



Theory of Physical Education

Rozibayeva Zuhra Oybekovna

Nukus State Pedagogical Institute 4th year student of women's sports at the faculty of physical culture

Abstract: physical development consists of a set of objective and biological laws. The most important of these is the law of the unity of the environment and the development of the organism. When we apply the above to students, we have to take into account the study environment, social work and independent work, recreation.

Key words: physical culture, theory, methodology, textbooks, school.

INTRODUCTION

The leading concepts used in the theory and methodology of physical education include: physical development, physical training, physical education, culture of the human body, sports, physical maturity. Why are the concepts listed above called basic concepts, and others, for example, concepts of physical exercise, physical qualities, physical knowledge, are not considered basic concepts? All concepts that accurately reflect the relevant activity are equally important in terms of their importance, we will dwell on them in the relevant chapters of the textbook. We have only touched on the concepts of the main, most important qualities of the education of the human body.

Physical development is the process of gradual natural formation of the human body - appearance and change of its function.

The period of development is divided into three phases: its high level, relatively stabilized (stability) and a gradual decrease in the capabilities of the human body. It obeys the objective laws of nature - the law of the unity of the organism and its living conditions, the law of interdependence of changes in its service and structure, the law of gradual quantitative and qualitative changes in the organism, and other laws. In other words, physical development consists of a complex of objective and biological laws. The most important of these is the law of the unity of the environment and the development of the organism. When we apply the above to students, it is necessary to take into account the study environment, social work and independent work, recreation. All this affects the physical development of children.

Natural and vital forces passed from generation to generation, the abilities of the human body are an important ground for physical development, therefore, not every athlete (individual) is lucky enough to achieve high results, but any person is able to improve the physical condition of his organism. It is necessary to recognize that the development can be positively influenced by doing regular physical exercises in accordance with the systematic purpose. The intense (acute) period of physical development corresponds to the period of preschool and junior school age and continues throughout the entire school age period.

In practice, we come across the phrase "physical development indicators". It is a measure of the shape of the organs of the human body, and it is recorded in the form of anthropometric data about the physical development of the exerciser or the individual. The direction, character, level of physical development, as well as the qualities and abilities that a person develops in himself, depend in many ways on living conditions and upbringing. Mastering the laws of physical development, using them for

the purposes of physical education is an important task of the theory and practice of physical education. Social conditions in the society are the decisive factor for physical development. Among the factors, the role of the educational process with cocktails, especially the role of physical education, is important.

In order to achieve physical development, the so-called "physical education" began to be used for specially directed and organized activities. Physical education is a pedagogical process aimed at improving the human body from a morphological and functional point of view, forming and improving basic movement skills, skills, and related knowledge that are important for its life. This definition emphasizes the uniqueness of physical education as an independent type of human education. The concept of "physical knowledge" and "development of physical qualities", which have two separate meanings, is part of this peculiarity related to physical education. The term "physical knowledge" is found in the earliest systems of physical education of the new era. For example, Fit talked about the need for physical exercises to "educate one's body".

Physical education includes special theoretical concepts related to physical exercises and the skills and abilities to apply them in life when necessary. P.F. Pestalotsii, who strongly advocated the "education of the body" of children. Lesgaft explained physical education as an extended meaning of physical education. But the main source of Lesgaft's teaching about physical education was the source of physical education in the literal sense. P.F. Lesgaft, in the process of physical education, children should "separate individual movements and compare them, consciously manage them and adapt to obstacles, overcome these obstacles as quickly and persistently as possible, in other words, they believed that they should learn to consciously do the most physical work, or to move gracefully and gracefully, with as little effort as possible.

Here, on the one hand, we are talking about acquiring the skills of movement, and on the other hand, on the basis of the conscious attitude to the performance of the movements, we are talking about the ability to imagine and decide the skills of different life situations. Education of physical qualities is considered a process of physical education. This concept includes the development of qualities of strength, speed, endurance, flexibility and agility. These aspects of the whole process are mutually reinforcing. For example, if students repeat running exercises many times in order to master the technique of its execution, at the same time, both strength, endurance and, in some cases, quickness are cultivated. On the other hand, if the same running exercises are repeated at a high speed (to train speed), then the training technique is strengthened and improved, and at the same time, the tasks of education and knowledge are solved.

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