

Some Issues in the Development of Physical Education

Omonov Davron Alisherovich

Faculty Teacher, Termez State University Sports Activity and Management, Termez, Uzbekistan

ABSTRACT

The article analyzes the problems faced in the implementation of radical reforms in Uzbekistan, the development of physical culture and sports, the process of scientific substantiation of solutions. In order to achieve the set goal, the radical reforms being carried out in the country, the life experiences gained in the field were studied in the method of theoretical analysis, the problems of physical culture and sports were studied and analyzed.

KEYWORDS: *physical education and sports, development and healthy lifestyle*

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THE URGENCY OF THE PROBLEM:

The radical reforms being carried out in our country in all spheres are aimed at ensuring that the new Uzbekistan will become one of the leading countries in the world by leading our people to all-round spiritual and physical maturity, making social movements from national revival to national uplift.

In this regard, the second important 5 initiatives of the President of Uzbekistan, the country's development strategy and raising the morale of young people and the organization of their leisure time are aimed at "creating the necessary conditions for physical fitness of young people to demonstrate their abilities in sports."

Ensuring the implementation of the tasks set out in the State Program for the implementation of the Action Strategy for the five priority areas of development of the Republic of Uzbekistan for 2017-2021 in the "Year of Science, Enlightenment and Digital Economy", approved by the Decree of the President of the Republic of Uzbekistan dated March 2, 2020 PF-5953 In order to improve the quality of training qualified personnel with comprehensive knowledge in the field of physical culture and sports in accordance with international standards, the rapid

development of science in sports, further improving the training of highly qualified competitive coaches, specialists and researchers and other state documents. the essence of the content, from a strategic point of view, requires a new organization.

Research and analysis of scientific works. In order to achieve a specific goal, the radical reforms in the country, the theoretical analysis of life experiences in the field, the decrees of the President of the Republic of Uzbekistan, the Cabinet of Ministers studied the laws of sports and the following scientists [7] Chernyavsky VD, [10] , Abdullaev Ya. M. [11] Turdimurodov D. Y's thoughts were studied and analyzed.

THE SCIENTIFIC NATURE OF THE ARTICLE:

The following research revealed the following. Today, in order to make our country one of the developed countries, huge radical reforms are being carried out. The field of physical culture and sports is also making a worthy contribution to the implementation of these reforms. At the same time, it has been proved once again that the spiritual and physical well-being of the people is one of the

important factors in the implementation of radical reforms in the country. In this regard, it is enough to remember the idea of Amir Temur "Children will be strong in a healthy country."

Since the birth of man, we have seen the use of sports-related resources such as running, javelin throwing, and hunting, as well as the importance of physical education and sports in maintaining good health. But there are a number of unexplored problems that need to be addressed in the extent to which it uses its capabilities and resources. The Crown virus pandemic, which shook the world in 2020, has also proved to be one of the biggest challenges to human health in the field of physical education and sports. Of course, as a result of the ongoing reforms in our country, a lot of work is being done to protect human health, and there are many opportunities for this. Some of these opportunities and resources are reflected in the Decree of the President of the Republic of Uzbekistan dated October 30, 2020 No 6099 "On measures to promote a healthy lifestyle and further development of mass sports." In addition, the main directions of the implementation of a healthy lifestyle and further development of mass sports were identified.

Studies of life experiences have shown that the field of physical culture and sports has the potential and resources to serve the interests of the people. This is primarily reflected in the problems in the process of physical education and sports education.

- Physical education and sports education is a complex system of education with some features in comparison with other disciplines. Its main feature is that the education of the field is aimed at "shaping the physical culture of man" is inextricably linked with theoretical knowledge, practical physical skills and abilities, as well as the culture of the region. It is also observed that the skills and abilities of their actions do not provide sufficient benefit to human health. Because it is effective only when the synchronization is done in a complex way. In order to achieve this effect, Uzbekistan's new approach to physical culture and sports has the following problems and is waiting for a positive solution.
- In this regard, first of all, one of the most pressing issues of the day is the proper naming of the industry in the Uzbek language. In the past, the field was represented by the concepts of "Physical Culture", "Physical Culture and Sports", then "Physical Education and Sports", and in some sources only "Sports". Among the population, the role of the industry in the development of

spiritually and physically mature people by raising the general culture through the formation of human physical culture remains in the shadows.

- In accordance with the Decree of the President of the Republic of Uzbekistan dated October 21, 2019 "On measures to radically increase the prestige and status of the Uzbek language as the state language", the field is called "physical culture". "Physical development", "physical fitness", etc. and has a great opportunity to develop the terms on a perfect, scientific basis, to deepen the "education of physical culture" and to raise the general cultural level of the masses. One of the most painful points in the field is to achieve the enhancement of the general culture of the population through physical culture education, in the effective use of these opportunities. To this end, it is important to increase the quality and effectiveness of physical education in all educational institutions.
- In Uzbekistan, there is a problem of developing a system of physical culture, the essence of which is relevant to the renewed Uzbekistan. In this regard, the purpose of the system in society, general principles, principles, details of its enrichment with new sports, specific and non-specific activities of physical culture in our society, sports, modern goals, objectives, content of sports, sports The details of modern systems of training, the determination to ensure the popularity of the sport, the system of training a new generation of specialists in the field, etc., is one of the most pressing issues in the field. For this, there is a need to create a renewed system of physical culture in Uzbekistan.
- As in all fields, in the field of physical culture and sports, all success is provided mainly by specialists. Therefore, in today's renewed Uzbekistan, it is necessary to create and implement in practice the scientific and organizational basis for the training of a new generation of specialists in terms of the content of "Physical Culture". At present, in the field of physical culture, there are physical education instructors in preschool education organizations, physical education teachers in secondary schools, sports coaches in sports schools, organizers in physical education organizations, etc. are operating. At the heart of all this is the organizational process of educational - training, training - coaching, public health - sports events. According to the results of the analysis, the labor processes in all of them are focused on education

in the field of physical culture. On this basis, in our opinion, it would be expedient to move to the training of specialists in secondary specialties, bachelor's degree in higher education, in a single direction - "Physical Culture".

Each of the specialists in the field of physical culture will train a new generation of specialists who have both teaching and training skills and organizational skills, relevant sports skills and refereeing categories in their chosen sports.

Secondly, it saves a lot of money by making effective use of the reserve opportunities in the cost of education.

In the master's specialty, the training of specialists will continue in a specialized direction.

CONCLUSIONS:

Based on the analysis of the above research results, the following conclusions can be drawn:

1. The naming, basic concepts and content of physical culture and sports in the modernizing Uzbekistan require updating;
2. Taking into account that "Physical culture" in the field of physical culture and sports is the main, multifaceted concept of the industry, it is necessary to develop the "Physical Culture System of Uzbekistan" in accordance with the state status;
3. It would be expedient to carry out the training of specialists in the specialty "Physical Culture" in the bachelor's degree in secondary special vocational schools and universities in the country.

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