

Interpretation of the formation of physical qualities in a person in scientific and historical sources

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Abstract: The article describes the interpretation of the formation of physical qualities in a person in scientific and historical sources and the pedagogical prerequisites for their use in the system of professional development.

Key words: Person, physical, quality, formation, scientific, source, historical, education, training, interpretation.

The reforms implemented in all spheres of our country's life lay the foundation for the Renaissance in New Uzbekistan. As the head of our state noted: "As we have set ourselves the great goal of establishing the foundation of the Third Renaissance in our country, for this we need to create the environment and conditions that will educate new Khorezms, Berunis, ibn Sinas, Ulugbeks, Navoi and Babur ." First of all, the development of education and training, the establishment of a healthy lifestyle, the development of science and innovation should serve as the main pillars of our national idea".[1]

In fact, the formation of a healthy lifestyle has become one of the priorities of our state's policy. Even when approached logically, a healthy person is not only the happiness of his family, but also of the state and society. The reason is that a healthy mind comes from a healthy person. A physically and mentally healthy person performs the tasks assigned to him perfectly, brings more benefits to himself, his family, and society. It is a fact of life that a person with a physical disability has shortcomings in his work. Therefore, sufficient attention is paid to the issues of forming a healthy lifestyle, strengthening the health of citizens, and wide promotion of physical education and sports among all layers of the population.

According to Erkin Ernazarov, a journalist who served in Uzbekistan, "Earlier, a prosperous country in the whole world was understood only by the rate of growth of economic and labor efficiency , the size of the gross domestic product and the high average income per capita. However, in the 21st century, it became clear that economic growth alone cannot be a criterion for the well-being of the people, and the income can be spent on other goals, including armaments to achieve military power or on the enrichment of a group of corrupt people. As a result, Nobel laureate Amartya Kumar Sen and famous Pakistani economist Mahbub ul-Haq put forward the concept of Human Development. This idea is based on the fact that the center of society's development is not only the increase of simple economic indicators, but, on the contrary, it is based on the fact that, first of all, a person should mature, live a happy life, and live a lifetime. indicated that it does not meet the specified criteria".[2]

Therefore, in our country, special attention is paid to the use of physical activity and physical exercises.

It is known that our country is one of the cradles of world civilization. The Uzbek people have gone through a long historical development path. According to the sources, our ancestors paid attention to the formation of physical qualities in children from time immemorial.

For example, these thoughts have been proven in the epic "Alpomish", which is a rare example of folk oral creativity. "Hakimbek's physical training, growing up in the bosom of nature, and his alpinism are described as follows: "Alpinbi had a brilliant bow from his grandfather Alpinbi. Then the seven-year-old boy Hakimbek shul took the fourteen-bowl bow in his hand, raised it and let it

go, and the arrow of the bow went like lightning. Askar tore up the great peaks of the mountain, and his voice spread throughout the world. Then all the nations came together and said: "Nearly ninety years have passed in the world. May the Alpomish Alp be the end of the saga of Rustam, the leader of the Alps".[3]

Also, the epic shows the formation of Barchin's physical qualities, which is reflected in his attitude towards Kalmyk wrestlers, and the fact that his physical qualities play an important role in his ability to withstand life's trials.

The Alpomish and Barchins will not die. The achievements of the Alpomish and Barchins of our time in the implementation of large-scale reforms in all spheres of society's life deserve praise, they are the beauty of our life and the spiritual image of today.

According to historical sources, since ancient times, physical maturity-discipline has been defined as the main criterion for the formation of a perfect person, along with intellectual maturity, spiritual and moral excellence, refinement education.

Kaikovus' work "Nightmare" also paid special attention to physical education. This issue is expressed in chapters such as "Remembering to go hunting", "Remembering to play chowgon", "Remembering to make war", "Remembering the conditions and customs of sycophancy". Kaikovus divides the day and night like this: "It is necessary to assign eight hours to prayer, eight hours to Sharia and purification of the soul, and eight hours to give rest to the members who have been suffering for the rest of the twelve hours, so that the movement of the member is free from rests." [4]

Abu Ali ibn Sina, one of the encyclopedic scholars, emphasized the importance of physical education in human development, scientifically and practically substantiated the importance of physical exercise, sleep, keeping the body clean and observing the order in maintaining human health. He said that children should be taken care of before they are born. He emphasized the need to feel responsibility and to inculcate a sense of relationship in friends.

Along with the fact that Sadi training is useful for human health, it is emphasized that this training cultivates the feelings of self-confidence, the desire to live happily, and the hope for the future.

In the characters of the works of the great thinker and statesman Alisher Navoi - Farhad, Qays, Iskandar - physical education is highly valued. Farhad does not limit himself to mental training, but also engages in physical and military exercises, swimming, horse riding, fencing, etc. have become his daily activities. He will have the strength of a twenty-year-old at the age of ten. He impressed many with his mental and physical strength and skill.[5]

Also, in Navoi's works, sports such as archery, fencing, use of shield and mace, javelin, horsemanship, swimming, wrestling can be found in Navoi's works.

ZM Bobur, one of the representatives of medieval Eastern culture and literature, left a great spiritual heritage. In the sources, information is preserved that Babur was physically fit, swam well in water, mastered swordsmanship, was able to play two young men in both hands while standing on the wall, was a skilled archer, and played well on horseback. It is noted that these physical qualities played an important role when he got stuck in the snow and got food poisoning while crossing the Salang mountains.

In the opinion of our grandfather Abdulla Awlani, "In order to have a healthy mind, good morals, and knowledge, it is necessary to educate the body. The health and strength of the body is the most necessary thing for a person. Because a person needs a strong and disease-free body in order to study, learn and teach. People with a healthy body do not allow shortcomings in their actions and work. Physical training may also help in mental training. The body and the soul are like the skin of a shepherd. If the body is decorated with cleanliness and avoids bad habits, it is like putting on the top of the coat and washing the bottom, and it always gets dirty. Education of thought requires hard work and a healthy body".[6]

Therefore, the formation of physical qualities, along with spiritual and moral qualities, has long been valued and glorified in the education of a mature generation. Appropriate and rational use of these ideas in all links of the education system, including the system of professional development, is the main requirement of today.

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