

SCIENTIFIC AND THEORETICAL FOUNDATIONS OF THE PHILOSOPHY OF SPORTS

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ABSTRACT

The study of the essence of the sphere of physical culture and sports, its theoretical and practical problems, and socio-cultural significance "philosophy of sport", a new interdisciplinary branch of knowledge formed based on the traditions of the past, is developing all over the world by the development of time. Modern socio-philosophical views on physical culture and sport are formed by studying each specific historical period, place, and importance of sport in human life. It is known that sport was considered one of the most important types of physical education since it combined several specific features, which always created an extensive platform for heated debates not only between scientists but also between all other strata of the intelligentsia.

Keywords: Sport, philosophy, folk spirituality, humanism, physical health, healthy society, morality, ideal.

INTRODUCTION

Sport in all its forms, whether it is high-performance sports, mass sports, professional sports, Olympic or Paralympic sports, or any other sport, in any case, has a direct connection with philosophy, more precisely, with philosophical anthropology. Because in this case, we are talking mainly about a person, his essence, and living conditions.

Philosophy finds a living expression in the sports mirror. That is all the achievements and shortcomings of mankind, the cultural progress of mankind, are vividly manifested in it. At this time, as has been repeatedly proved in the course of the historical development of sports, the spiritual and spiritual necessity of sports, its expediency in essence, finds its confirmation through philosophy. Sport is essentially a philosophy. We see this in the fact that sport, through the maturation of the human body, solves an age-old philosophical problem: the problem of the relationship between soul and body, their unity and opposites. It is worth noting that scientists in the field of physical education and sports, revealing the essence of sports in their research, cannot unwittingly more or less bypass the issue of harmonization of physical and mental education of the individual.

It should also be noted that currently most of the literature in the field of philosophy of physical culture and sports has been translated from Russian or written on its basis. For this reason, many sentences, connotations, and footnotes are not written in simple fluent language or their contents do not reveal the whole essence of the issue. There are also sometimes cases when sentences are not related in content due to incorrect translation."[1] with this in mind, when interpreting some terms, one should try to express the translation not in scientific language, but in simple and free words that are easy for our people to understand. The discussion of the scientific and theoretical aspects and the practical essence of the above considerations

currently serves as an important factor in achieving positive and effective results in the foreseeable future.

In our country, as in all spheres, fundamental changes are taking place in the field of sports, and more and more new tasks are being set. Attention to physical education and the search for solutions to problems in the effectiveness of our large-scale reforms in the field of sports, first of all, is facing our society, which is inextricably linked with the revival of folk spirituality, in-depth study of our rich historical heritage, the preservation of our traditions and customs, the development of culture and art, science and education, and most importantly -with the change and rise of public thinking. one of the main tasks.

Humanity does not for nothing show that a social phenomenon that has been tested for centuries, that is, sports, is an ambassador of peace. Sports will jamuljam everyone into one "square", regardless of nationality, race, or state, and in the same "Square" will allow all representatives of the state to widely show their humanitarian qualities. Such humanitarian qualities are especially evident in Oriental Sports.

Today, a lot of work is being done by our state on the popularization of sports. In particular, huge sports facilities in the places are a clear confirmation of the work that is being carried out to provide them with modern equipment. "First of all, it is necessary to form a mass sports movement in which young people develop a great passion and interest in physical education and sports, which can attract them to this area without interruption, take place within the framework of the national education system, educate young people on the list of ideas of wellness and beauty." [2]

It is worth noting that to strengthen the health of the population, several activities are being carried out. The types and number of sports teams are increasing. At the same time, the purposeful organization of mass health and sports events requires great organization, and the attention of specialists, government agencies, and sponsors. Of course, it is impossible to develop sports, providing the population only with all material conditions.

The role of sport in maintaining the health of the population and in a healthy lifestyle is invaluable. "There is no doubt that the dream of a healthy generation is a sacred aspiration that is passed down to us from our ancestors and permeates our blood and blood." The fact that the population has a healthy breed largely depends on a serious sports omelet. Our people have been living with envy of foreign athletes for many years. Today, our Homeland is independent, and the youth movement has acquired a special character in all sports institutions. A child who drops out of school certainly loves sports grounds, participates in competitions, and strengthens his health through coaching. Without wasting free time, at the same time, a child who is successful in sports strives to become a healthy representative of society tomorrow. A healthy generation is the foundation of a healthy society, and without the scientific realization of a healthy lifestyle, it is impossible to form a society and a healthy generation. According to a healthy lifestyle, physical health and maturity are the embodiment of a person's spiritual and ideological health in his full maturation as a person. The role of sport in the recovery of the population in many cases falls on the district. But it is worth noting that our people have such qualities as a slight reluctance. For example, a person with a heart condition can start exercising only when his health deteriorates on the recommendation of a doctor. The patient, who is accustomed to wellness exercises, relieves himself of alcohol and

smoking, feeling that his health has changed for the better. The role of physical education in the upbringing of a healthy generation is invaluable, because human health, mental state, living conditions, and, most importantly, active actions in his body depend on the result. When this set of processes runs smoothly, it leads to the smooth functioning of the digestive, cardiac, and circulatory systems. It is well known that human health is always better when physical labor and special physical exercises become regular and more sophisticated. Our wise people did not say in vain: "Common sense is in health." About this A. In his book *Aphorisms of Life Wisdom*, Schopenhauer writes: "9 out of 10 of our happiness is related to health. Everything happens in a state of health. Without it, no great well-being brings pleasure. Even the quality of intelligence decreases as a result of a painful condition." [3] As the philosopher notes, to achieve happiness and health, it is certainly recommended to exercise. Sport is humane by nature. This helps to uncover the unexplored possibilities of the human body and psyche. Only when a person is healthy, he can engage in life and life affairs, achieve his goal, and reach its end.

It can be seen from the above that the comprehensive development of sports is an important priority. Thanks to sports, young people become self-aware, the qualities of independent thinking are formed and appreciated, and qualities such as kindness and generosity are strengthened. All this is important for defining humanity in the members of society. Even if all the conditions are created for a person, taking into account the above, he does not always achieve the intended result. Of course, there are reasons for this. In the absence of independent thinking, time-tested vital national values, a worldview formed on a healthy basis and a firm will, a person can withstand all kinds of spiritual threats, their sometimes explicit, sometimes Pinyin influences. Therefore, first of all, when popularizing sports and other criteria, we should not lose sight of the spiritual and moral environment. As we know, man lives by movement. It is a natural physical movement that underlies survival. A physical education chain of actions. When this chain is broken, a person's life is also interrupted. Physical culture, and education, in a broad sense, is a process that realizes all the natural and social abilities of a person, increasingly humanizing him, strengthening and uplifting him both physically and spiritually. This is what Professor Tilab Makhmudov says: "As we move further and further away from physical culture, a person tramples on his life. It reinforces such signs of ugliness as indifference, shady behavior, laziness, lack of enthusiasm, whiteness, vanity," [4] they argued. It follows from these considerations that as a person moves further away from physical culture and education, which are central to his spiritual maturation, not only the above circumstances arise, but also the causes of illness and death. But, unfortunately, it often remains a fantasy, a dream. A person does not follow them fully, consciously understanding. Another aspect of this is that most people are not familiar with the type of exercises, and the procedures for doing them. The student almost completely leaves him when he becomes an adult because young people do not assimilate physical education well.

In our country, the necessary opportunities are being created to raise the younger generation healthy and harmonious in all respects, many good deeds are being implemented, and social protection of motherhood and childhood requires significant efforts to form a healthy family environment, the birth of a healthy child, and the upbringing of a harmoniously developed mature personality.

The spiritual and moral environment of society is being improved by the needs and requirements of the time. The social development of Uzbekistan today also requires the development of a spiritual and moral environment of society with new concepts, moral values, principles, and norms. In the spiritual and moral education of a person, reliance on the values of an ideal level gives the expected effect. As you know, the thinking, lifestyle, and spiritual views of any people or nation are not formed spontaneously, from scratch. We all know perfectly well that it is historical, natural, and social factors that underlie their origin and development. Another factor plays an important role in the development of sports and its popularization among segments of the population- citizens.

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