletes, and the place of Uzbekistan in the global sports community.

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