



The Importance of Physical Education and Sports in the Organization of Modern Pedagogical Conditions and Needs

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ABSTRACT

This article analyzes the prospects for future qualitative organization of physical education classes and its pedagogical necessity by enhancing the professional culture of future physical education teachers. The article is also based on the modern pedagogical methods, tools, available opportunities and the need for further improvement of the organization of physical education classes.

Keywords:

Education system, physical education, physical culture, aesthetic education, future teacher, occupation, physical education lessons.

One of the important aspects of this is training highly qualified personnel with high moral and ethical potential. For this purpose it is necessary to organize the educational process of educational institutions, which train specialists with higher education, on the basis of modern requirements, to organize the educational process with the use of advanced pedagogical technologies. As the President of the Republic of Uzbekistan Sh.M.Mirziyoev noted, "When we think about the rapidly changing life, the solution of the most important and important issues facing us, it is precisely education, upbringing of young people, modern knowledge and high spirituality. and that we are once again convinced that education is connected with education" [1-4].

One of the main objectives of the educational system in the Republic of Uzbekistan is to reveal and develop students' physical capabilities in the process of higher education. This idea has national roots and national and historical roots: it is reflected in folklore, folk

pedagogics, works of Eastern thinkers, educators of the past, modern pedagogy. Physical culture and aesthetics are inseparable concepts. Aesthetics perfectly covers all the components of physical culture. Therefore, the aesthetic aspect of the physical culture does not leave any objection. As long as physical culture is the result of socio-historical practice of the individual, looking at its history, the idea of aesthetics of physical culture, which is its most important component, allows the development of sport in a social context. It is one of the forms of social life, a component of the general culture [5-11].

It is also one of the means of improving the citizens of the country, training its defenders. It is important to remember that the physical culture was created by the people. Forms, methods, tools of physical education are formed in the process of initial labor activity. Throughout the work, man has developed his physical and spiritual strength [12-17].

Competition, called the unconventional forms of teaching, is based on advanced pedagogical

technologies in the form of competition, problem module, integrated learning, computer training, differentiated and active learning. Lessons based on advanced pedagogical technologies are mainly aimed at enhancing the activity of learners, in which students - students participate as subjects of education [18-22]. Such exercises include "brainstorming", "severe brainstorming", "clustering", "syninking", "happy event", "creative reporting", "decision-making" and so on. The methods are used to increase students' activeness and develop their creative and independent thinking. Accordingly, the introduction of advanced pedagogical technologies in the course of physical culture primarily involves didactic systems, such as the design of the learning process based on the content of the course, the assurance of results, and the design of the learning process based on the guaranteed result.

Another feature of the use of pedagogical technology in physical education is that students are attracted to and develop their interest in physical culture and sports based on the exercises of physical culture and fitness, wellness and physical training. Indeed, there is a didactic system that enhances learners' engagement in advanced educational technology, which explains the following: The educational and teaching processes outlined in the table are intended to provide physical education teachers with:

- a) theoretical information on physical activity and exercises;
- (b) Providing scientific and practical information on motivational and stimulating exercises;
- c) to enhance understanding of the health of young people through exercise, and to organize trainings that are of interest to sports. The freezing system will equip future physical culture teachers with references to the theory and practice of physical culture and will deepen the practical direction of their application.

The professional training of a physical culture teacher is known as a complex system that includes the process, motivation, and activity components. The motivation component is the

basis for the formation of other components of training.

The professional training of a physical culture teacher depends on the nature of his or her pedagogical orientation. Orientation is characterized by its individual needs, interests, and learning characteristics. They are important to society only if their purpose is to be understood.

In summary, the main form and content of the educational process is the lesson. These complex and responsible activities, like all other disciplines, are at the forefront of physical education. Physical education classes have their own goals and objectives, which are fundamentally different from other disciplines, including pedagogical methods, principles, technological and skills. For this reason, it is appropriate to call them physical education. It should be noted that physical education is not only in the form of lessons, but also as an integral part of the curriculum, there are a number of forms and content that are:

- morning gymnastics (at home);
- Pre-gymnastics;
- large-scale recreational exercises;
- Intermediate exercises in the teaching of other disciplines;
- sports club activities.

In the context of physical education, there are both general and private tasks for educating students:

- general tasks - to provide pedagogical processes such as education, physical education and health improvement;
- The implementation of specific tasks in the State Program of Physical Education:
 1. Health promotion, physical training and physical training of the students;
 2. Increase the level of preparedness for different types of labor activity based on age and sex of students;
 3. Training of natural movement skills;
 4. To provide theoretical knowledge with the content of physical culture and their concepts;
 5. Convincing the habit of regular physical training and sports;
 6. Preparation and mobilization of students for organization of physical culture activities;

7. Teaching how to use textbooks, newspapers, magazines, TV and radio materials and video materials for a targeted and effective use;
8. Physical education classes, sports clubs, learning about the ways of spiritual culture and encouragement to be faithful to them, etc.

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