



PHYSICAL EDUCATION IN SOCIETY, ITS ROLE AND ITS SIGNIFICANCE IN MILITARY ACTIVITY

Ormonov Avazbek Abdurashidovich

Senior Teacher of the Department of Physical Training and Sports
Academy of the Armed Forces of the Republic of Uzbekistan

Annotatsiya

This article analyses the role of physical education and sports in establishing a healthy lifestyle in society and at the same time, the importance of physical training the necessary qualities for the defense of the Motherland in military servicemen during military activity.

Key words: physical education, sports, health, immunity, military service, society.

Annotatsiya

Mazkur maqolada, jismoniy tarbiya va sportning jamiyatda sog'lom turmush tarzini yo'lga qo'yishdagi o'rni, shu bilan birga jismoniy tayyorgarlikning harbiy faoliyat davomida nechog'lik Harbiy xizmatchilarda Vatan himoyasi uchun zarur fazilatlarni tarbiylashdagi ahamiyati tahlil qilinadi.

Kalit so'zlar: jismoniy tarbiya, sport, salomatlik, immunitet, harbiy faoliyat, jamiyat.

Аннотация: В данной статье анализируется роль физической культуры и спорта в формировании здорового образа жизни в обществе, и в тоже время значение физической культуры в воспитании необходимых качеств для защиты Родины у военнослужащих в период боевой деятельности.

Ключевые слова: физическая культура, спорт, здоровье, иммунитет, военная служба, общество.

It has been 31 years since the Republic of Uzbekistan gained independence. During this time, comprehensive historical, political and economic work was carried out in all branches of the national economy. In the international arena, it has gained a decent reputation. Especially in the field of sport.

In order to prevent premature aging, to preserve the ability to work for a long time and to protect health, a person should engage in physical education, sports and light





physical work. We can see the health of the society and the economic development of the state directly by the health of people and the productivity of labor capacity.

In Uzbekistan, the incomparable importance of physical education and sports in forming a mentally healthy and physically fit person is reflected in the decisions made by our government in recent years. This is the truth. Because it is no exaggeration to say that physical education and sports are the key to improving the health of the population and maintaining human health. We have been witnessing the confirmation of the sentence “Nothing can quickly introduce a country to the world like sports”.

Athletes of our country have won more than a thousand medals in various international competitions, more than 400 of them are gold medals. Currently, the schools established in Uzbekistan for boxing, judo, freestyle wrestling, rhythmic gymnastics, weightlifting, chess and other sports are famous all over the world.

The Asian Olympic Council has decided to hold the Asian Youth Games in Tashkent in 2025. It is correct to say that this is a great trust and attention shown to our country [1]. One of the main methods for the comprehensive development of the human body is physical education and sports.

Today, the development of physical education and sports among the population, especially the role of sports in the education of young people, is being given great importance [2].

Today, young people make up an unprecedented majority of the world's population, i.e. more than 2 billion [3]. In this regard, the fact that unemployed people between the ages of 15 and 25 make up nearly 50 percent of the world's population is of great importance [4]. In only Uzbekistan, more than 60 percent of the population are young people under 35 [5]. The future of any country is definitely built by the youth.

The COVID-19 infection, which has not lost its influence even now, has shown how important the role of physical education and exercise is in establishing a healthy lifestyle and increasing personal immunity. Up until today: “659,675,056 people worldwide have been infected with Covid, of which 6,678,336 have died. In our country, this indicator is 249,045 people infected with Covid, and 1,637 of them died”. It was noted that immunity is the most necessary thing for the human body in the face of such a huge disaster that has befallen the entire humanity. People with strong immunity survived this disease mildly, but people with the opposite were not helped by medicine. Strong immunity can be achieved through a healthy lifestyle, consumption of useful and high-quality food products, and most importantly, continuous and systematic physical training.

The main way to form a healthy lifestyle and prevent various diseases is a properly organized physical activity culture, sports, and health care system. Physical activity





normalizes the work of organs and systems in the entire human body, helps restore impaired physiological functions, increases mental and physical activity.

Physical education is an integral part of general education aimed at strengthening health and harmonious development of the human body. One of the population indicators of physical culture in society [6]. Physical education is an educational process aimed at developing specific knowledge, skills and concepts that develop physical competence [7].

Physical culture is a part of universal culture. At the same time, physical culture is a social activity aimed at strengthening human health and developing physical abilities. Physical education and physical culture have a direct impact on the development of society, effective work of people, development of mental abilities, mental purification and physical condition of future generations. That is why schools and colleges, higher educational institutions, especially higher military educational institutions, pay great attention to physical training.

According to the World Health Organization (WHO), young children are recommended to engage in physical exercise at least 3 times a week for 60 minutes a day to maintain a healthy body [8].

That is the reason why physical training classes are included in school schedules. Proper planning of physical training classes and high-quality organization of training have a huge positive effect on students.

When taught correctly and positively, children and adolescents can reap many health benefits. These include reduced risk of metabolic diseases, cardiological fitness and better mental health [9]. It also showed that there is a positive correlation between brain development and physical exercise [10].

If we take the example of Singapore schools, which are known to all of us for the high quality of education in the world, we can see that they pay attention to physical training at a high level.

To assess the physical fitness of students in Singapore, every school conducts a mandatory fitness test, NAPFA, every two years [11]. This includes a series of fitness tests. Students are graded as Gold, Silver, Bronze or Fail. For pre-enlistees, the NAPFA serves as an additional two months of mandatory national service training in the country if they earn or fail the Bronze Medal [12].

In addition, in colleges, physical education is very important for the general development of students. Regular physical training and knowing the norm is of great importance.

In 2007, researchers found profound increases in English language arts standardized test scores among students who received 56 hours of physical education per year





compared to students who received 28 hours of physical education per year [13]. This indicator shows that physical activity has a positive effect on human brain activity.

Of course, the representatives of the field that most plan physical training are military personnel. Physical training is one of the main subjects of combat training.

If we receive physical training in the armed forces, physical training and combat training are related to each other. Physical training, in turn, is an important and integral part of military training and education of military personnel. In particular, in the Armed Forces of the Republic of Uzbekistan, “Physical training is one of the main disciplines of combat training carried out in the troops of the Ministry of Defense of the Republic of Uzbekistan, and is an important and integral part of the process of military education and upbringing of personnel”.

Physical education is an integral part of the education system of our country, based on its general principles and consistent with them. At the same time, its content focuses on the formation of skills and development of physical qualities of military personnel, first of all, necessary for the effective performance of tasks assigned to them in the performance of combat missions. The tasks solved by the physical training of military personnel are directly related to the security of the country. In addition, this training serves to develop a person in all aspects, to educate young people in the spirit of patriotism.

In the Armed Forces, physical training and sports are one of the main subjects of combat and professional training, and serve as an important and integral part of military training and education of military personnel.

Engaging in regular physical education training not only helps to acquire movement skills and develop physical qualities necessary for military professional activity, but also contributes to the education of citizens' sense of patriotism, helps to calm the character and the Fatherland prepares mentally and physically for defense. If we look at the army of a developed country,

In the Armed Forces of the Russian Federation, physical training is defined as “The main element of military-professional and moral-psychological training of military personnel” [14].

The purpose of paying special attention to physical training in the Armed Forces is to develop the most important physical and special qualities and military-practical skills in military personnel based on their physical training.

In order to continuously maintain the combat readiness of the army, it is necessary to carry out systematic combat training. The basis of any combat training is physical training, that is, physical training.





Through systematic physical training, military personnel develop the following qualities:

- primary development of dexterity, strength, speed and endurance;
- increase resistance to lack of oxygen, motion sickness and overload;
- to overcome obstacles, to throw grenades, to learn hand-to-hand combat techniques, to swim with a weapon in military uniform and to form swimming skills;
- development of perseverance, courage, initiative and resourcefulness, increase of emotional stability;
- development and improvement of lifting and lifting skills.
- fostering solidarity and improving skills in collective actions against the background of great physical and mental stress;

In addition, military personnel engaged in continuous physical training have the following factors:

- formation of a healthy lifestyle;
- complete physical and spiritual development;
- continuous improvement of physical qualities of military personnel;
- acquisition of military-practical tool skills;
- strengthening of health;

increasing the body's resistance to the effects of negative factors of military professional activity;

- motion sickness;
- excessive load;
- hypodynamia;
- lack of oxygen;
- temperature change;
- education of courage, perseverance, determination, emotional and will stability;

In a word, the role of physical education in society is unparalleled. The owner of a healthy body certainly cares for the interests of his country, while ensuring his own health, he creates a healthy environment in the society. That is why our wise people do not say for nothing that “A healthy body means a healthy mind”. Each person takes care of his own health.

If the citizens of any country are healthy, there will be growth in every aspect of that country. A healthy child is born from a healthy father and a healthy mother. A country with healthy children will have a great future, a strong defense and a powerful army.



List of used Literature

1. Шавкат Мирзиёев. ЯНГИ ЎЗБЕКИСТОН СТРАТЕГИЯСИ. – Тошкент: “O‘zbekiston” нашриёти, 2021. – 219 б.
2. Отабоев, Шариф Турсунович. Экогигиена, жисмоний тарбия, спорт ва саломатликнинг тиббий-психологик асослари: услубий қўлланма / Ш. Т. Отабоев, Э. Н. Сатторов, М. С. Мелиева; Ўзбекистон Давлат жисмоний тарбия институти. – Т.: Nishon Noshir, 2010. – 3 б.
3. SAMARQAND FORUMI: “Yoshlar-2020: global birdamlik, barqaror tarqqiyot va inson huquqlari. [https://pravacheloveka.uz/oz/news/samarqand-forumi-yoshlar-2020-global-birdamlik-barqaror-tarqqiyot-va-inson huquqlari](https://pravacheloveka.uz/oz/news/samarqand-forumi-yoshlar-2020-global-birdamlik-barqaror-tarqqiyot-va-inson-huquqlari)
4. ДЕМОКРАТИЯЛАШТИРИШ ВА ИНСОН ХУҚУҚЛАРИ. ИЛМИЙ-МАЪРИФИЙ ЖУРНАЛ. 4[88] – 2020. – 41 Б
5. ДЕМОКРАТИЯЛАШТИРИШ ВА ИНСОН ХУҚУҚЛАРИ. ИЛМИЙ-МАЪРИФИЙ ЖУРНАЛ. 3[87] – 2020. – 19 Б.
6. Ўзбекистон миллий энциклопедияси. 3-жилд. Гидрофилия – зебралар. Таҳрир хайъати: М. Аминов, Б. Аҳмедов ва б. Т.: “Ўзбекистон миллий энциклопедияси” давлат илмий нашриёти, 2002. – 614 б.
7. “The Nature And Meaning Of Physical Education.” The Gleaner. 15 Sep. 2015. <<http://jamaica-gleaner.com/article/sports/20150915/nature-and-meaning-physical-education> > 29 Nov. 2017
8. “WHO | Physical activity and young people”. Archived from the original on 2020-09-08. Retrieved 2022-03-02
9. Hollis, J.L.; Sutherland, R.; Williams, A.J.; et al. (April 24, 2017). “A systematic review and meta-analysis of moderate-to-vigorous physical activity levels in secondary school physical education lessons”. International Journal of Behavioral Nutrition and Physical Activity. BMC. 14 (1): 52. doi:10.1186/s12966-017-0504-0. PMC 5402678.
10. [REYNOLDS, GRETCHEN. “Phys Ed: Can Exercise Make Kids Smarter?”. The New York Times. Retrieved 18 April 2013
11. “Napfa: From fitness test to education tool”. Asiaone.com. Retrieved 2018-10-19
12. https://en.wikipedia.org/wiki/Physical_education
13. Tremarche, Pamela V.; Robinson, Ellyn M.; Graham, Louise B. (2007). “Physical Education and Its Effect on Elementary Testing Results”. Physical Educator. 64 (2): 58–64
14. Коллектив авторов статья «Физическая подготовка» // Военная энциклопедия в 8-ми томах / Под ред. Иванова С. Б. — М.: Воениздат, 2004. — Т. 8. — С. 247—248. — 543 с. — 10 000 экз. — ISBN 5-203-01875-8.





WEB OF SCIENTIST: INTERNATIONAL
SCIENTIFIC RESEARCH JOURNAL
ISSN: 2776-0979, Volume 3, Issue 12, Dec., 2022



Website:
<https://wos.academiascience.org>