



DEVELOPMENT OF PHYSICAL EDUCATION AND MASS SPORTS

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Abstract. *The article is devoted to the peculiarities of the development of physical culture and mass sports. The principle of all aspects of physical education has been developed. The fact that in the process of physical education great opportunities open up for solving mental, moral and aesthetic problems, and the solution of these problems expands the role of physical education as a factor in the comprehensive development of a personality, is reflected in examples of direct physical education.*

Key words: *healthy lifestyle, physical education, physical culture, mass sports.*

Аннотация. *Статья посвящена особенностям развития физической культуры и массового спорта. Разработан принцип всех аспектов физического воспитания. То, что в процессе физического воспитания открываются большие возможности для решения умственных, нравственных и эстетических проблем, и решение этих задач расширяет роль физического воспитания как фактора всестороннего развития личности, находит свое отражение в примерах непосредственного физического воспитания.*

Ключевые слова: *здоровый образ жизни, физическое воспитание, физическая культура, массовый спорт.*

Annotatsiya. *Maqola jismoniy tarbiya va ommaviy sportni rivojlantirishning o'ziga xos jihatlari bag'ishlangan. Jismoniy tarbiyaning shaxsni har taraflama kamol toptirish tamoyili ishlab chiqilgan. Jismoniy tarbiya jarayonida aqliy, ahloqiy va estetik tarbiya vazifalarini hal etish uchun juda katta imkoniyatlar mavjudligi va bu vazifalarni hal etish shaxsni har taraflama kamol toptirish omili sifatida jismoniy tarbiyaning rolini kengaytirib, bevosita jismoniy tarbiyaning o'z muvaffaqiyatini ta'minlashi keltirilgan misollarda o'z aksini topgan.*

Kalit so'zlar: *sog'lom turmush tarzi, jismoniy tarbiya, jismoniy madaniyat, ommaviy sport.*

Forming a healthy lifestyle in our society, creating conditions for the population, especially the young generation, to regularly engage in physical education and mass sports, strengthening the confidence of young people in their will, strength and capabilities through sports competitions, courage and patriotism, loyalty to the Motherland large-scale works are being carried out aimed at developing their feelings, as well as systematic organization of selection of talented athletes from among young people, and further development of physical education and mass sports.

It is particularly noteworthy that the representatives of our country are achieving high results at the Olympic Games, World Championships, Asian Games and Championships, and international competitions, that the prestige and sports potential of Uzbekistan is increasing in the world, and that magnificent sports



facilities are being built in the regions of our republic that meet world standards.

At the same time, in all regions of our country, it is important to promote the importance of mass sports in human and family life, that it is the basis of physical and spiritual health, to protect young people who enter life with great hopes from harmful habits, and it is a necessary condition for them to realize their abilities and talents. there are important and urgent tasks in terms of creating conditions, selecting talented athletes from among them, and improving the targeted training system.

Physical education activities for students are in the form of morning physical education, physical education classes, sports club training, sports fitness competitions and holidays. Morning physical education exercises are performed independently in student dormitories, in public, in residences, and in families. Morning physical education classes organized in educational institutions and residences of students, physical education classes, classes in sports clubs, sports holidays and competitions, tourist walks and tourism classes organized on weekends, socially useful cocktail processes conducted in the family, and the positive effects of a healthy lifestyle on the body is incomparable.

Physical education and sports, wellness events organized in educational institutions are organized on the basis of the physical education program. In physical education programs, the materials of physical education classes and the content of physical education extracurricular activities for students are formed based on modern requirements. At the same time, students acquire theoretical information about the positive effects of physical education and sports activities on the body, as well as the rules and requirements for taking exercise treatments using natural factors, water, sun, and air. In providing such theoretical information, it is considered appropriate to widely use the literature and instructions of experienced specialists of our country and foreign countries, as well as Internet materials. Effective organization of physical training, sports and health activities in educational institutions and places of residence of students, as well as in the family, ensures that the future young generation of our country will be raised as a physically fit and spiritually mature person and will become an active member of our society. Mature specialists in physical education and sports have created many teachings about the basic concepts of physical education and sports.

Therefore, the teaching of Professor A. Ashmarin has a wide content. The theory of physical education is a scientific-theoretical science that analyzes the laws of physical culture.



Basic concepts of physical education theory: physical development, physical education, physical education system, physical development and physical culture. Through these concepts, the essence and basic laws of the theory of physical education are studied. They are constantly changing, expanding and reflecting deep meaning. Physical development is the emergence, change and improvement of biological forms and functions in the body under the influence of education. This process is subject to the laws of structure, change, quantity and quality changes of the organism and its habitat. As a result of social development, the production of physical characteristics, culture created an opportunity to achieve high results in the field of science and sports. Natural vital forces and the structure of organisms passed from generation to generation are the basis for human physical development. But the direction of physical development, its nature, level, as well as the qualities and abilities that a person develops in himself, depend in many ways on living conditions and education. Mastering the laws of physical development and using them for the purposes of physical education is an important task of the theory and practice of physical education. People's social life conditions are of decisive importance in physical development. Among them, physical education plays the most important role. Physical education is the main task of physical education to change the physical condition of a person for a specific purpose. Physical education-pedagogical process is aimed at improving the human body, forming movement skills and skills. Social life conditions, hunting were the main reason for the emergence of physical education. From the time of the primitive community, the struggle for survival, finding one's place in the community, and hunting involved physical actions. Even unconsciously, people have tried to develop their physical qualities of speed, strength, endurance, agility, bravery. It can be seen that physical education was created along with the formation of human society. A person's life activity is conscious, his actions have meaning and purpose. The new generation has learned the activity from the previous generation, and between them, communication and continuity is established, which consists of teaching knowledge, skills and competences.

Physical education can be divided into two groups that have their own characteristics.

1. Physical education - influencing physical development, acquiring physical qualities and improving them in order to strengthen health.
2. Physical education - education that provides special skills, abilities and knowledge.



A special feature of physical education is that it serves as a means of developing physical abilities, while at the same time it has a strong influence on spiritual maturity.

Today, the development of modern military equipment had great potential even without human intervention. At the time when the threats of war are being eliminated, every person should be able to protect himself, his family, and society with his own strength and courage. Therefore, special attention is paid to sports training in special service units. The training will be aimed at forming and improving the skills of single combat, survival in any conditions and movement in any places.

The principle of physical education to develop a person from all sides: In the process of physical education, there are great opportunities to solve the tasks of mental, moral and aesthetic education. Solving these tasks expands the role of physical education as a factor of all-round development of a person and directly ensures the success of physical education.

In conclusion, it is worth noting that the development of physical education and mass sports helps to form new qualities in people's minds and psyches and make them mentally strong and spiritually healthy.

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