

Education, Health And Educational Tasks In The Field Of Physical Education

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Annotation: In this article, to be able to practically use modern pedagogical technologies and tools, pedagogical tools and skills in the process of improving the teacher's qualifications in the field of education, rehabilitation and educational tasks in the field of physical education learning. Determining humanitarian qualities from the works of teachers, analyzing balanced theoretical works from a scientific point of view such issues are disclosed.

Keywords: Islamic culture, Islamic state physical education, pedagogical Perceptual abilities, cognitive, discipline, universal principles, general culture, passion, physical maturity, biological, social, moral, psychology, biomechanics, pedagogical skills.

The creativity of the physical education teacher has a direct impact not only on the development of advanced technologies for teaching and organizing educational classes, but also on movement erudition and training. In our opinion, the following working conditions are the main ones in the performance of educational, health and educational tasks in the field of physical education:

- acquisition of basic knowledge of physical education and sport theory and technique;
- adaptation to the pedagogical system, passion for the chosen sport;
- acquires special knowledge not only in the field of science, but also in pedagogy, psychology, biomechanics, medicine, physiology and new technologies of education and training.
- can carry out scientific gas analysis and scientific analysis of education and training
- encouragement to improve personal skills.

In most cases, a high level skill equates to a high level skill. It is characterized by the practical use of modern pedagogical technologies and tools, pedagogical tools and skills in the process of improving the teacher's qualifications. Pedagogical skill is the effective solution of various pedagogical tasks and the achievement of educational and educational goals, the effective distribution of tools and methods. Training of physical education and sports specialists is carried out in accordance with state training standards for physical education and sports, learning and development of physical, psychological and functional capabilities of the individual, development of the organism and formation of its general citizenship.¹

An important part of pedagogical skills is knowledge and skills. This is primarily philosophical, psychological, pedagogical, social, special and additional knowledge. The basic knowledge of the teacher is formed at different levels (education, educational technologies of information and content, creativity), the correct form of pedagogical consciousness and thinking, and psychological-pedagogical erudition is a necessary condition for the effective activity of the teacher.

Research materials and results:

The content of our research work was supplemented by the analysis of balanced theoretical works from a scientific point of view, pedagogical and educational literature, taking notes on the determination of humanitarian qualities from the works of experienced science teachers. Appearance determination comes from objective reasons and is also a subjective category, because it is a product of the mind, which is manifested in the human mind and is the mind of human creation. Therefore, the quality of education and upbringing of students is not limited only to the

¹Golikova E.M. Pedagogical concept of sotsialnogo razvitiya studentsov v sisteme adaptivnogo fizicheskogo vospitaniya: dissertation ... doktor pedagogicheskikh nauk. - Orenburg, 2018. - 387 p.

program, measures, methods and forms, but also depends on the high purpose and content of the psychological-pedagogical activity described by it. It is necessary to develop a sense of their own nature along with their individual characteristics, features and characteristics. The criterion for choosing this teacher is to determine whether the student actively develops his abilities in personal development, acquires new knowledge, evaluates them, and strives to adjust his goals to a conscious goal. Regardless of the timing, one should strive to fully open and develop one's potential.

In order to become such a person in the future, to have the ability to play full-fledged games and fulfill his assigned tasks, a virtuous person can develop himself in a well-directed educational system. The structural system of our consciousness also helps to increase the firmness of the body as an internal objective process that changes the quantity and quality of physical, spiritual energy that fulfills the purpose of self-determination of the body. Practical training was held for first and second year students and teachers at Urganch State University. 160 students and teachers participated in the practical work. Virtue can develop itself in a well-directed educational system. The structural system of our mind, as well as the physical, which fulfills the purpose of self-determination of the body,
Studies and their analysis:

The erudition of a physical education teacher consists of the following special and general knowledge bases. General science (general political, as well as literature, art, history, etc.) describes the general culture and worldview of the student. Operator basics are high for efficient operation. The following types of cash registers can be displayed:

- Didactic skills (teaching skills);
- Psychomotor abilities (cognitive ability, quick recall of various cognitive gestures);
- Communicative (ability to communicate) skills;
- Perceptive (cognitive, critical thinking) skills;

Another is to practice the necessary actions according to the rules and objectives of the service. As a teacher's main skill, it is divided into the power of organization, organization, gnosticism and self-regulation.

Comparison helps each student to confirm and plan their actions. They are taught to assess skills and create composite learning material (for example, create a set of exercises to develop specific characteristics of students).

It is directly related to the implementation of the planned plan of the organizational management function. The teacher works independently and must be able to organize a group of students.

Communication skills are taught to communicate with students, teachers, parents and administrators. They can be divided into three groups: communicative skills, didactic skills and speech skills. Communicative ability is determined by communicating with other people, establishing internal and external relations.

Great didactic skill is manifested in the ability to convey the educational material to students in an understandable way. Group management skills, student pedagogic skills, student skills and self-organization skills are taught.

A senior physical education teacher in Cheshkin is required to carry out social development work. It is necessary for the teacher to acquire erudition and foreign culture.

Gnostic ability is related to the ability of the teacher to recognize the general group and not the individual students, and the ability to analyze the pedagogical conditions and the results of his actions. This approach is also related to YPD, focused on prospective skills (learning to improve, monitoring student progress during training, etc.).

We have the ability to study and analyze scientific literature and works, conduct personal research and analyze them, in order to make corrections to the level of Gnostic skill, to improve the physical development of students.

Physical education provides an opportunity to develop the activity of the muscular system, special means and methods of self-regulation. The category of activity is the main scientific part of the cognitive and creative capabilities of a person. Currently, based on the analysis of the results of theoretical and experimental research of activity and activity problems, the first source of ideas

about the nature of activity, the form and type of its formation, mechanisms of emergence, suggestions and proposals is being formed. Activity is a general characteristic of a person's lifelong activity, it is its main property and constant state, it has a stable structure (a complex system of interacting neurophysiological, psychophysical and psychological-pedagogical factors). The nature of active diversity requires the use of a systematic approach in its research.

In addition to adhering to the general scientific principles of determinism and development, we adhere to the principles of the scientific unity of consciousness and action. Each of the sections allows the physical training muscle to perform several tasks at the same time. The content of the educational activity consists in receiving information, listening to it, improving knowledge skills. In addition, a natural environment is necessary for practicing sports in the physical education system and achieving high goals in the future. Systematic use of clean natural environment such as clean natural air, clean water, sun is very important for health.

Currently, in the process of developing the acmeological potential of physical education muscles, it is necessary to determine the following functions:

- adaptation - students enter the rhythm of the pedagogical process, learn to work with children, begin to adapt to the communication system in educational institutions;
- general education - students' theoretical knowledge is used during practice, pedagogical skills and qualifications are formed, pedagogical quality is formed;
- development - the stage of development of students' personalities and abilities during practice;
- education - application of professional pedagogical ethics to personal needs;
- diagnostic - checking the level of preparation and suitability of students for pedagogical service, evaluating their personal and professional qualities;

The basis of the development of the acmeological potential of physical education in general is to improve and develop a highly creative person, to educate a person striving for innovation as a creative person with a unique way of working and thinking.

And finally, the philosophy of sports should be more clearly instilled in teenagers and young adults. It should be appreciated that sport is not only a means of achieving successful results, climbing the podium and conquering the peaks. At the same time, it primarily means physical and mental health and positive energy for every child, teenager and young person. Throughout history, sports inculcates love for the Motherland, feelings of national pride, and kindness in people, and is a propaganda and political tool that plays an important role in the all-round development of the state, recognition at the world level.

Sports and physical education are one of the important means of physical and spiritual education in our modern world. Sport is an effective means of physical and spiritual culture, and it also embodies the signs of humanity.

In the protection of peace and tranquility in the world, sport has a special place in strengthening the bonds of friendship between peoples. Sports is a field in which the work done here is connected with each other like an unbroken chain, one work completes the other. In particular, the formation of a culture of correct and responsible social behavior in athletes should also be here. It is not without reason that it is said that humanity can find its salvation in the development of physical education and sports, as in the history of the crisis of previous civilizations - here culture and humanity are in the first place. In this sense, sports and physical education in general are not only important in terms of human life, its adaptation to a constantly changing environment, but at the same time it is aimed at ensuring superiority of oneself and the surrounding world. nature.

The main idea of sports is to go beyond the limits of one's capabilities, to realize one's spiritual, physical and creative potential, to exceed the limits of real existence, and there is also a responsibility of social behavior. In this way, sport is perceived as a socio-cultural phenomenon that combines physical, aesthetic and moral aspects. According to the philosophy of sport, sport affirms the philosophy of good, rejects the incomprehensible judgment of evil...

In conclusion, what has been said shows the need for public discussions about holding cultural-educational seminars among teenagers and young athletes. It is necessary to determine the methods of implementation of such continuous educational activities and, finally, to ensure

their implementation. If this happens, the inappropriate behavior of some people in the society that does not deserve the name of the athlete will not be found again.

Along with the realization of spiritual, physical and creative potential, there is also the responsibility of social behavior. In this way, sport is perceived as a socio-cultural phenomenon that combines physical, aesthetic and moral aspects.

In short, to develop the movement ability of a physical education specialist, it is necessary to consider it as a means of forming the professional culture and professional skills necessary to reach the peak of mastery. Therefore, at this time, it is considered important not only to feel the need to develop quality and parts, but also to formulate a request for self-improvement. This is possible only when the philosophy of physical education deals with self-knowledge.

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