

THE IMPORTANCE OF PHYSICAL EDUCATION IN THE FORMATION OF A STUDENT'S PERSONALITY

Khatamov Zafarjon Nazirjonovich

Kokand State Pedagogical Institute

Associate Professor of the Department of Physical Culture Methodology.

Email: zxatamovjm@gmail.com

ANNOTATION

This article analyzes the importance of physical education classes for students of higher education institutions. Issues of influence of sports and physical culture on health, physical development and formation of student's personality are considered.

Keywords: physical culture; sports; health; upbringing; Personal quality; self awareness

ЗНАЧЕНИЕ ФИЗИЧЕСКОГО ВОСПИТАНИЯ В ФОРМИРОВАНИИ ЛИЧНОСТИ СТУДЕНТА

Хатамов Зафаржон Назиржонович

Кокандский государственный педагогический институт

доцент кафедры методики физической культуры.

Электронная почта: zxatamovjm@gmail.com

АННОТАЦИЯ

В данной статье анализируется значение занятий физической культурой для студентов высших учебных заведений. Рассмотрены вопросы влияния спорта и физической культуры на здоровье, физическое развитие и формирование личности студента.

Ключевые слова: физическая культура; виды спорта; здоровье; воспитание; Персональное качество; самосознание

TALABA SHAXSINI SHAKLLANTIRISHDA JISMONIY TARBIYA FANINING AHAMIYATI

Xatamov Zafarjon Nazirjonovich

Qo'qon davlat pedagogika instituti

Jismoniy madaniyat metodikasi kafedrasida dotsenti.

Elektron pochta: zxatamovjm@gmail.com

Annatatsiya:

Ushbu maqolada oliy ta'lim muassasalari talabalari uchun jismoniy tarbiya darslarining ahamiyati tahlil qilinadi. Sport va jismoniy madaniyatning sog'lig'iga, jismoniy rivojlanishiga va talaba shaxsini shakllantirishga ta'siri masalalari ko'rib chiqiladi.

Kalit so'zlar: jismoniy madaniyat; sport; salomatlik; tarbiya; Shaxsiy sifat; o'z-o'zini anglash

INTRODUCTION

Currently, no sphere of human life exists without physical culture, which in itself has material and spiritual importance for all mankind.

All the importance of physical culture in the daily activities of students corresponds to movement activities. The blame for various diseases is long lessons in the classroom, in which students spend in a sitting position, and as a result, they get tired quickly, which in turn can be the cause of cardiovascular diseases.

Existence: Currently, general physical training is included in the student physical education program, and promising young professionals are being trained in the future. Well-known doctors say that a person's physical activity directly affects his scientific activity.

Purpose, tasks: To reveal the special importance of physical culture as a subject of teaching in the higher education system in the all-round development of the student.

The scientific innovation is that today's generation of young professionals is much different from previous generations in terms of their physical maturity, which requires more attention from the society and the state.

When a person plays sports, he gains self-confidence. Over time, he is encouraged to discover new knowledge for himself in various areas of life. Physical education is an integral part of the entire educational process of students. First of all, it is necessary to achieve results in strengthening and maintaining human health when developing appropriate plans for physical education classes.

As we mentioned above, this science itself affects the emotional state of a person, that is, in physical education classes, students become confident in their actions, mood and will increase. On the other hand, if a person does not pay attention to it, he loses his health, his ability to work decreases, his concentration decreases, because lectures and seminars require a lot of human effort. Therefore, physical fitness is very important for students. For example, exercising every day in the morning will help you come to school more focused and in a good mood, while exercising in the evening will help you relax after a productive day at work.

You need to understand that motor actions are a source of physical and mental strength recovery in itself. Thanks to physical training, a person can be guaranteed longevity, youth and ageless skin. In the current 21st century, the young generation ignores the simple rules of keeping themselves on the physical plane.

Some of them become people who consume various products that are harmful to their health due to lack of physical activity. Therefore, today it is an important task of the society to fight against these phenomena, to form a healthy lifestyle in the minds of students.

All these simple rules should be taught to the whole young generation. People dedicated to this lifestyle distribute and spend their time more actively. Also, do not forget about rest, which is an important component of physical training, which in turn ensures the strengthening and increase of new forces, which allows you to return to the mental activity of the student with more confidence .

Physical education is a very complex and multifunctional psychophysiological process, especially in conditions where people do not pay enough attention to physical culture. Since physical culture is an educational discipline, it has a more complex system.

helps to improve physical qualities, affects the development of physiological security of a person and has a strong impact on the emotional side of students.

This whole systematic process of human physical development should be carried out under the special responsibility, guidance and care of experienced teachers. Teachers, as masters of their work, are called upon to teach students about physical education, as well as to instill the importance of sports in the future so that these young people do not lose physical activity after finishing school. educational institution. And as a result of the entire educational process, a real person is formed.

This process is the most important task of physical education of students of higher educational institutions of our country.

Physical education and sports are related to aesthetic education, with the help of which a person not only achieves the goal of aesthetic appearance, but also develops moral and willful qualities in himself.

Thus, students engaged in physical culture can achieve new results for themselves, which will help them to strengthen and develop many physical and mental qualities of a person, for example, this is self-confidence and increased demand.

CONCLUSION

Based on the above, we can conclude that the importance of physical education in personal development is very high. A person engaged in physical culture develops personal qualities, including attention and memory, as we have determined.

Pupils who play sports get better knowledge in the educational process, are less prone to diseases, and become physically resistant. In addition, they form a multifaceted personality.

Parents should engage in systematic physical education so that they understand the need to take care of their child's health. New generations should know and see good examples from the history of our country so that they can imitate them in the future.

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