

METHODOLOGY OF PHYSICAL CULTURE

Dekhkanov B.

ABSTRACT

This article discusses the general concept, types, and methodology of physical education.

Keywords: Methodology, education, activity, movement, circular movement, health improvement

INTRODUCTION

Physical education Physical education is a pedagogical process aimed at educating the morphological and functional state of the human body, mental and will aspects, improving knowledge, skills, qualifications, and achieving high results in work and defense of the Motherland. Based on the tasks related to physical education, two sides can be seen in it: physical education and education of physical qualities. Physical education is the ability of students to acquire certain knowledge, to be able to perform physical exercises and to be able to apply it in life. Training of physical qualities includes training of strength and speed results, improvement of endurance, training of flexibility and agility. The aspects of this single process are closely related. For example, if students repeat running exercises many times, strength and endurance will be developed at the same time, and in some cases, speed will also increase. On the other hand, performing the same running exercises for a long time only at a high speed (to train speed) affects the improvement and strengthening of the technique, that is, it solves the task of enlightenment.

The Main Part

The process of performing physical exercises not only affects a person from the physical side, but also affects the spiritual world, emotions, will, and mental freshness of the participant. As a result, favorable conditions are created for solving the assigned tasks. Physical culture Physical culture is a part of the culture of society, the content of which consists of the most favorable movement activity and the spiritual aspects of people's material achievements in the process of long historical development. Its development depends on the level of economic and social development of society. Physical culture has many tasks - normalized activity and norm strengthening: a) informational: collecting cultural information and passing it down from generation to generation; b) communicative: influencing the learning of communication between individuals; d) aesthetic: physical education and sports related to satisfying the aesthetic (beauty) needs of a person; e) biological: related to satisfying a person's need for natural actions, providing necessary actions for his daily life, performing the duties of a member of society. Basic (elementary) physical education Basic physical education provides physical education and physical training. Depending on the age of the employee, it changes and acquires a unique appearance. The beginning of basic physical education can be conditionally called "physical culture before school age and school age". With this, physical culture is compulsory training in preschool institutions, as a subject in general education schools, vocational colleges, academic lyceums and higher education institutions, in order to educate young people with all-

round physical abilities. is used in the style In this field, physical education at school is the main part of basic physical education. Sport increases a person's physical abilities and provides another level of physical development. Mass sports are part of basic physical culture. High-level sport is a separate field of physical culture. Practical (daily) physical education Practical physical culture is divided into practical-vocational and military daily. Practical types of physical culture are most closely related to general culture. Their organic relationship is formed on the basis of professional and military daily physical training, common physical training base. In addition, the content of practical types of physical culture includes parts related to basic physical education and sports. Remedial physical training This type of physical culture includes therapeutic physical training, the purpose of which is to help restore the body's temporarily lost functional capacity. Hygienic physical training is included in the working day routine, daily household and rest routine, creates conditions for improving the permanent state of the body and creating a pleasant functional state. The classification of types of physical culture is of great practical importance. Understanding the feasibility of using physical education in society, the opportunity to solve the practice of physical education helps to determine its direction. If the task of physical education and general physical training is solved at school, it is necessary to receive basic physical education. All other types of physical education can help to solve the tasks, but cannot replace basic physical education. The level of development of physical education in the life of the society is evaluated by the following indicators: - maintenance of physical education in the life of the members of the society; Sport is a component of physical culture - the level of health and physical fitness of society members; — the extent and quality of material and technical provision of physical training classes; — leaders of the physical education movement and public activists; — level of application of the latest scientific and technical achievements in physical training; - achievements of members of the society in the field of sports. The science of theory and methodology of physical culture, its connection with other subjects in the curriculum. In its creation and development, the need for good physical training was consciously understood by individuals and the whole society. This need prompted to study the laws of nature and organism growth, to achieve high results in labor and military work, the main way to control the physical development of a person was found. Based on the development of practice, special sciences providing theoretical knowledge have emerged. This science can be divided into two groups: 1. Humanitarian sciences. These disciplines study the social laws of physical education (sociology, history and organization of physical culture, sports psychology, etc.); 2. The sciences of the biological category study the laws of development of the organism in the context of physical education (dynamic anatomy, physiology, biochemistry and biomechanics of physical exercises, etc.). Based on the achievements of these sciences, the theory of physical culture is developed by summarizing the data of the laws of physical education. Thus, the theory of physical culture is aimed at studying the general laws of physical education as a pedagogical process. These laws apply to physical education of any population class. The subject of the methodology of physical culture is to study the laws of physical education, to take into account the age of the participants, to clearly direct them to their professional activity and sports specialty. As long as there are many methods of teaching physical culture. The methodological basis of the theory and methodology of physical culture is the laws of dialectical and evolutionary development. This gives practitioners the opportunity

to evaluate and analyze their movement activities, discover development patterns, develop advanced methods, use advanced training methods, generalization, and physical culture experiences. The theory and method of physical culture is closely connected with sports and pedagogical sciences, based on theoretically produced laws. Sports - specific information obtained from the pedagogical side will later become the generalizing subject of the theory. In the process of physical education, the tasks of educating and educating the young generation, whose general pedagogical and psychological achievements are growing, are carried out.

CONCLUSION

The content of the theory and methodology of physical culture answers the following questions: that physical culture is a social phenomenon; its relationship with other areas of education; purpose, general task and basics of physical education; description of the content of physical culture sources, methodological bases and methods of teaching movement activities; development of physical qualities, composition of the process of training in physical exercises, methods of training organization, planning and calculation, features of physical culture methodology and sports training of preschool and school-age children, physical culture theory and methodology are issues considered.

REFERENCES

1. Muratova D. G. et al. JISMONIY MASHQLARNING KEKSA INSONLAR ORGANIZMIGA TA'SIRI //Science Promotion. – 2023. – T. 4. – №. 1. – C. 36-42.
2. Rashitovna M. G. JISMONIY TARBIYA VA SPORT MASHG'ULOTLARI ORQALI O'QUVCHI YOSHLARNING AXLOQIY VA IRODAVIY FAZILATLARINI TARBIYALASH MUAMMOLARI //World scientific research journal. – 2023. – T. 16. – №. 1. – C. 9-11.
3. Xasanova M., Ubaydullayev S. Communicative language teaching and learning //boshqaruv va etika qoidalari onlayn ilmiy jurnali. – 2022. – т. 2. – №. 1. – c. 125-128.
4. Madina X. Zamonaviy Ta'lim muhitida ta'lim strategiyalarini ishlab chiqishning ingliz tilini o'qitish samaradorligini ta'minlash asoslari //boshqaruv va etika qoidalari onlayn ilmiy jurnali. – 2023. – т. 3. – №. 3. – c. 27-30.
5. Xasanova M., Usmonova M. Techniques, tools and organizational forms of developing educational strategies //conferencea. – 2023. – c. 22-24.
6. Dilafruz A. The Practice-oriented approach to learning in europe //conferencea. – 2023. – c. 79-80.
7. Aliyeva D., Aliyeva S. Future of modern education system //conferencea. – 2023. – c. 37-39.
8. Muhtarovna A. D. Modern pedagogical innovations in teaching foreign languages for defectologists //euro-asia conferences. – 2021. – т. 3. – №. 1. – c. 168-170.