



THE ROLE OF PHYSICAL CULTURE IN THE EDUCATION OF A DEVELOPED GENERATION

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Annotation

This article discusses the role of physical culture in society, its goals and objectives, directions, history of development, characteristics of physical culture development during the years of independence, and reforms in the system of physical culture during the years of independence, as well as their positive effects.

Keywords: harmoniously developed generation, physical culture, system, law, decree, independence, development, reform.

Introduction

It is safe to state that our country has entered a new era of reform. In accordance with the responsibilities outlined in the "Action Strategy for the five key areas of future development of the Republic of Uzbekistan in 2017-2021," our country will expand its focus on personal, political, economic, social, and spiritual rights and freedoms. To begin with, systemic measures have been established to reconcile national legislation in the field of human rights and freedoms with international legal norms, with over 5,000 normative and legal acts adopted in the last three years. At this point in our country's growth, the duty of human education and rearing is seen as the most important safeguard for all of our ongoing reforms.

Physical culture and sports have been regarded as one of our country's most important social policy directions. Because a healthy and harmonious upbringing of the younger generation determines population health, physical culture and sports are important. The First President of the Republic of Uzbekistan IA Karimov's measures dated June 12, 2015, "On measures to further improve the system of retraining and advanced



training of managers and teachers of higher education institutions," in particular, draw attention to physical culture and sports in the context of state policy. It is based on the content of the President of the Republic of Uzbekistan's Decree No. PD-4732, which aims to improve the content of retraining and advanced training in higher education institutions in accordance with modern requirements and to continuously improve the professional competence of teachers. The government's decision to implement these orders gradually raises the question of a comprehensive new approach to children's sports, including the establishment of sports training institutions in the education of gifted young using science-based technologies. Physical education is important for young people's whole development, including their mental, moral, and physical well-being. Implementing the Law of the Republic of Uzbekistan "On Physical Culture and Sports", the concept of development of physical culture and sports was developed.

The Cabinet of Ministers of the Republic of Uzbekistan, and specifically President Mirziyoyev, are working to further develop physical culture and mass sports in Uzbekistan, strengthen its material and technical base, train and educate a new generation of athletes, and raise the international prestige of sports in our country. The development of physical culture in Uzbekistan is based on the attention, development, and execution of appropriate decisions, decrees, and legislation. The Republic of Uzbekistan's physical culture system, its development characteristics, and reform accomplishments are justified.

The implementation of large-scale reforms aimed at defining the prospects for socio-economic and cultural development of the Republic of Uzbekistan, seeking to occupy a worthy place among the countries of the world community, have characterized the years of independence. New successes can be gained by studying the experience of industrialized countries and implementing significant reforms in all aspects of society while taking into consideration local conditions, economic and intellectual resources [1]. Physical culture and sports play a critical role in our people's socioeconomic and cultural development.

The President of the Republic of Uzbekistan Resolution No. PD-4623 of February 27, 2020 "On measures to address this issue" was the foundation for the implementation of radical reforms in this area in new strategic directions in order to raise the country's education system to a new level, improve the quality of teacher training on the basis of advanced international standards, and increase the level of coverage with higher pedagogical education. Physical culture and sports, like all other aspects of our country's growth, are evolving in accordance with official policy priorities. Law "On Physical Culture and Sports", Resolution "On measures to further develop physical



culture and sports in Uzbekistan", Resolutions "On further strengthening of mass sports activities" and the adoption of other conceptual documents in this area, their gradual implementation and the Law of the Republic of Uzbekistan "On Education", the "National Program of Personnel Training" emphasizes the importance of physical culture and sports is an expression of our above-mentioned opinion. As a result of these papers, Uzbek sports have been glorifying our country in the eyes of the worldwide community in recent years, with great results, hundreds of sports complexes erected to international standards, and the most prominent international championships hosted in various locations. However, in order to achieve good results, competent, competitive athletes must be trained, which is closely tied to the development of young talented reserves. Physical culture and sports, like all other aspects of our country's growth, are developing within the priorities of state policy as a result of independence. In his June 3, 2017 resolution "On measures to further develop physical culture and mass sports," President of the Republic of Uzbekistan Sh. Mirziyoyev emphasized the importance of mass sports in human and family life in all regions of the country, as the foundation of the country's physical and mental health to promote, protect young people entering life with high hopes from harmful habits, create the necessary conditions for them to realize their abilities and talents, select talent.

Further improving the system of continuing education, increasing the capacity of quality educational services, and continuing the policy of training highly qualified personnel in line with modern labor market needs are all included in the Republic of Uzbekistan's Action Strategy for the five priority areas of development for 2017-2021. A priority has been designated for improving the skills of specialists. In this regard, as the President has stated, "We must acquire digital knowledge and current information technology in order to progress. We will be able to take the quickest route to growth as a result of this." As a result of effective use of information and communication technologies in educational practice, our professors not only communicate their knowledge, information, and richness of information to students, but also communicate with their colleagues abroad in their field, scientific cooperation, and will have favorable opportunities and conditions for the improvement of educational work. Information and communication technology contrasts from traditional teaching technology in that knowledge, data, and information are expressed by our teachers in traditional technology, whereas students direct themselves to it in information and communication technology. And is able to maintain objectivity.

As a result, students' interest in science and technology will grow, their social and spiritual needs will be satisfied, their independent and logical thinking will be





accelerated, their mastery of educational materials will be accelerated, and they will receive high-quality educational services. Personnel with the necessary qualifications will be trained. The effective use of information and communication technologies in the educational process improves the efficiency and quality of the educational process, achieves the educational process' goals, and ensures that students' mastery of educational materials is effective at the conclusion of educational activities. Of course, the mental maturity of today's youth is due to the high level of physical and psychological and functional training. This is one of the most pressing issues in the preparation of reserve athletes for tomorrow.

Consistent measures are being taken in the country to promote physical culture and sports, promote a healthy lifestyle among the population, as well as ensure the country's worthy participation in international sports arenas. The issues of creating a legislative system for the regular participation of the population, especially young people in physical culture and sports, as well as improving their health, and thus improving the scope of activities, are in the focus of our state. The Law of the Republic of Uzbekistan "On Physical Culture and Sports," dated September 5, 2015, and the Law of the Republic of Uzbekistan "On Measures for Further Development of Physical Culture and Mass Sports," issued June 3, 2017, are two examples. Decree No. 3031 of January 24, 2020 "On measures to further improve and popularize physical culture and sports" Decree No. 5924 of January 24, 2020 "On measures to further improve and popularize physical culture and sports" is an important factor in our country's further popularization of physical culture and sports. This improves the educational process and gives young people more possibilities to grow physically and mentally [1]. The growth of physical culture, physical culture, and athletics is particularly noteworthy in the establishment of independent Uzbekistan. Sh. President The fact that M. Mirziyoyev pays such close attention to it is the foundation of our accomplishments. One of the priorities of state policy has been defined as the promotion of physical culture and sports in the establishment of a healthy lifestyle, further strengthening the nation's gene pool, and the rearing of a harmoniously developed generation. Large-scale practical efforts in this area began to bear fruit in a short period of time.

The issue of homeland defense imposes a number of requirements on our society's physical education process, the implementation of which will reflect the objective elements of the physical education system. The people of our country's complete physical training, as well as their well-developed physical capabilities, serve as indicators of their readiness to defend the Motherland. Thus, the goal of physical education in Uzbekistan is to prepare people to be physically mature, active builders



of the rule of law, and ready for creative work and Motherland defense. This is a goal shared by all physical education organizations and institutes in the country. The following indicators are used to evaluate the level of development of physical culture in society: - the degree of integration of physical culture into members' daily lives; - members' health and physical fitness; - material and technical support for physical culture classes and their quality; - with a permanent staff (staff), qualifications, activity and ability of the staff in charge of physical culture; - evaluated by the results of co-curricular activities.

The independence of our country, the ongoing social and economic reforms in our society demand that the children of our country have reached physical maturity. Every nation was proud of its heroes, their physically fit sons. They dreamed that their children would be physically and spiritually formed, such as Alpomish, Rustam, Gorogly, Barchinoy in folklore.

In Conclusion, We Can Say

1. Physical culture The system of Uzbekistan serves not only to bring up people physically but also spiritually, to prepare young people for social work and defense of the Motherland.
2. The infrastructure of physical culture and sports in our country has evolved dramatically during the years since independence, as a result of state-led reforms in the sphere of physical culture and sports. The system of physical culture's socio-economic, legal, program-normative, and organizational foundations have been enhanced. World-class sports facilities, stadiums, swimming pools, and tennis courts have all been constructed. In all regions, boarding schools and universities specialized in Olympic reserves, as well as unique boarding schools specializing in a variety of sports, have opened. Our athletes have excelled in prominent international contests such as Asian and global championships, the Summer Olympics, and the Paralympic Games, bringing our country international recognition. Great practical work has been done on the development of mass sports.
3. The State Committee of the Republic of Uzbekistan for Physical Culture and Sports was transformed into a ministry on March 5, 2018, in accordance with the Presidential Decree "On measures to radically improve the public administration of physical culture and sports," and the Uzbek State Institute of Physical Culture Uzbekistan was transformed into the State University of Physical Culture and Sports. It was established the title of "Honored Worker of Physical Culture of the Republic of Uzbekistan." This choice also helps our country's physical culture and athletics develop further, allowing us to establish our place in the global community.





4. Adoption of physical culture and sports programs and concepts by the state will contribute to the further popularization of physical culture and sports in the country, the construction of a healthy lifestyle, and the international recognition of sports in Uzbekistan.

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