

THE ESSENCE OF PHYSICAL EDUCATION AND SPORTS IN THE EDUCATIONAL PROCESS

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Turayev Makhmud Mukhamedovich

Associate Professor of the Department of Theory and Methodology of Physical Culture, Bukhara State Pedagogical Institute.

Abstract: *Physical education as a part of the general culture has practical significance. The article deals with the social significance of physical culture and sports in education.*

Key words: *physical education, sports, education, spiritual education, aesthetic education, labor education, recruiting offices.*

INTRODUCTION

Physical education is considered a pedagogical process, which includes such important processes as comprehensive education, health improvement and preparation for labor: The social significance of physical education should be understood as the following relationships and tasks: its connection with mental, aesthetic and labor education can be briefly touched upon.

Physical education, depending on the content and direction of each area or process, serves to develop mental education. For example: in sports or figure skating on ice, artists (ballet) feel that they know the directions and how many turns they can make mentally.

The social essence of physical education is understood as increasing the ability to work. This includes industrial gymnastics, various exercises and games during breaks, sports classes on weekends, trips and other direct services.

The role of physical education in the implementation of aesthetic education has its own characteristics. This is expressed in dances, ballet, circus, and games such as darts. In the art of singing, physical exercises are also widely used to deepen breathing and clear the throat with fresh air.

Artistic, rhythmic (aerobics) gymnastics, trampoline jumping, swimming, underwater gymnastics (synchronized swimming), ice skating and other areas, artistic and aesthetic aspects are associated with physical education and sports.

When using physical education and sports for health purposes, the health-improving forces of nature (water, air, sun) and hygienic requirements are fully observed. For this reason, the socio-educational characteristics of physical education and sports include the embodiment of natural and special processes associated with human activity.

MAIN PART

In the socio-educational characteristics of physical education and sports, health-improving activities are an important socio-pedagogical process. On this basis, the training

of specialized personnel in the field of physical education and sports is an important process of state importance. This, in turn, is associated with meeting the needs in physical education and sports, and further improving the socio-cultural conditions of the population. The measures taken by the President and the Government of the Republic in this direction are yielding high-level results. For this reason, the number of people engaged in one or another type of physical education and sports is increasing among all segments of the population. This is evidence of the essence of the socio-educational characteristics of physical education and sports. In our country, serious attention is paid to the education of young people in a military-patriotic spirit, and, first of all, great attention is paid to strengthening educational work in neighborhoods, educational institutions, industrial enterprises, and institutions.

Military-patriotic concepts and related practical activities are mainly implemented in the following areas:

1. Conducting military training exercises with adolescents in all types of educational institutions, up to their conscription into military service.
2. The activities of the "Vatanparvar" organization, which supports military organizations.
3. District and city military commissariats.
4. Neighborhoods and families.

In the above areas, physical exercises, sports, travel (tourism-finding, marking, etc.) and folk national games are purposefully used in the content of military-physical training activities. Some of them can be briefly described:

1. Physical education classes. The content of physical education classes held in the upper grades of general education schools and secondary specialized and higher educational institutions is mainly aimed at the physical fitness and training of students. Elements of gymnastics, athletics, swimming, wrestling and other sports are used in this.
2. Physical training in the context of special technical and tactical training also has its place in military training classes before conscription. Pull-ups on the horizontal bar, hanging, spinning, running for medium and long distances, swimming in water, testing wrist strength, jumping over obstacles and other exercises are widely used.
3. At military draft points (district and city military commissariats), a test examination of physical fitness and training of future soldiers in special physical training are organized.
4. Depending on the types and specialties of military units, divisions, military physical training exercises are conducted.
5. Regular physical training exercises with officers and senior officers.

CONCLUSION

The main goal of military physical training exercises in the above areas is that the military physical training of servicemen and soldiers, along with the use of it for the defense of the Motherland, is also aimed at ensuring the health of the personnel and all members. These aspects, in turn, increase the responsibility of each serviceman and

soldier, mobilize them to faithfully fulfill their duties to the Motherland and the people. This indicates the socio-educational significance of physical training tools (exercises, games, sports, etc.). For this reason, students and young people should make it a habit to regularly engage in physical education and sports during their studies. They should also study the importance of physical education and sports in military-physical training and find ways to instill them in young people.

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