



## Physical Culture Is an Integral Part of General Culture

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### ABSTRACT

Mainly in this article, the prospects for the development of the field of physical education and sports are to include the Republic of Uzbekistan in the ranks of developed countries, to form the foundations of a healthy lifestyle, to make the population value their health not only in words, but in practice, and consider it as a national value. It is emphasized that they need to be preserved.

### Keywords:

Healthy lifestyle, physical training, traditional, sports, spiritual maturity.

As our country is stepping on the threshold of development, during the years of independence, practical measures are being implemented step by step to ensure mass participation in sports and active forms of organizing free time of the population, especially schoolchildren. The state policy of Uzbekistan has become a priority direction for further growth and development of physical education and sports in the country, and inculcating a healthy generation in the spirit of physical and spiritual maturity. Also, when we can promote interest in sports among young people, we support a healthy lifestyle in society. Apart from today, that is, the spiritual and educational education of the young generation growing up on the basis of the national idea, undoubtedly physical and mental health, in the process of educating the fundamentals of a healthy lifestyle and the ideas of humanism, the use of physical education and sports equipment, its forms and methods, becomes one of the priority goals, the reason for the realization of the planned plans. In the educational system, the use of technology for the high level of health and basic physical fitness of teenagers, especially in the field of sports, the use of more perfect methods of identifying and developing

their talent, in the individual selection of sports and, of course, preserving it as a national value is definitely a special place. is enough.

Currently, there is a need for the creation of a large-scale sports-health movement of the population in the world. For example, The development of special programs by our President or the presidents of various states and their implementation in practice serves as proof of this. In Uzbekistan, active and definitely purposeful work is being carried out in the implementation of tasks. He approved the action strategy of our president in five priority directions for the development of Uzbekistan in 2017-2021. Decisions made in the field of sports are among them. The State Chairman of Physical Education and Sports of the Republic of Uzbekistan R. Kuronov, the Chairman of the National Olympic Committee of Uzbekistan A. Sultanov and others during the years of independence in our country, the development of physical education and sports, strengthening the health of young people, promoting a healthy lifestyle among the population make a He noted that the constant attention paid to the development of talent and potential is paying off.

On the initiative of our first president, IAKarimov, the establishment of the Fund for the Development of Children's Sports of Uzbekistan and the introduction of three-level continuous sports competitions in the educational system - "Sprouts of Hope", "Barkamol Avlod" and "Universiade" competitions among young people and popularization of sports, establishment of modern sports complexes for children and teenagers in cities and villages, providing them with necessary equipment and creating all necessary conditions and opportunities for young people to show their potential in sports. In the program of further development of physical education mass sports in the Republic of Uzbekistan, the introduction of a rating evaluation system in educational institutions specialized in physical education and sports and improving the activities of sports clubs in the section of Olympic national and other sports is also a special basis for raising their activities to a new level in terms of quality. serves as In the framework of this program, more than 995.2 billion soums will be spent in 201-2021.

The content of the reforms carried out by the head of our state in the field of sports is that it is the task of developing physical education and mass sports in our country, educating the young generation in all aspects, bringing them to adulthood, and raising great young people who will be able to defend the honor of our country with our national anthem in international sports arenas. Basically, as an important factor of physical and spiritual development of representatives of the field of physical education and sports, it is becoming a priority direction of the socio-economic development of the country.

Targeted physical education process depends on the targeted planning of the training process. Forming a positive attitude to physical education and sports in students is essential in the effective organization of the educational process and approaches clearly set pedagogical tasks. We found it necessary to end the speech with the words of our first president IAKarimov. "Nothing can make a country famous like sports" - these words have not lost their power over time.

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