

LEGAL BASIS FOR ORGANIZING PHYSICAL EDUCATION AND SPORTS

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ANNOTATION

This article discusses such issues as the modern policy of elite sports, the system of physical education in higher educational institutions, the role of physical education in the development of personality, the system of physical education in the country, as well as the main tasks of higher educational institutions for the preparation specialists.

Key words: physical education, anatomy, physiology, biology, psychology, physical education and sports, professionalization, Olympiad, pedagogical skills.

АННОТОТЦИЯ

Ушбу мақолада, замонавий юқори самарадорлик спорти сиёсати, жисмоний тарбия тизими, олий ўқув юртларида жисмоний тарбия, шахсини шакллантиришда жисмоний тарбиянинг роли, мамлакатдаги жисмоний тарбия тизими, мутахассисларини тайёрлашда олий таълим муассасасининг асосий вазифаси каби масалалар очиқ берилган.

Калит сўзлар: Жисмоний тарбия, анатомия, физиология, биология, психология, жисмоний тарбия ва спорт, профессионаллаштириш, олимпиада, педагогик маҳорат.

АННОТАЦИЯ

В данной статье рассмотрены такие вопросы, как современная политика спорта высших достижений, система физического воспитания, физическое воспитание в высших учебных заведениях, роль физического воспитания в формировании личности, система физического воспитания в стране, а также основные задачи раскрыты высшие учебные заведения по подготовке специалистов.

Ключевые слова: физическое воспитание, анатомия, физиология, биология, психология, физическая культура и спорт, профессионализация, олимпиада, педагогическое мастерство.

In our country, the role of physical education in improving the health of the population and preventing various diseases, increasing labor productivity and organizing good rest, increasing life expectancy and creative activity of people is very little taken into account by the education system.

There are problems in the life of society and in other areas of the national education system and the system of physical education in it as part of this system.

In our opinion, the main drawback of the system of physical education of our republic is that it is not considered as a task of the field "Physical training and sport", which is prepared by

specialists of higher educational institutions, but as an internal education this is a systemic problem, that is, as an internal problem of higher education.

In the field of physical education and sports, changes in the system of physical education in recent years and at the present time are not taken into account. At the same time, the system of physical education does not take into account the features of many different areas of modern high-performance sports.

Modern elite sport is a very important factor in politics, economics and ideology.

On the one hand, mass (therapeutic) physical education and sports of the highest achievements, which show the real situation, and on the other, the democratic system of physical education. Today there is no need to prove obviously: in our republic, all mass functions of physical education should not be focused on the Presidential Complex, using scientifically based concepts of the qualitative and comprehensive development of children, adolescents and youth. It is necessary to increase the creativeness of older people through other means of influence, it is necessary to form scientifically based conclusions.

The physical education system should ensure the expansion and strengthening of the functional base of systems and organs that are vital and weak points of every young person: for example, the spinal cord, the nervous system in children and adolescents; middle age - cardiovascular system and others.

Fundamentals of physical education in higher educational institutions Physical education in higher educational institutions as an integral part of education and upbringing in the system of public education, first of all, pedagogy, theory and methodology of physical education, as well as the history and management of physical culture, culture with anatomy, physiology, biology, psychology, sciences, finally, a new educational tool is being developed and improved - the theory of physical culture.

Physical education is interpreted here as part of the culture of human society, influencing the personal development and the knowledge of physical education. In the textbook "Theory and Methods of Physical Education" for institutes of physical education (edited by L.P. Metveev and A.D. Novikov), a whole chapter is devoted to the physical education of students [1]. The authors consider physical education as a component of the general system of education of students and compare it with other types of education in it: self-education, voluntarism, aesthetics, etc. In comparison, he emphasizes the versatility and complexity of the subject.

Analyzing the program content of the course of physical culture in higher educational institutions, the authors pay attention to the organization of professional practical physical education in the process of practical classes, especially in the field. For students of the faculties of physical education of pedagogical institutes (B.A. Ashmarin, M.Ya. Vilensky, K.Kh. Grantin, etc.), the textbook "Theory and Methods of Physical Education" clarifies the basic concept and defines "physical culture" as the most general concept is distinguished, and its component is called "physical culture and sports" [2].

As the main direction of physical education, they consider three types of training: general personal training, professional and practical physical training and sports training.

They consider the role of physical education in development the personality of students of higher educational institutions in the following three main areas: ensuring a high level of personality development and motor skills necessary to maintain health and increase the

activity of educational and labor activities; active involvement of students of higher educational institutions in physical culture and mass sports events; formation of social activity and behavioral characteristics, development of moral and aesthetic qualities. As for students of higher pedagogical educational institutions, the authors emphasize the need for them to acquire the following skills in the process of physical education: confidence in the future, organizational skills, the ability to communicate with others, the ability to use cognitive, pedagogical and physical training methods. [3]

The theory of physical education and the movement for physical education contribute to the emergence of modern theory of physical culture. In 1969, N.I. Ponomorev defined the concepts of "physical culture" and "physical education", dividing the composition into parts.

After some time, he defines the theory of physical culture as a science, calls it the main part of the theory of physical education, the theory of sports, physical culture and the sociology of sports, and considers it necessary to make this science a curriculum [4].

In principle, there are two ways to solve such important tasks of physical education of students. The first one is based on the vigorous activity of students, based on the independent conduct of physical education classes, and the second one is based on the adaptation to physical education of the members of the labor collective, most of whom are leaders of different generations of the national economy. Therefore, those who have organizational and methodological skills in higher education institutions can help ensure a learning-effective mode. In addition, it is clear that the implementation of the above directions depends on the generations of the university.

The system of physical education in the country today cannot ignore people's interest in certain means of physical activity. It is impossible not to see that the population, especially young people, has a desire to play tennis, badminton, recreational running and swimming, rhythmic gymnastics and ignores the numerous means of transportation that make up the content of the President's decree.

At present, there is a rapid professionalization and commercialization of high-level sports all over the world (due to the development of communications, great attention to television, the press, etc., due to the very wide spread of some sports). In our system of physical education, the current professional sports experience is complex and diverse, including commercial high achievements and so on, it can be said that there are no relevant materials.

As for physical culture on the basis of general education and physical culture in higher educational institutions, he studies the following: organization of physical education in higher educational institutions and its methodology; natural scientific foundations of motherhood; basics of physical education and sports hygiene; psychophysiological in educational and labor activity of teachers; basics of sports training; social activities in physical culture and sports; professional practical physical training; concepts and terms, such as physical culture, are defined in the scientific organization of labor.

The main types of physical culture processes in higher educational institutions are educational (experimental, didactic, individual) and extracurricular (physical education classes according to the regime of the school day, classes in sections, self-study, mass recreation, physical culture and sports events). Therefore, physical education in higher educational institutions is a special pedagogical process that forms physical education, corresponding to the chosen profession, future profession, military service, its functional and personal state. Therefore, physical education in

higher educational institutions is a special pedagogical process that forms physical education, corresponding to the chosen profession, future profession, military service, its functional and personal state. The unique structure and methodology of the lesson is provided by general pedagogical education and individual special services. It contains the natural-scientific and hygienic foundations of physical education and medical supervision, methods of independent sports and physical exercises. The clarification of professional-practical classes in physical culture and the structure of classes in physical culture and extracurricular activities for educators are determined, the goals and objectives of the scientific organization of work are determined. The textbook plays its role in the development of physical education teaching in higher educational institutions, but at present it needs to be revised and published in connection with the development of physical education.

Due to the above and many individual reasons, physical culture, in its organizational structure, does not provide graduates of higher educational institutions with the knowledge, skills and abilities necessary to solve professional, social and other tasks in everyday work. Taking into account all this, the reconstruction of the system of physical education in our country should comprehensively and fully reflect all the important trends and events in this system related to mass (health) physical culture and sports of high achievements.

The education system must act on the agenda to be progressive, proceeding not only from the requirements and requirements of today, but also tomorrow.

The main task of a higher educational institution in training physical culture and sports specialists who meet the specified professional requirements is:

- Education of cultural, socially active citizens;
- Organization and implementation of research work;
- Solution of important practical problems in the field of physical education and sports, closely related to the educational process;
- Training of highly specialized scientific and pedagogical personnel;
- In physical culture, physical culture and sports, etc. implementation of the results of scientific research.

The issue of creating departments of socio-economic and legal foundations for the organization of physical culture and sports, as well as departments of human health protection in modern conditions is being considered.

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