

Improving The Mechanism of Aesthetic Education of Students in Physical Education Classes

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Abstract: Under the influence of new curriculum, physical education is standards have been effective changes, but due to the impact of teaching philosophy in the traditional sense, to promote sports teaching, whether in content or applied teaching, there are some problems. Therefore, in the actual development, teachers should not only focus on students' physical education, but also into the aesthetic education in Physical Education. This article has pay attention to PE teaching aesthetic education methods for resolution.

Keywords: Curriculum; physical education; philosophy; traditional sense; actual development; aesthetic education.

Forming a healthy lifestyle in our society, creating conditions suitable for the population, especially the young generation, to regularly engage in physical education and mass sports, strengthening the confidence of young people in their will, strength and capabilities through sports competitions, instilling courage and patriotism, feelings of loyalty to the Motherland large-scale work is being carried out aimed at the systematic organization of training, as well as the selection of talented athletes from among young people, as well as the further development of physical education and mass sports.

Aesthetics have a powerful effect on human thoughts and perceptions. By incorporating visible factors that evoke nice feelings and resonate with their goal audience, experts can create a better connection with their clients, main to expanded loyalty and trust. Aesthetics relates to how a individual perceives and appreciates objects and experiences. For example, aesthetics capacity the way in which a individual views visual art, listens to music, reads poetry and fiction, experiences a play or explores the natural environment. Aesthetic sports were described as sports activities in which leanness is encouraged. Girls who participated in aesthetic and non-aesthetic sports have been protected in the aesthetic sports activities group. Aesthetics of sport is a part of philosophy of sport representing aesthetic reflection concerning a phenomenon of sport and studying general aesthetic laws, which manifest themselves in a sphere of sports activity and sports relations and significantly influence development of this area of social practice [1,6]. Contact between instructing and aesthetic university sports activities are divided into the following points: First, to promote the aesthetic schooling of pupil sports activities movement greater aesthetically pleasing. Physical Education teachers in the implementation technique of teaching can guide students to exercise, in the course of aesthetic education of college students can boost religious beauty and promote fitness and beauty nice mixture to reap actual sports activities educating idea. Second, aesthetic innovation and inspire students to exercise educating primary sports activities knowledge. Not solely to help college students beautify their will to deepen students 'understanding of the technical capacity to beautify students' capacity to choose and adaptability, it can also be primarily based on their understanding of sports splendor and innovation. Enhance the aesthetic teaching quality in Physical

Education Teaching. Beautiful sports and physique form in order to information the pupil interest, encourage students to unbiased study. In the procedure of guiding college students in the sports associations have been beautiful, contribute to its improvement in accordance with the principle of optimization, and trade their original appreciation of sports, to promote a more complete grasp of their sport. It's protected to say that the priority for an athlete is to compete and sooner or later win. While a ideal looking body would possibly be nice, appears won't do you a lot proper when you're on that football pitch or rugby field. In reality, though, our way of life is one dominated via appearances. Every product in the world is marketed by means of anyone who looks just right. But simply due to the fact you put emphasis on athleticism doesn't suggest that you have to abandon aesthetics. By definition, aesthetics is now not only the creation of beauty, however the understanding of it too. The respect for athletes comes from their ability to perform their sport, but increasingly the aesthetics of their bodies is being addressed too. Just as athletes don't have to specifically abandon aesthetics, people who definitely strive for an generally aesthetic physique don't have to be useless at sport, which actually is fairly significant [2,7].

In physical education classes, by using various standard and non-standard tools, to awaken aesthetic pleasure in students, to perceive and absorb beauty, to develop and create a sense of elegance, meaningfulness, height and elegance of clothes. the importance of formation; to develop in students a sense of beauty in everything around them, to develop a sense of appreciation for them, to create a tendency not to infect their body, clothes and behavior, and in this case, students' behavior, behavior He justified the existence of opportunities for content creation and development in physical education classes in the formation of characteristics such as striving for pleasant and gentle actions, gestures, and speech[11]..

The misconception generally disordered eating because these sports kind of emphasize and kind of encourage leanness in a kind of big way. When gone unnoticed or unaddressed, disordered eating can really develop into a Currently, the growing up generation is less involved in physical education. This prevents them from following a healthy lifestyle. It prevents the development of their physical (movement) qualities, including strength, agility, flexibility, quickness, and endurance. If schoolchildren do not engage in physical education during the day, their body's activity decreases, and it can even lead to various diseases. Conducting physical education classes to school children at least twice a week will create a foundation for their physical development. In order to solve both general and special problems of aesthetic education in the process of physical education and sports, the teacher and coach should be armed with knowledge, have a deep understanding of the laws of beauty, the characteristics of aesthetic education and the feeling experienced by the individual in the process of sports activities. it is emphasized that he should know them. It is also mentioned that the following are included in the aesthetic education tools during movement activities of students in physical education classes:

- different types of physical education (physical education departments) in which the teacher can show students moments of beauty.
- holidays, performances;
- natural and hygienic conditions;
- organization of lessons using music and works of art.

The researcher emphasized the research content in the second chapter of the dissertation. In particular, performing physical exercises, sports games, athletics, gymnastics, and movement games in physical education lessons, students have a primary understanding of the interrelationship of training and movement activities. formation after seeing actions performed in a natural form, use of visual aids, pictures, drawings, models, especially slow-motion movies, documentaries, educational films, videos, cartoons, imitative performance He explained through examples that it is possible to increase the educational and educational possibilities of the process of understanding the content and to improve the aesthetic characteristics of students through the wide use of various methods in physical education classes. Experimental work was conducted in order to experimentally test the

theoretical conclusions formed as a result of the study of sources related to the research problem, the results of observation of practice, and the level of effectiveness of the scientific ideas put forward in the research[9]. Finding a practical solution to the issues in the experiment-test was defined as the main tasks, that is, observing the process of physical education lessons of the conducted experiment-test work; conduct question-and-answer, questionnaires, interviews with them; implementation of advanced pedagogical experiences; methodical approaches such as testing test materials in practical classes were used [2,8].

In the analysis of the results of the pedagogical experiment, it is based on the results of the experimental class and the control class obtained in connection with the experimental work conducted with the students on the aesthetic formation of the upper class students in the physical education classes.

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