

THE CONTENT AND SIGNIFICANCE OF THE DEVELOPMENT OF PHYSICAL CULTURE OF STUDENT YOUTH

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ANNOTATION

In this article, Physical Culture is characteristic as a phenomenon of general culture. This article talked about the content of the development of physical culture of student youth.

Keywords: . Physical Culture, physical abilities, culture, development of a harmonious body, functions, patience, perseverance, mental system, harmonious body, dualism, spiritual essence.

Today, the role of physical culture as a factor in improving the nature of Man and society is significantly increasing. Physical culture is considered part of the general culture of society and is one of the areas of social activity aimed at strengthening a person's Health, developing his physical abilities and using them in accordance with the needs of social practice. In society, Physical Culture is the property of the people and is an important means of “educating a new person who combines spiritual wealth, moral purity and physical perfection in himself.” It helps to increase the social and labor activity of students, the economic efficiency of production, the physical education movement relies on the multilateral activities of state and public organizations in the field of physical education and sports. The concept of Physical Culture naturally includes everything created by the mind, talent, craft of the people, everything that expresses its spiritual essence, views on the world, Nature, Human Being, Human Relations.

Physical culture is the education of body culture through physical exertion and gymnastic exercises. Physical exertion develops not only the body, but also the human nervous system. Loads on the body help to normalize the functioning of the mental system. This is especially important for students, as they absorb a lot of knowledge every day. Sport helps the brain to remove tension, and clarity helps to return the head. Physical culture can also be therapeutic and adaptive. Physical education is flexible for people with deviations in the field of development. Sports occupy a special place in the life of students and adolescents. This is necessary not only for the development of a harmonious body, but also a sense of discipline. Sport raises such qualities in guys as patience, perseverance, restraint. These features of the signs learned from childhood accompany a person throughout the next life. Physical culture is characterized by its originality as a phenomenon of general culture. It is he who is considered a natural bridge that allows the social and biological link in human development. In addition, it is one of the very first and main types of culture that is formed in a person. Physical culture with its own dualism, we can significantly influence the state of the body, psyche, person. Historically, physical culture has developed primarily under the influence of the practical needs of society for the comprehensive physical preparation of the younger generation and the adult population for Labor. At the same time, with the development of educational and educational systems, physical culture has become a key factor in the formation of motor skills and abilities.

Today, it is impossible to find a single sphere of human activity that is not related to physical education, since physical education and sports are one of the material and spiritual values \ u200b \ u200bof society as a whole and each individual individually recognized. It is no coincidence that in recent years, Physical Culture has been more talked about not only as an independent social phenomenon, but also as a stable quality of the individual. The phenomenon of human physical culture has not been fully studied. A qualitatively new stage of understanding the essence of Physical Culture is associated with its influence on the spiritual sphere of the

individual as an effective means of intellectual, moral, aesthetic education. The main indicators of the state of Physical Culture in society include: the level of Health and physical development of people; the level of use of Physical Culture in the field of education and education, in production, in everyday life, the composition of free time; the nature of the physical education system, the development of mass sports, sports skills, etc. The main elements of Physical Culture include: physical exercises, their complexes and competitions in them, body conditioning, labor and living hygiene, active-movement types of Tourism, physical labor is a form of active rest of people of mental labor.

In a number of concepts of the development of Physical Culture, special attention is paid to educational issues, but the need to radically change the attitude of more people to physical culture, its enormous national and personal human value is confirmed. Culture is the creative activity of an individual. The basis and content of the cultural and psychological process of the development of "culture" is, first of all, the development of the physical and intellectual abilities of a person, his moral and aesthetic qualities. It is time to develop "techniques" of physical culture, personality, its real implementation and understand such concepts as the strict formation and strengthening of conscious consciousness based on deep knowledge and beliefs, the need for motivation and constant attention. take care of themselves in physical education and upbringing of the younger generation about your health. In this case, it is important to implement the idea of continuous physical education, starting from compulsory training, to teach a person to take care of his health, to engage in self-education in this field of activity throughout his life. The prehistoric period of physical culture goes back to the period when all physical and mental activity of a person is limited to the direct provision of living conditions. The physical culture of a people is considered part of its history. Its formation, further development are closely related to the same historical factors that affect the formation and development of the country's economy, its statehood, the social and spiritual life of society. Physical culture is part of a culture aimed at strengthening and maintaining health. It represents a certain set of values, knowledge and norms used by society for the comprehensive development of physical, mental and moral qualities, physical education. The main goal of physical education is to optimize the physical development of a person, as well as to comprehensively improve the physical qualities inherent in each person and the abilities associated with them. All this, together with the education of spiritual and moral qualities, characterizes a socially active person. In addition, the goals of physical education are to ensure the readiness of each member of society for productive work and other types of activities. For the implementation of these goals in Physical Education, a complex of specific and general pedagogical tasks is solved, reflecting the versatility of education, including the stages of development of the age of educators, the level of training, as well as the conditions of preparation. achieving goals. In the educational process, special attention is paid to the physical education of the individual. The moral character of a person, as well as his will and purposefulness, largely depend on him.

It is advisable to start physical education classes from childhood, since the child develops harmoniously from an early age, learns to be responsible, acquires willpower and endurance, which allows him to later become a comprehensively developed personality. Speaking about the actual tasks of physical education in terms of its influence on the spiritual and moral aspect of the individual, we can highlight a number of tasks listed below. - to lead a healthy lifestyle; - to educate the nature of mutual assistance among community and people; - to educate injustice, dishonesty, intolerance, upbringing; - to form in children the need to regularly engage in physical education and sports; - to cultivate such qualities as self-control, courage, willpower; - to develop the ability to cope with difficulties; - to worry about one's own health, physical development, formation of skills of self-control over physical and sports activities. However, to develop the moral qualities of a person, it is not enough to keep the body in good shape and do physical activity. Physical education contributes to the harmonious development of a person and his spiritual qualities only in combination with moral, labor, mental, aesthetic education and upbringing. Let's see how this is done in practice. Sport allows a person to form

correctly. Moral education through physical education and sports is carried out in the form of games, competitions, in which such character traits as willpower, courage, discipline and endurance develop. Labor education is reflected in the great physical exertion that is imposed on a person. These loads make the body accustomed to work, make a person more resilient and purposeful. Thus, as a result of sports training and constant stress, the individual withstands various types of work, both physical and mental.

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