

The Role and Duties of the Science of Physical Culture in the Educational System

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Abstract

In the educational system, physical culture is taught as a subject, and this subject has specific goals. The purpose of physical education is defined as physical development of a person, education in all aspects, preparing them to be active participants of a legal democratic state, to work creatively and to defend the Motherland. To achieve this goal, it is definitely achieved by dividing the science of physical culture into branches, putting the information obtained as a result of scientific research into practice, and teaching students. Through this, the knowledge, skills and abilities of the members of the society regarding physical culture will develop.

In this article, the role and tasks of physical culture in the educational system are scientifically researched.

Keywords: physical education, physical culture, theory of physical education, health, sport, education of a healthy generation, healthy lifestyle, system of physical education.

The state policy in the field of personnel training envisages comprehensive development through the continuous education system, which is inextricably linked with the intellectual and spiritual moral education of a person. Therefore, each higher education institution should establish close cooperation relations with the world's leading scientific and educational institutions, use advanced pedagogical technologies, educational programs and training programs based on international educational standards for the educational process. - wide introduction of methodological materials, active involvement of highly qualified teachers and scientists from foreign partner educational institutions in educational and pedagogical activities, conducting master classes, training courses, and on their basis, the higher education of our republic on a systematic basis organization of internships for graduate students, young teachers and scientific staff, retraining and professional development of professors is defined as one of the most important tasks for the further improvement and comprehensive development of the higher education system in the future. [1,2]

Historically, the issue of education has been the most urgent issue in society in all periods, and even today this issue is considered one of the main issues. Because the education of the members of the society determines the entire existence of the society in its time, i.e. its development, well-being, wisdom and spirituality, economic stability, mutual cooperation of the members of the society, maintaining peace in the world, depends on the human factor. It is considered to be the decisive force of finding a solution to various unrelated problems together. Physical culture, which is a component of such an incomparable system, plays a unique role in ensuring the all-round perfection and activity of members of society. Taking this into account, special attention is paid to physical culture in our country. [3,4]

Physical culture is a set of special activities that includes the physical improvement of a person by directing the special tools and methods of sports and culture to a specific goal, along with the means of physical education in the comprehensive education of the builders of a new society.

Physical culture is a part of the general culture, and its development depends on the level of socio-economic development of the society.

The purpose of physical education is to form a person's physical maturity from childhood, to strengthen their health and increase their ability to work. The purpose of physical culture is to develop all directions related to the field in society together with the development of society, that is, not only personal education, but also all directions related to the above-mentioned field. [5,6] includes everything created by people's consciousness, talent, sewing, everything that reflects its spiritual essence, attitude to the world, nature, man and human relations.

Physical culture, personality, it is time to develop the "technique" of its practical implementation and realize the decisive concept in the physical culture and education of the young generation, it is necessary to purposefully form and strengthen consciousness based on deep knowledge and beliefs, and constantly care. The unique feature of physical education as a social phenomenon is that it can serve as a means of developing human physical abilities in society, and at the same time it can have a strong influence on his spiritual maturity. This feature is a special feature of physical education that applies equally to everyone. But in the real life of society, there is no physical education outside of concrete historical conditions. [7,8,9]

The task of physical education is successfully solved in such a way that the participants consciously understand and perform physical exercises, or they are interested in sports activities and take the initiative to be creative, they rely on general special knowledge for the correct formation of movement skills in the body, and the development of functional abilities. should be [23,24,25].

It has been proven that goal-oriented activities in the process of physical education, like in other areas of education, cannot always correspond to the planned result. In physical education, it is necessary to take into account how the physical exercises planned for the young athlete or his physical training affect his body. training sessions will not pay off later if the previous ones are forgotten. This allows for all-round harmonious development and destroys sports achievements [18,19,20,21,22].

The level of development of physical culture in society is evaluated by the following indicators:

- with the degree of inculcation of physical culture in the daily life of society members;
- with health and physical fitness of society members;
- material and technical provision of physical culture classes and their quality;
- with the permanent composition (staff), qualification and activity and talent of the employees leading the physical culture;
- is evaluated by the results of society members in sports. [11,12]

Summary.

Based on the results of the above scientific research, the following conclusions can be made:

The concept of "physical culture", its concepts and terms have been historically formed and developed in the language of each nation;

Defining concepts and terms in the field of "Physical culture" as an important scientific research direction of Uzbek linguistics;

It is one of the main factors in deeply absorbing the concepts and terms of the field of "physical culture" into the daily life of the population, deepening their knowledge and actively engaging in physical activity. In this regard, educational processes in teaching physical culture in educational institutions are one of the leading factors. Therefore, it is necessary to develop different dictionaries and explanatory dictionaries by field[13,14,15,16,17].

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