

Organization of Promotion of the System of Physical Education in its Institutions

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Abstract: In this scientific research work, it is intended to popularize physical education and sports aimed at health among the population and thereby develop methods that serve to develop the thinking of young people.

Keywords: physical training, technical training, tactical training, methodology, training process

The relevance of the work is that physical training is based on a certain system, and the anticipated result is achieved.

The system of physical education means the generality of the principles, means, methods of physical education and the forms of its organization, so that it is compatible with the goals and tasks of harmonious development of society.

The issue of the defense of our country also imposes a number of requirements on the physical education process established in our society, and as a result of the implementation of these students, the objective features of the physical education system are manifested. The all-round physical fitness and well-developed physical qualities of the people of our country serve as an indicator of their readiness for defense.

Thus, the purpose of physical education is to make the people physically mature, active builders of the legal state, ready for creative work and defense. This goal is common to all organizations and institutions implementing physical education in the country.

From coordination of physical-cultural, spiritual and public-theatrical performances with each other, demonstrations and demonstrative performances are created. Their educational purpose is endless.

The purpose of the research is to make recommendations about the role and effectiveness of physical education in various professional activities.

Classification of physical culture has a great generality. It helps to understand the purposeful use of physical culture in the society, its direction, its direction, the practice of physical culture, the possibilities of its various types recommended for solving tasks. If the tasks of providing physical knowledge (education), general physical training are solved in school, the basis of physical culture that will be used throughout his life will be created. Although all other types of culture can solve the mentioned tasks, they cannot replace the culture of the human body.

The level of development of physical culture in society is assessed by the following indicators:

- with the degree of inculcation of physical culture in the daily life of members of the society;
- with the health and physical fitness of members of society;
- material and technical provision of physical culture training and their quality;
- with the permanent composition (staff), qualification and activity and talent of the employees leading physical culture;
- it is determined by the results of the members of the society in sports.

The independence of our country, the ongoing social and economic reforms in our society demand that the children of our country should be physically mature. They dreamed that their children would be physically and mentally shaped like Alpomish, Rustam, Gorogli, and Barchinoy in the folklore.

Physical fitness is a concept that has its own ideal classification for any historically changing historical period and has been interpreted in different ways, because this ideal expresses the economic conditions, social life and world view of the noble. However, due to the lack of objective opportunities and conditions in the existing society, the upbringing of a physically fit generation has remained an abstract idea and has not become a reality.

Physical fitness is the standard of health and the historically formed concept of the level of physical fitness, which optimally responds to the demands of the economy, the public, the military, and the long-term creative activities of people.

Physical maturity acquires a clear meaning and social essence in the harmonious development of a person. It has been proven in practice that activities performed only for the purpose of physical development lead to one-sidedness during the pedagogical process. Doing only physical exercises leads to one-sidedness when he is on the way to physical perfection, it takes him away from the elements of harmonious education - spiritual, educational, moral, spiritual, aesthetic education.

The generality of the goal is one of the main laws of the physical education system.

In response to the indicated goals and conditions, the age, health, physical fitness, and profession of the participants are taken into account during its implementation, and specific tasks in physical education are solved:

a) to give direction to the harmonious development of the form and function of the human body, the comprehensive development of physical abilities, the strengthening of health and the longevity of society;

b) formation of necessary life skills and abilities, special knowledge of physical culture needed in everyday life;

c) education of physical qualities for all-round physical development;

It is understood that the goal and task of human physical education is related to other educational processes only if this compatibility is objective in nature and gives a legal direction to the physical education process. In the process of physical education, it has been proven that goal-oriented activities, like in other areas of education, cannot always correspond to the planned result. In physical education, it is necessary to take into account how the physical exercises planned for the training of a young athlete or bodybuilder affect his body. , training sessions will not pay off later. This prevents all-round harmonious development and destroys sports achievements.

It is possible to conclude that the demand for foresight and prediction in front of the pedagogue and trainer is cross-sectional. Solving this task should be carried out in the system of training specialists who are educated, know and love their work. Accordingly, they should consider it their main duty to bring up people who are able to solve their goals and tasks positively, who are physically healthy and spiritually harmonious from childhood.

Recently, our country, which has just recognized its identity, is paying more attention to the creation of a unified system of physical education through state and non-state sports societies of various categories, and associations of fitness enthusiasts, embodying spiritual wealth, physical fitness, nationalism and its scientific features in the system.

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