



Formation of Physical Culture

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ABSTRACT

Physical education, physical culture is a specialized branch of pedagogical science. Physical education (physical training) is a set of activities aimed at developing the morphological and functional abilities of young organisms through exercise. Physical culture, on the other hand, is part of the general culture and is the sum of the achievements of society in the creation and use of special means of human health and physical maturity.

Physical education grows into a physical culture and forms a social pedagogical process in society. However, despite the fact that physical education classes in educational institutions (kindergartens, schools, lyceums, vocational schools, higher education) have been held continuously for 14 years, the number of people engaged in physical culture exercises is unsatisfactory. It is only 19-28% of the total population. Modern automated development is comprehensively limiting the physical activity of people, and as a result, the incidence of dangerous diseases in the body is increasing. Physical culture is one of the most effective measures in their timely elimination.

Keywords:

Physical culture, automated society, inactivity, content, means, forms of physical culture.

Introduction

Physical culture is an integral part of human general culture. Advances in science and technology, especially the emergence and development of new information technologies, have severely limited people's physical activity. Millions of people are now connected to social networks on the World Wide Web and have become addicted to the internet. This condition causes them to have a 90% decrease in physical activity and health. Decreased physical activity leads to the development of various diseases in the human body, a decrease in immunity. According to the World Health Organization, hypodynamics is the fourth largest global problem in the world, and systematic work is being done across countries and continents to address it. Accordingly, physical culture training has now become a priority in preventing low mobility and maintaining human health. The

formation of the physical culture of the population of these countries, in particular the Republic of Uzbekistan, has become a key priority of the state policy on their involvement in mass sports. This is becoming even more relevant in the context of a pandemic. Since 2015, in a short period of time, a great deal of organizational, legal and regulatory work has been done to improve the training of physical culture, its application in the daily life of our people, especially young people. In particular, the adoption of a new version of the Law "On Physical Culture and Sports" (September 4, 2015), the President of the Republic of Uzbekistan on December 18, 2018 Resolution No. PQ-4063 "On measures to Resolution of the Cabinet of Ministers of the Republic of Uzbekistan dated February 13, 2019 No 118 "On approval of the Concept of development of physical culture and mass sports in the Republic

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Today, the main directions of reforms, including physical culture classes, are as follows:

- maintaining and strengthening public health in the event of a pandemic;

- ensuring healthy physical development and physical fitness of pupils and students in physical culture classes;

- formation of healthy lifestyle skills and abilities in pupils and students;

- to coordinate mental and physical labor and to make it a habit to engage in physical culture classes independently in future work activities;

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This is 19% of the total population in 2020, 28% in 2021 and is set to increase it to 40% by 2025. This figure is higher than 60% in developed countries such as Japan, China, USA, Germany. The urgency of the issue is also confirmed by the low quality of physical

education classes in educational institutions, the lack of public competitions, the lack of demonstrations and a number of other reasons.

The main part. Physical culture is part of the general culture and is said to be the sum of the achievements of society in the creation and use of special means of human health and physical maturity. The goals and objectives of physical culture in the Republic are based on the decisions of the Government and the Ministry of Sports Development of the Republic of Uzbekistan. The goal of physical culture in our country is to prepare a healthy, mentally active and creative person for life.

Gymnastics is a basic tool of physical culture. Even the simplest morning exercise can bring positive changes to the body. Therefore, trainers should have a perfect knowledge of human body motor skills (movement), because in the process of physical culture training, the coach should give exercises that suit each, individual muscle groups and teach them to perform them correctly. Based on the training tasks, exercises that have an equal effect on the body of the trainees are selected and knowledge, skills and abilities to perform are formed. Exercise has a complex effect on the body of the participants. As a result of exercise, the functions of the body improve, its functions of the central nervous system, respiration, cardiovascular, digestive, musculoskeletal system, endocrine glands improve and adapt to exercise. As a result of regular physical culture exercises, the nervous system is strengthened, negative nervous excitations (stress) are reduced, and volitional qualities such as heaviness and endurance are developed. Regular physical activity strengthens the cardiovascular system. The heart works sparingly and the pulse decreases (sports bradycardia). Experts have noted that the recovery zone of the heartbeat is limited to 60 beats per minute. Thoughts about the positive effects of physical culture (physical training) on the body were expressed and classified in the late ninth and early tenth centuries, first in the works of the great physician Ibn Sina. In his opinion, the exercises are done very fast, fast, moderate (moderate) and low. Exercises for recovery are performed in moderation. The

great physician Ibn Sina stated in his Laws of Medicine that those who engage in regular physical activity do not need medication. Ibn Sina's works on medicine and health were studied as a leading science in European medical schools from the 10th to the 17th centuries. The ancient Greek scientist Plutarch considered physical training to be a practical part of medicine. Therefore, future physical education specialists must have the necessary theoretical and practical knowledge, skills and abilities in the curriculum in Anatomy, Physiology, Sports Physiology, Sports Medicine, Biochemistry, Biomechanics, Mathematics. Without this knowledge, they cannot be mature professionals.

Different peoples had different gymnastic movements in different historical periods, which reflected the specific features of national traditions and culture. Numerous materials on the ethnography and archeology of Uzbekistan, the works of domestic and foreign scholars on ancient and medieval history, the folklore testify to the fact that the Uzbek people have created a unique system of physical education for many centuries.

Actions, games, military exercises, several types of games played on horseback, racing and wrestling, similar to the general developmental exercises of physical culture, are among the means of this system. All of this has come down to the present day. Among all types of folk physical education systems, national action games are still prevalent among the peoples of Central Asia.

The great Alisher Navoi in the epic "Farhod and Shirin" created the image of a harmonious human being and described it in the example of Farhod. At the age of 10, Farhod demonstrates the physical and mental strength of a 20-year-old boy. This is not in vain. It is the result of regular training, exercise.

What makes a physically cultured person different? Indicators of the degree of formation of physical culture can be divided into two groups: the first, qualitative indicators, the second, quantitative indicators.

The degree of formation of quality indicators is more important than quantitative indicators. The reason is that quantitative

indicators appear as a result of qualitative indicators.

It was developed by researcher Kholova Sh.M. defined on a 100-point scale by the following criteria:

regular morning exercise, strict adherence to the agenda - 5-10 points;

- Regular participation in physical education classes and classes according to the schedule - 5-10 points;

- Regular participation in physical culture and sports and health events, public competitions - 5-10 points;

- In the afternoon, in a sports club or with independent exercise at least three times a week, regular exercise, having a level of sports - 10-15 points;

- Implementation of measures to strengthen the body through the healing properties of nature (hot, cold, water treatments, etc.) - 10-15 points;

organization of simple physical culture classes with colleagues in the work team, in the family with parents, brothers, sisters, etc., care for their physical culture, creating conditions, conducting advocacy work - 5-10 points;

- Full compliance with personal and public hygiene (cleanliness and cleanliness), nutrition, quality - 5-10 points;

- abstinence from violence, drinking, smoking, depression and other harmful habits, respect for existing laws of society, the rights of others, having important life plans, self-confidence, mental stability, self-education, protection and assistance to the weak, etc. - 10 - 20 points.

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The above indicators are defined as the highest indicators of the level of formation of physical culture.

From the given criteria it is clear that physical culture as a social pedagogical and aesthetic phenomenon is closely connected with the formation of man, his general culture. Also, in the popular literature, various tools for the formation of independent physical culture are proposed:

- walking 10,000 steps a day;
- deliberate walking for 15-20 minutes a day;
- be active 6-10 hours a week;
- energy consumption of 2000 kcal per day;
- movement with a heart rate of 120 beats per minute, and b.

No matter how many opinions and comments have been made about physical culture, in general about its formation or level of formation, this socio-pedagogical process was viewed as an exercise, an exercise, and its main indicators were not perfectly developed. If we look at physical activity as an important part of human overall physical culture and aim to improve it, it will continue to require the development of multifaceted and multi-valued objective indicators relevant to its time and, accordingly, more research. In addition, more than 20 modern means of physical culture are currently developing in the country. Examples include aerobics, rhythmic gymnastics, gymnastic dances, fitness, plates, shaping, yoga, tai-si-zi, u-shu, falun-dafa, tsi-gun, corssifit, workout, bodybuilding. Currently, these healing tools of physical culture are developing rapidly through sports entrepreneurship.

Conclusion

Physical activity is an important component of the science of the theory and methodology of physical culture, it is a set of activities aimed at developing and using special means of physical maturity, health and physical fitness and development of a person with medical, socio-pedagogical content and form.

Physical activity is not only a means of meaningful leisure, but also a science that has its

own theory, methodology and methods of scientific research, and has emerged in the field of medicine, pedagogy, economics, aesthetics and other disciplines. Physical culture is one of the important global events organized by the World Health Organization on the basis of separate international and national programs. It is also physical inactivity or inactivity that is a reflection of physical activity. It is a fourth-level global problem registered and registered by the World Health Organization. The World Health Organization is taking major steps to increase physical activity and nutrition. Since 2017, it has been included in the structure of important state programs in the country as a measure to prevent non-communicable diseases and increase physical activity of the population, and systematic work is being carried out on them. Among these programs, the issues of improving the physical culture of the population are also widely implemented in all measures. In particular, the health marathons "5000 and 10,000 steps" organized among the population are becoming the most popular of these events. The social requirements to the physical culture of the population are among the important measures that lead to an increase in their physical activity. Unfortunately, the majority (76%) are unaware of the social requirements for physical education and physical activity. They were not educated in school or vocational colleges. Social requirements are primarily characterized by the state policy of the state and society to protect and strengthen the health of every citizen. The state and society are interested in the health of every citizen. For this purpose, physical education and sports in educational institutions are mandatory and voluntary. Creates modern conditions for training. Failure to use these opportunities in a timely manner leads to a violation of social requirements. That is, if a person does not take care of his own health, he will get sick, will not be able to perform labor duties, which in turn will lead to negative situations in his professional activity.

Times are changing rapidly, and a mentality is forming in the minds of young people that cannot cope with any social demands. In order to prevent them, physical

culture specialists sometimes loosen social requirements, lower norms, increase prices in order to encourage them. Therefore, it is necessary to explain to every employee in a timely manner that the fulfillment of educational standards with the available opportunities is the fulfillment of the social norms set by the state and society for the individual.

Literature

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