

THEORY AND METHODS OF PHYSICAL CULTURE

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Annotation: In the process of physical culture education and training of our country, the theory and methodology of physical culture aims to implement the professional theoretical and professional practical training of future physical culture bachelors based on the requirements of the State Education Standards. 'yadi and solves the targeted tasks directed to solve it.

Key words: physical culture, medicine, educational system, pedagogue.

The reforms implemented in the socio-economic, political, spiritual and cultural spheres in our republic require a fundamental renewal and development of education and personnel training system. By developing the education system at the level of modern requirements and on the basis of the gained experiences, raising the growing young generation to become fully mature and highly moral people who actively participate in the life of the society is one of the most priority directions of our country. On August 29, 1997, the Law of the Republic of Uzbekistan "On Education" was adopted. This law envisages the reform of the content and nature of the education system, the creation of a competitive environment in the field of state and non-state educational institutions and education and personnel training. It ensures the consistent development of the education system as a single educational and scientific production complex, and defines the legal basis of education, training, and vocational training for citizens and the constitutional rights of every person to receive equal education. mined.

Currently, it can be seen from the world experience that new, modern teaching methods and tools are rapidly entering the educational process and they are being used effectively. We also have a system of effective use of modern technologies in the educational system aimed at making students become experienced specialists and devotees of their profession in the future. In the process of education and training of physical culture of our country, the theory and methodology of physical culture aims to implement professional theoretical and professional practical training of future physical culture bachelors based on the requirements of the state educational standards. and solves the targeted tasks directed to its solution.

The Law of the Cabinet of Ministers of the Republic of Uzbekistan dated September 4, 2015 "On Physical Education and Sports" (new version) and June 3, 2017 "On Measures for the Further Development of Physical Education and Mass Sports" "PQ-3031, the ways of development of physical education and sports in our country are determined.

The science of theory and methodology of physical culture expands the outlook of future physical education teachers and trainers, teaches them to identify the tasks of the near future, to choose the right methods and tools, and to test the forms of their implementation in practice. One of the main tasks of the theory and methodology of physical culture is to equip the future teacher with the ability to integrate the knowledge obtained in mixed courses and private methods and with the forms and methods of introducing knowledge in practical work.

The study of all branches of science is carried out in accordance with the specialization of students. Therefore, in the process of studying each topic, which is described according to the main sections of the stage, teachers and students should set tasks that reflect the practical importance of theoretical knowledge.

It is very important for the teacher to show and define the importance of each topic, establish communication between students and teach knowledge and topics regularly. It is necessary for students to acquire theoretical knowledge in order to put their practical work into practice, and to develop the need not to forget even for a minute about the ultimate goal of education. It is necessary to take into account the individual characteristics of students, to be armed with the latest information on the methods used in physical education. The teacher should be able to explain to the students that the issue of physical education and sports is not a simple matter, but one of the main tools that develop a person in all aspects, first of all, his labor activity is a means of protecting the Motherland, the methods and forms of professional practical training work for students it is necessary to provide knowledge about It is very important that students are interested in their profession.

The tasks of the science of theory and methodology of physical culture are to equip future teachers with certain pedagogical skills, qualifications and new pedagogical technologies.

The role of physical education and sports in the common culture of the peoples of the world to the future teachers of physical education. Emergence of physical exercises in primitive community structure. Periods of development of physical culture and sport. Physical culture and sports in the Middle Ages. The teachings of the great humanists, the introduction of physical education to Central Asia. Physical education in the times of our ancestors Abu Ali ibn Sina, A. Timur. Principles of sports management, organization of competitions on traditional and national holidays, decisions on physical education and sports, education and training on the execution of orders in sports organizations, educational institutions, pre-school educational institutions, general education to educate students of schools, academic lyceums and vocational colleges in the use of general development exercises,

general and special exercises in physical culture training, as well as the organization and holding of sports competitions, sports holidays, and the organization of extracurricular clubs help to learn.

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