

BASIC CONCEPTS OF THEORY AND METHODS OF PHYSICAL CULTURE

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ABSTRACT

In the theory of physical culture, concepts such as "physical culture", "sport", "unsocial physical education", "physical recreation", "motor rehabilitation", "physical development", "physical education", "physical training", "physical exercise" and many others are used. These concepts are of the most general nature, and specific terms and concepts, one way or another, follow from the definitions of more general categories.

Keywords: Sport, physical training, physical education, individual, recreation, education.

INTRODUCTION

A concept is the main form of human thinking that establishes an unambiguous interpretation of a term, while expressing the most significant aspects, properties and signs of a particular object (phenomenon). Mastering concepts helps to concretize thoughts, facilitates communication and mutual understanding.

The broadest, most collective and multifaceted is the concept of "physical culture". For a deeper and more correct understanding of the content of this concept, it is advisable to compare it with the term "culture", which appeared during the emergence of human society and was associated with such concepts as "cultivation", "processing", "education", "development", "reverence". Experts identify the following definitions of culture that are closest to the theory of physical culture:

Culture is a measure and method of human development; it is a qualitative characteristic of human activity and society; it is the process and result of storing, mastering, developing and distributing material and spiritual values.

Each of the listed definitions can be used as a basis when considering the concept of "physical culture". Culture is inextricably linked to activities and needs.

Activity is the various types and methods of the process of mastering the world, transforming it, changing it to meet the needs of man and society.

A need is a need for something, a vital or household necessity, the most important sources and conditions for the development of an individual and society, the motivating causes of social Lecture lesson on people's activities. In the process of developing culture, its most important components are those activities that are specifically aimed at improving oneself, at transforming one's own nature. Physical education belongs to such components of culture.

The sphere of physical culture is characterized by a number of features unique to it, which are usually grouped into 3 groups:

- **Active motor activity of a person.** Moreover, not any kind, but only organized in such a way that vital motor skills and abilities are formed, the natural properties of the body are improved, physical performance is increased, and health is strengthened. Physical exercises are the main means of solving these problems.

• **Positive changes in the physical condition** of a person are an increase in his working capacity, the level of development of the morphofunctional properties of the body, the quantity and quality of vital skills and exercise skills mastered. improvement of health indicators. The result of the full use of physical culture is the achievement of physical perfection by people.

• **A set of material and spiritual values** created in society to meet the need for effective improvement of human physical capabilities. Such values include various types of gymnastics, sports games, exercise complexes, scientific knowledge, methods of performing exercises, material and technical conditions, etc.

Physical culture is a type of culture of a person and society. These are activities and socially significant results aimed at creating people's physical readiness for life; on the one hand, they are specific progress, and on the other, they are the result of human activity, as well as a means and method of physical perfection (V.M. Vydrin, 1999). For example, we can give several more definitions of this concept:

Physical culture is a part of the general culture of an individual and society, which is a set of material and spiritual values created and used for the physical improvement of people (B.A. Ashmarin, 1999).

Physical education is a part of the general culture of society. It reflects the methods of physical activity, the results, the conditions necessary for cultivation, aimed at mastering, developing and managing a person's physical and mental abilities, strengthening his health, and improving his working capacity. (V.I. Ilyin, 2001).

Physical culture is an element of personal culture, the specific content of which is rationally organized, systematic active activity used by a person to optimize the condition of his body (V.P. Lukyanenko, 2003).

So, physical culture should be considered as a special kind of cultural activity, the results of which are useful for society and the individual. In social life, in the system of education, upbringing, in the field of work organization, everyday life, and healthy recreation, physical culture shows its educational, educational, health-improving, economic, and cultural significance, and contributes to the emergence of such a social trend as the physical culture movement.

The physical culture movement is a social movement (both amateur and organized) in which people work together to use, spread, and enhance the values of physical culture. (A.A. Isaev). Currently, public physical education movements are becoming more widespread in many countries, although they have their own national and regional characteristics.

Examples of physical culture trends can be "Sports for all", "Fitness movement", "Active Australia", etc.

The formation of knowledge, skills and abilities for the purposeful and effective use of physical culture means is carried out in the process of physical education. Consequently, this process acts as an active side of the physical culture, through which the values of physical culture are transformed into a person's personal heritage. This is reflected in improving health, improving the level of development of physical qualities, physical fitness, more harmonious development, etc.

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