

The Role Of Physical Culture In The Life Of Students

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Abstract:- This article deals with physical culture, which should be considered as a special kind of cultural activity, the results of which are useful for society and the individual. In social life in the system of education, upbringing, in the sphere of work organization, everyday life, healthy recreation, physical culture manifests its educational, educational, health-improving, economic and general cultural significance, contributes to the emergence of such a social trend as physical culture movement, i.e. joint activities of people to use, disseminate and enhance the values of physical culture.

Index Terms:- physical culture, effectively, health promotion, regularly, fitness, physical culture and sports activities, health improvement.

1 INTRODUCTION

An organic part of universal human culture is physical culture. At the same time, it is a specific process and result of human activity, a means and method of physical improvement of a person. Physical culture affects the vital aspects of the individual, received in the form of inclinations, which are transmitted genetically and develop in the process of life under the influence of upbringing, activities and the environment. Physical culture satisfies social needs for communication, play, entertainment, in some forms of personal self-expression through socially active useful activities. At its core, physical culture has a purposeful motor activity in the form of physical exercises, which allow to effectively form the necessary skills and abilities, physical abilities, to optimize the state of health and working capacity. Physical culture is represented by a set of material and spiritual values. The former include sports facilities, inventory, special equipment, sports equipment, and medical support. The latter include information, works of art, various sports, games, complexes of physical exercises, ethical norms that regulate human behavior in the process of physical culture and sports activities, etc. In developed forms, physical culture produces aesthetic values (physical culture parades, sports performances, etc.). The result of activity in physical culture is physical fitness and the degree of perfection of motor skills and abilities, a high level of development of vital forces, sports achievements, moral, aesthetic, and intellectual development. So, physical culture should be considered as a special kind of cultural activity, the results of which are useful for society and the individual.

2 MATERIALS AND METHODS

In social life in the system of education, upbringing, in the sphere of work organization, everyday life, healthy recreation, physical culture manifests its educational, educational, health-improving, economic and general cultural significance, contributes to the emergence of such a social trend as physical culture movement, i.e. joint activities of people to use, disseminate and enhance the values of physical culture. The purpose of physical education in universities is to promote the training of harmoniously developed, highly qualified specialists. In the process of studying at a university in the course of physical education, the following tasks are to be solved: upbringing students of high moral, volitional and physical qualities, readiness for highly productive work; preserving and strengthening students' health, promoting the correct formation and all-round development of the body, maintaining high performance throughout the entire period of study; comprehensive physical training of students; professional and applied physical training of students, taking into account the peculiarities of their future labor activity; the acquisition by students of the necessary knowledge on the basics of theory, methodology and organization of physical education and sports training, preparation for work as public instructors, coaches and judges; improving the sports skills of students - athletes; instilling in students the belief in the need to regularly engage in physical culture and sports. The learning process is organized depending on the state of health, the level of physical development and fitness of students, their sports qualifications, as well as taking into account the conditions and nature of the work of their upcoming professional activity. One of the main tasks of higher education institutions is the physical training of students. In a higher educational institution, the general management of physical education and sports-mass work among students, as well as the organization of observations of their state of health, are entrusted to the rector, and their specific conduct is carried out by the administrative divisions and public organizations of the university. Direct responsibility for setting up and conducting the educational process in physical education of students in accordance with the curriculum and the state program is assigned to the department of physical education of the university. Mass health improvement, physical culture and sports work is carried out by the sports club in conjunction with the department and public organizations. Medical examination and observation of the state of health of students during the academic year is carried out by the polyclinic or the health center of the university. Physical education at the

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university is carried out throughout the entire period of training of students and is carried out in various forms that are interconnected, complement each other and represent a single process of physical education of students. Training sessions are the main form of physical education in higher educational institutions. They are planned in curricula for all specialties, and their implementation is provided by teachers of the departments of physical education. Self-study contributes to a better assimilation of educational material, allows to increase the total time of physical exercises, accelerate the process of physical improvement, is one of the ways of introducing physical culture and sports into the life and rest of students. In combination with training sessions, properly organized independent training ensures optimal continuity and effectiveness of physical education.

3 DISCUSSION

These classes can be conducted outside the classroom on the instructions of teachers or in sections. Physical exercises during the day are aimed at strengthening health, increasing mental and physical performance, improving the conditions of educational work, everyday life and rest of students, increasing the time budget for physical education. Mass health-improving, physical culture and sports events are aimed at the widespread involvement of student youth in regular physical culture and sports, at strengthening health, improving the physical and sports readiness of students. They are organized in their free time from training, on weekends and holidays, in health and sports camps, during training practices, camp gatherings, in student construction teams. These events are held by the sports club of the university on the basis of the broad initiative and amateur performance of students, with the methodological guidance of the Department of Physical Education and the active participation of the trade union organization of the university. The content of the course of physical education is regulated by the state curriculum for universities "Physical education". The educational material of the program provides for solving the problems of physical education of students and consists of theoretical and practical sections. The content of the theoretical section of the program assumes that students master the knowledge of the basics of the theory and methods of physical education. Theoretical knowledge is communicated in the form of lectures, systematic conversations, in practical classes, as well as through self-study by students of educational and special literature. The practical section of the program contains educational material for all educational departments, which is aimed at solving specific problems of physical training of students. The content of classes in all educational departments includes sections:

*gymnastics,
Athletics,
swimming,
skiing (for snowless areas - throw march or cycling),
tourism,
sportgames,
shooting.*

The content of practical classes in all departments also includes material on vocationally applied physical training, which is determined by each university in relation to the major specialties. Along with teaching material for all academic departments, the program includes material for a special

education department and material on sports for an educational department of sports improvement. The program determines the characteristics of training in each educational department, taking into account the focus of their work. The main principle in determining the content of work in different educational departments is a differentiated approach to the educational process. Its essence lies in the fact that educational material is formed for each educational department, taking into account gender, level of physical development, physical and sports-technical readiness of students. The educational process in the departments is carried out in accordance with the scientific and methodological foundations of physical education. The program material for the academic year is distributed taking into account the climatic conditions and the educational and sports base. Classes are organized in cycles, each of which, according to its content, should be preparatory to the next cycle. For practical exercises in physical education, three educational departments are created in each course: preparatory, sports improvement and special. Each department has features of picking specific tasks. The basis for solving these problems is a system of organizational forms and teaching methods. This system combines traditional methodological principles and techniques of physical training with the latest methods of organizing the transfer and assimilation of material, provides for a clear regulation of the ratio of the volume and intensity of physical activity, the sequence of training, the alternation of various types and forms of educational work. The first criterion for the distribution of students by academic departments is the results of their medical examination, which is carried out in each course at the beginning of the academic year. After passing the examination, the doctor determines the state of health, physical development of each student and assigns him to one of the medical groups: basic, preparatory or special. The second criterion is the level of physical and sports-technical readiness, which is determined at the first lessons after checking the state of physical and sports-technical readiness according to control exercises and standards of the program for physical education. As a result of a medical examination and control tests of physical and sports-technical readiness, students are enrolled in the preparatory educational department, referred to the main and preparatory medical groups by health status, level of physical development and readiness. Distribution into training groups of this department is carried out taking into account gender and level of physical fitness. The size of each training group in this department should be 12-15 people. In the preparatory educational department, the educational process is aimed at the versatile physical training of students and the development of their interest in sports. Students of the preparatory medical group study separately from students of the main medical group. In the methodology of conducting classes in these groups, it is very important to take into account the principle of gradualism in increasing the requirements for mastering motor skills and abilities, developing physical qualities and dosing physical loads. The content of practical lessons in this department consists of program material, mandatory for all educational departments, professional-applied physical training, as well as various means aimed at mastering sports skills and instilling students' interest in sports. Theoretical lessons are aimed at the acquisition of knowledge by students on the basics of the theory, methodology and organization of physical education, at

the formation of students' consciousness and conviction in the need to regularly engage in physical culture and sports. Training groups of the department of sports improvement. Students of the main medical group are enrolled in them, who have completed the control exercises and standards necessary for enrollment in the corresponding group of the department of sports improvement. Students assigned to a special medical group according to medical examination data are admitted to a special educational department. The study groups of this department are completed taking into account gender, the nature of the disease and the functional capabilities of the students' body. The size of the study group is from 8 to 15 people per teacher.

The educational process in physical education in a special educational department is mainly aimed at:

*health promotion,
hardening of the body,
increasing the level of physical performance;
possible elimination of functional deviations in physical development;
the elimination of residual effects after illness;
the acquisition of necessary and acceptable for students professional and applied skills and abilities.*

Classes for students enrolled in this department are compulsory and are held throughout the entire period of study at the university in the amount of 4 hours per week. The course program of this department includes theory, practical program material, compulsory for all educational departments, professional-applied physical training, as well as special means for eliminating deviations in health and physical development. In theoretical classes, special attention is paid to the issues of medical control, self-control and methods of physical education, taking into account deviations in the state of health of students. General and professionally applied physical training is carried out taking into account the functional capabilities of students. The main thing in this preparation is mastering the technique of applied exercises, eliminating functional insufficiency of organs and systems, and increasing the body's working capacity. Of great importance in the training sessions of this department is the implementation of the principles of systematicity, accessibility and individualization, a strict dosage of the load and its gradual increase. Despite the health-improving and restorative orientation of classes in a special department, they should not be reduced only to medical purposes. Teachers should strive to ensure that students of this department acquire sufficient versatile and special physical fitness, improve their physical development and, as a result, were transferred to the preparatory educational department. Study groups of all educational departments are assigned to physical education teachers for the entire period of study. If students of special and preparatory educational departments in the process of training have improved their health, physical development and preparedness, then on the basis of the doctor's conclusion and the decision of the department at the end of the academic year (or semester) they are transferred to the next medical group or educational department. If, as a result of illness or other objective reasons, a deterioration in health is observed, then students are transferred to a special medical group at any time of the academic year. The process of physical development also obeys the law of age grading. Therefore, it is possible to

intervene in this process in order to control it only taking into account the characteristics and capabilities of the organism at different age periods: formation and growth, the highest development of forms and functions, aging. In addition, physical development is associated with the law of the unity of the organism and the environment and depends on the living conditions of a person, including the geographical environment. Therefore, when choosing the means and methods of physical education, it is necessary to take into account the influence of these laws. Physical development is closely related to human health.

Relationships set the subject orientation, determine the social and personal significance of physical culture in life. There are active-positive, passive-positive, indifferent, passive-negative and active-negative relationships. With an active positive attitude, physical culture and sports interest and purposefulness, deep motivation, clarity of goals, stability of interests, regularity of classes, participation in competitions, activity and initiative in organizing and conducting physical culture events are clearly expressed. A passive-positive attitude is distinguished by vague motives, ambiguity and ambiguity of goals, amorphousness and instability of interests, and occasional participation in physical culture and sports events. Indifferent attitude is indifference and indifference, motivation in this case is contradictory, goals and interests in physical culture and sports activity are absent. A passive-negative attitude is associated with the latent negativism of some people towards physical culture and sports, they have no meaning for such people. An actively negative attitude manifests itself in open hostility, open resistance to physical exercises, which for such persons have no value. Value orientations express the totality of an individual's relationship to physical culture in life and professional activity. Emotions are the most important component of value orientations, which most deeply characterizes their content and essence. With the help of emotions are expressed: pleasure, satisfaction, the magnitude of the need, the assessment of personal significance, satisfaction with the physical I. Due to the fact that emotions have varying degrees of severity, duration of the course and awareness of the reason for their manifestation, we can distinguish: moods (weakly expressed, 12 stable emotional states); passion / fast emerging, persistent and strong feeling, for example for sports); affect (a quickly emerging short-term emotional state caused by a particularly significant stimulus and always violently manifested, for example, when winning). Emotions have the property of contagion, which is very important when practicing fnzcultural sports activities. Volitional efforts regulate the behavior and activities of the individual in accordance with the goals and decisions made. Volitional activity is determined by the strength of the motive: if I really want to achieve the goal, I will show both more intense and longer volitional effort. Volitional qualities include decisiveness, characterized by the minimum time for making a decision in a situation that is significant for a person, and initiative, which is determined by taking responsibility for the decision. Thus, in the process of physical education, the impact is carried out not only on the biological basis of the personality, but also on its biosocial integrity. Therefore, it is impossible to judge the physical culture of a person, relying only on the development of her physical capabilities, without taking into account her thoughts, feelings, value orientations, direction and degree of development of interests, needs, beliefs.

4 CONCLUSION

Health acts as a leading factor that determines not only the harmonious development of a young person, but also the success of mastering a profession, the fruitfulness of his future professional activity, which is the general well-being. Thanks to professionally applied physical culture, prerequisites are created for the successful mastering of a particular profession and effective work performance. In production, these are introductory gymnastics, physical training pauses, physical education minutes, post-work rehabilitation exercises, etc. The content and composition of the means of professionally applied physical culture, the procedure for their use are determined by the peculiarities of the labor process.

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