

Characteristics of Physical Culture

Abdurahmonova Bahora

Karakalpak state university, Nukus, Uzbekistan

Abstract. The article discusses the specifics of physical culture, goals and objectives, means and techniques. In our society, how important it is important in our society.

Keywords: Physical culture, principal, methods, sports, society, qualifications, skills.

Introduction

Only when physical culture is based on a specific system can the desired result be achieved. The system of physical culture means, first of all, the generality of the principles, means, methods and forms of organization of physical culture, which is the goal of harmonious development of a member of society in all respects.

The issue of defense of our country also imposes a number of requirements on the process of physical culture in our society, the implementation of which will reflect the objective features of the system of physical culture.

The comprehensive physical training of the population of our country, the well-developed physical qualities should serve as an indicator of readiness for the defense of the Motherland.

Literature Analysis and Methodology

So, one of the main goals of physical culture in Uzbekistan is to educate the people of Uzbekistan to be physically mature, active builders of the rule of law, ready for creative work and defense of the Motherland. This goal is the goal of all organizations that carry out physical culture in the country and is common to institutions.

The generality of purpose is fundamental to the system of physical culture is one of the laws. In response to these goals and conditions, the age, health, physical fitness, and occupation of the trainees are taken into account, and specific tasks in physical culture are addressed. The system of physical culture has general tasks, which are consists of:

- (a) The harmonious development of the human body, the development of physical abilities, the promotion of health and the longevity of the people;
- (b) the formation of vital movement skills and abilities, as well as specialized knowledge of physical culture that is needed in daily life;
- (c) cultivating physical qualities for all-round development;

The purpose and function of human physical culture, its connection with other cultural processes, is understood to be appropriate only if this compatibility is objective in nature and gives a legitimate direction to the process of physical culture. Practice has shown that in the process of physical culture, as in other areas of culture, purposeful activity does not always correspond to the planned result. Physical culture requires that the outcome of the culture take into account how the planned exercise in the young athlete or physical therapist's training affects his or her body.

If we look at the results of short-term sports training, we can see that high results are achieved within a certain period of time, and if the previous ones are forgotten, the training will not be justified later. This impedes harmonious development in all respects and undermines the achievements of the sport.

Therefore, long-term vision is a priority for educators and coaches. Solving this task requires the training of educated, knowledgeable and enthusiastic professionals. These specialists will be able to positively address the goals and objectives of the physical culture system in the country, and the younger generation will need to be brought up physically healthy and spiritually mature from childhood. At the initiative of various categories of state and non-state sports societies, associations of amateurs of physical culture, the young people, who are

just beginning to recognize themselves, focus on creating a single system of physical culture, which combines the following key features: spiritual maturity and science.

Oriental thinkers have always paid special attention to the issue of a spiritually mature person. It is said that the greatest of all virtues is the perfection of the body. Man's perseverance, piety, piety, contentment, knowledge, patience, discipline, lust, conscience, truthfulness, theoretical example, chastity, modesty, understanding, intelligence, economics, positive qualities such as obedience, benevolence, munity, loyalty, justice, love, high generosity, forgiveness, love of country (A.Avloni. "Turkish gulistan or morality" Tashkent "teacher" 1992 .13.p) the body is assumed to be achieved through tense.

Results And Discussion

When we say the popularity of the physical culture system of our country, we mean the popular physical exercises in the form of national games. It is understood that the "big sport", which is included in the program of national sports, mass sports, the Olympics, has the opportunity to engage the peoples of our multi-ethnic republic.

The scientific nature of the concept of physical culture can be seen in the fact that scientific research in the field of physical culture is widespread and associated with practice, the theory and practice of physical culture is a scientific discipline of pedagogy, psychology, anatomy, physiology, biomechanics, sports metrology, sports medicine, medical physical culture, etc., whose scientific achievements are aimed at meeting the vital needs of our people.

Conclusion

The system of physical culture is divided into interdependent groups, and today the implementation of various programs of the cultural process is carried out in the following groups:

- a) group of preschool education (state and non-state preschool institutions);
- б) group of physical culture of school age (I-IX grades of general secondary education);
- c) group of secondary special, vocational education (academic lyceums, vocational schools);
- d) higher education group;
- d) army group;

The system of physical culture includes the following basic elements:

- a) the appropriateness of the goals, objectives and principles of physical culture;
- b) means used in the system of physical culture - gymnastics, games, sports, tourism, etc .;

It should be noted that the use of different systems of physical culture in developed countries is not limited.

References:

1. Aliev A. Creative ability of the teacher.-Т., "Teacher" .1991
2. Ataev.A.KKurash. Textbook.-Т., 1987
3. Abdumalikov R., Theoretical foundations of physical culture and sports management. Textbook, -Т., UzDJTI Publishing House. 1996
4. Ul, Pirnazarov Nurnazar Rahsid; ,INFLUENCE OF VIRTUAL REALITY ON THE SPIRITUALITY OF INFORMATION SOCIETY,Евразийский Союз Ученых,,2-2 (71),,2020,ООО «Евразийское Научное Содружество»
5. Pirnazarov, N. (2020). Philosophical analysis of the issue of spirituality.
6. Tzu-Chia Chen, Shu-Yan Yu, Haiying Zhang, Pirnazarov Nurnazar; ,"Application of Sustainable Education Innovation in the Integrated Teaching of Theory and Practice Adopted in the Auto Chassis Course--A Case Study on the Auto Repair Specialty of a Secondary Vocational School in Suzhou, China",,"Tobacco Regulatory Science (TRS) (Tob Regul Sci, Electronic ISSN 2333-9748)",7,6-1,7166-7189,2021,Tobacco Regulatory Science Group
7. Nurnazar, Pirnazarov; ,SYNERGETIC ANALYSIS OF THE SPIRITUAL BEING OF MAN,НАСТОЯЩИ ИСЛЕДВАНЯ И РАЗВИТИЕ-2020,,13,2020,