



THEORETICAL BASIS OF DEVELOPMENT OF PHYSICAL CULTURE OF STUDENT YOUTH

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Annotation

This article discusses the theoretical foundations of the development of student physical culture.

Keywords: personal qualities, human functions, human spirituality, empathy, mutual assistance, teamwork, physical culture, personal attitude.

Introduction

Physical culture's importance in the formation of personal attributes is reinforced by its social relevance, of course, in relation to humanity's functions, and the possibility of building a variety of spiritual foundations. The strong emotional content of various exercises, particularly in the form of emotionally charged competitions, aids in the development of empathy, mutual support, and reciprocal responsibility for accomplishing common goals in friendly team actions. All of this is intensifying dramatically against the backdrop of social upheavals, profound socioeconomic shifts, and structural changes in our society. Common culture is a type of physical culture that describes a healthy lifestyle, physical perfection, and the development of several human traits that are intimately tied to universal values and spirituality. Physical education frequency is influenced by a person's voluntary desire and personal attitude toward this activity.

Literature Analysis and Methodology

According to the facts known to scientists, physical civilization began around 40,000 BC. The fact that its aspects appeared in the lives of primitive people long before governmental forms of physical education indicates the urgent need, the objective need of physical education. In the life of a primitive community, culture plays an important role. It is also quite important in modern people's life. Physical culture's importance in the formation of personal attributes is reinforced by its social relevance, of course, in relation to humanity's functions, and the possibility of building a variety of spiritual foundations. The strong emotional content of various exercises, particularly in the form of emotionally charged competitions, aids in the development





of empathy, mutual support, and reciprocal responsibility for accomplishing common goals in friendly team actions. All of this is intensifying dramatically against the backdrop of social upheavals, profound socioeconomic shifts, and structural changes in our society. Physical training consistency is determined by a person's voluntary desire, a personal attitude toward this activity that is reinforced in consciousness and habits, and also becomes a personal trait.

Results

Physical culture, like its material and spiritual counterparts, is a complex phenomenon that has always played a significant role in people's lives. Physical culture, according to some, is the initial type of culture of the individual and society, and it represents the fundamental, fundamental layer, the integral link of the general culture. The fact that its many aspects have occurred and played an important role in all stages of mankind's emergence and evolution from ancient times attests to its truth.

A person learns a lot of new things during physical education, such as motor skills and abilities, and looks for new sports instruments and strategies to better their performance. Physical education lessons allow students to express themselves creatively and modify their cognitive activity. Physical culture has an impact on a person's physical nature and aids in the development of vitality and mobility. As a result, the spiritual capacity of the individual is enhanced, and the individual's full growth is achieved. As a result, physical culture plays a huge part in defining an individual's basic attributes and characteristics. To think abstractly, generate general principles, and act according to those norms, one must be able to think abstractly.

Discussion

The job of developing the mass physical culture movement into a nationwide movement based on a scientific system of physical education that encompasses all social strata is regarded vital at this time. Enterprises, institutions, educational institutions, and other organizations have formed physical education teams to arrange mass physical culture and health-improving activities. Physical culture is essentially defined by general cultural social functions because it is an element of a society's culture. Education, training, normative, transformative, cognitive, value-oriented, communicative, economic, and other concepts are among them. Physical culture's humanitarian relevance entails achieving the integrity of human knowledge, comprehending the importance of human values in the present world, comprehending his role in culture, cultural self-awareness, and developing talents. It



displays itself through an individual's spiritual and physical strengths, as well as the establishment of universal values such as health, physical culture, work ability, physical fitness, and well-being. Human development is the emphasis of physical culture. In a healthy and productive lifestyle, the whole person is regarded capable and willing to fully fulfill his or her essential forces.

Conclusion

Physical personality traits are produced and evolved on the basis of the same psychophysical (natural) tendencies and psychophysical processes as moral, aesthetic, and other types, as indicated above. Cultures of humans. As a result of exercising, a person develops and improves not only his physical ability, but also other personality attributes such as moral, aesthetic, courage, will, initiative, tolerance, and much more.

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