

Historical Characteristics, General Content and Stages of Development of Physical Education

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Annotation: This article contains information about the main factors, stages of development and problems of the historical development of physical culture and sports and plays an important role in understanding the history of physical education, acquiring professional knowledge and skills from future specialists.

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The history of physical education is an integral part of the cultural history of the people of the world. Sources on the history of physical culture of mankind provide a lot of information about the origin, development and progress of physical culture and sports of our ancestors from ancient times to the present day and passes them on to future generations.

- ❖ It is no secret that physical education is taught as a science, a pedagogical process, means and method of improving human development.
- ❖ Physical education, as an important part of general education is an educational process that involves the use of equipment, clothing, facilities, hygiene, proper and beautiful growth of the body.

We all know that these two terms are inextricably linked and fill each other. Doing healing physical training regularly and mass can be considered as a physical activity. As we study the history of physical education, we need to study it as an independent discipline, an important part of the scientific knowledge of physical education and sports. The history of physical education provides information about the origin and composition of physical education and sports as an integral part of society.

The history of physical education studies how different nations have been consciously engaged in physical education From ancient times to the present day. Also learns how these movements have evolved over time. Moreover, the history of physical education provides information about the power of our ancestors through interesting historical heroes.

Nowadays, the history of physical education has been formed as an independent science, studying important components of scientific knowledge in the field of physical education and sports. Furthermore, the question of the origin of physical education is also one of the most important problems in the history of physical education and has a fundamental methodological significance. Many scientists have tried to solve this problem, and their research and data are important sources for studying this problem. It is worth noting that in every age scholars who have studied riddle of physical education that is connected with the history of the origin of physical education, have solved this problem from the point of view of their class interests and distorting and falsifying the history.

According to many sources, physical education appeared by the result of productive works of ancient people, such as living conditions and the struggle for survival. People chase small animals to hunt, run fast to avoid predators to save their lives, and so on. It took thousands of years for the ancients to develop their minds and learn how to grind and crack stone and how to make simple weapons out of wood.

Over the centuries, human has been able to increase his power in the fight against nature, as well as to improve the tools of labor. They constantly develop their physical and mental abilities in

the process of work. As a result of the gradual development of these abilities, a systematic form of movement, that is called exercise, has also emerged and developed.

The roots of the history of physical education go back to a very long time in the development of society. Background of all the mental and physical activities of human g connected with a limited period to the provision of living conditions.

Although the research of scientists on the origin of physical education has played a role in the study of this problem, they have expressed their ideas on the issue from their own point of view. It is acknowledged that physical education dates back to the time of the primitive community system, however, the issues of its emergence and development have not yet been fully explored. Therefore, based on the sources available to date, it is possible to make a logical impression about the first appearance of physical education. As mentioned above, many scholars have interpreted the issue in different ways in the interests of their own views and periods:

A number of foreign scientists, such as Leturno, Espinas, and Gross, have advanced the theory that physical training originated from animal games. Freud and his followers tried to prove that the game does not show the full value of the individual, because the game is an attempt to get out of the difficulties of life into a fantasy world. Theories about the origins of physical education and religious ceremonies are based on the same teachings. Some foreign researchers, such as Bucher, Nering, Maximov, Sternberg, and others, have argued that the domestication of animals generally stemmed from primitive play and dance.

On the other hand Huxley and Vogt tried to prove that physical training was inherited by human from his ancestors, which is connected with animal, in a purely biological way. From this data we can say that Proponents of this view say that they have not been able to analyze or pay attention to the main difference between the involuntary actions of an animal and the conscious activities of a human being.

G.V Plekhanov scientifically proved that primitive games and exercise did not come from biological factors, but from human labor. Furthermore, in N. Ponomaryov researchs, he concluded: "in the process of becoming a human being, not only the improvement of the tools of labor, but also the constant improvement of the body, became the main productive force of the human race."

Human learned the ability to use labor as an important tool for hunting in the process of satisfying their needs and the struggle for survival. It began to require movement skills related to new physical qualities, such as increased exposure, agility, endurance and actions such as activism manifested themselves as an obstacle placed by society in the struggle for survival, and people gradually realized that they had to work on themselves to overcome it. Socio-historical laws have always been a key factor in the liberation of human beings from unlimited biological domination and their development. The following sources on the history of physical education serve us as the main sources for the study of the history of physical education. These are:

- Archaeological and ethnographic sources on ancient physical education;
- Archive materials on physical culture and sports, scientific books and other written sources;
- Works of fine arts related to physical education and sports,
- Art books, movies, photos, fonomaterials;
- Practical information on the development of physical culture in different nations (sports achievements, sports records);
- Government laws, decrees, special official documents on physical culture and sports.

Material and written monuments, folk epics , the practice of the development of physical education are also sources of the study of the history of physical education.

The main directions of the study of the history of physical education are:

- the reason for the emergence and development of physical culture and sports, its theoretical foundations;
- formation of the system of physical culture as a certain social organization;
- the main periods in the movement of physical culture and sports;

- Organization of physical culture and sports in foreign countries, history of international sports and Olympic movements.

The categories which are given above are based on the understanding of the historical development of physical culture and sports, the acquisition of imagination and knowledge about it and cover all the guidelines for the training of future professionals. A part from this, the various reforms being carried out in Uzbekistan, their positive results, the implementation of various physical culture and sports and health-improving activities, and others will be reflected.

When we say the study of the history of physical education, we are mainly thinking about finding out information according to:

- ✓ The emergence of exercise through labor in primitive community;
- ✓ Developmental peculiarities of physical education during two ages: the period of mother kinship and father kinship;
- ✓ Role of physical education in ending of kinsmen period and beginning slavery relations.
- ✓ Forms of physical education during slavery,
- ✓ the development of physical education in the feudal system.

At the same time, we are able to learn about the general content of the history of physical education - the views of great humanists on physical education in the collapse of feudalism, the development of physical culture and sports abroad, the establishment of the International Olympic Committee and its congresses, the introduction of physical education in Central Asia and its development, military and physical training of armies and the development of physical culture and sports in Uzbekistan and the establishment of the National Olympic Committee, the role and place of physical education in the upbringing of a harmoniously developed generation.

The study of the history of physical education is divided into four main periods, which are named by experts in the field as follows:

1. Physical training in the ancient world (VIII millennium BC - IV century BC).
2. Physical education and sports in the Middle Ages (V-XVII centuries).
3. Physical culture and sports in the new era (late XVIII - XIX centuries).
4. Physical culture and sports in the most recent period (early twentieth century - present).

Briefly reviewing the four specific periods in the study of the history of physical education we can see peculiarities of each of these periods:

- the emergence of physical education;
- increasing ability of analyzing and developing actions as people gain experience;
- improving productive forms of labor;
- developing periods of physical culture and sports are.

Through reading and studying the history of physical education and thoughts of scientists about it, we can give a brief explanation of these four periods as follows.

The history of physical education begins in ancient times with the study of the origins of physical education. The physical education of the ancient world is understood as the physical education of the two historical and social periods that mankind has gone through. They are: the primitive community system and the system of slavery.

The earliest history of mankind began 3-3.5 million years ago and lasted until the IV century AD. According to scientists, mankind first appeared in Africa, South and Southeast Asia. Later, it spread to other parts of Asia and Europe. Central Asia was also home to some of the world's most ancient peoples. In the early ages, people struggled with nature to survive and tried to avoid various natural disasters (wind, flood, cold, animal attack, etc.).

The life skills and abilities physical qualities which are necessary for a person are formed in the process of their direct work. Young people learned and developed all the labor and physical activities from adults.

History of medieval physical education includes: Physical training of feudal lords, peasants and townspeople in European countries in V-XVII centuries, Knights training system, Humanists' views on physical education, features of development of medieval physical education in Asia, America and Africa. During the Middle Ages, physical education and sports were also developed as

an integral part of culture.

The new era of physical culture and sports covers: The development of physical culture and sports in all countries of the world in the early XVIII and late XIX centuries, the development of the theoretical foundations of physical education, the emergence of gymnastics systems in Europe, development, physical education of Asian, American and African countries.

The feudal system that ruled in the 16th and 19th centuries collapsed and the era of capitalism began. During this time many scientific discoveries on natural sciences were made. It has led to the idea that the material world is stable and that there are no supernatural forces. Society needed entrepreneurs, talented, healthy workers. It was widely known that education plays an important role in the manifestation of the human mind, and physical qualities. As a result, the individual's interest in pedagogy increased and theoretical foundations of physical education began to be put into practice.

The latest period of physical culture and sports starts from the beginning of the XX century and continued to the present day. It opens us features of the development of physical culture and sports in all countries of the world, physical education and sports in foreign countries in the period between World Wars, militarization of physical education, sports emergence of professional and modern trends, the emergence of the International Sports Movement and its main factors, the development of sports and the structure of international sports organizations, the establishment of International Sports Federations, World, European and Asian Championships and the development of the modern sports.

In conclusion, it should be noted that all the guidelines for understanding, imagining and acquiring knowledge about the issue as well as for training future professionals on the historical development of physical culture and sports, require the study of its history.

It is important that the various reforms being carried out in Uzbekistan and their positive results such as the implementation of various physical culture and sports, health-improving activities will play an important role in the harmonious development of a healthy generation in the future.

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