

## Physical Education and Sport is an Important Principle of Physical Condition

*Shokirov Kamol Fazlievich*

Bukhara State Medical Institute

### Annotation

The article considers the key characteristics of physical culture and sports activities, meaningful for the modern society, for the development of the personality of the individual and the athlete, as well as the features and effectiveness of public relations and human interactions in the historical and contemporary context in terms of physical culture and sports.

**Keywords:** physical culture, sport, sports activities, physical qualities, psychological training, pedagogical support.

### INTRODUCTION

Currently, one of the pressing problems is the search for socially significant phenomena that can unite society, positively influence social activities, and develop general and professionally oriented mental and physical qualities of both students and mature adults. Social phenomena are generally understood as the results of an individual's activity, as well as all aspects of social relations and human interaction in historical and modern contexts. The historical approach allows us to consider cause-and-effect relationships and relationships between characteristic social processes, while the modern approach places emphasis, first of all, on ascertaining what is happening in society in a given time period, with attempts to analyze and draw parallels with previously existing phenomena - often erroneous. It is possible to classify a number of social phenomena on various grounds: processes (cooperation, adaptation, competition, assimilation, conflict, amalgamation, etc. [4]); institutions (religious, educational, etc.); groups (work collectives, fans, subcultures, etc.); relations between social groups (class, legal, economic, interpersonal, official, etc.); values (moral standards, living conditions, category of beauty, etc.); needs, interests, states (dominance, enthusiasm, apathy, etc.); collective consciousness (predominant -current processes, opinion, etc.). For our research, of particular interest is the importance of physical culture, as part of general culture, and sport as a special sphere of human activity and interpersonal relationships for the development of society as a whole.

---

## RESEARCH RESULTS AND THEIR DISCUSSION

From a socio-philosophical position, society is a complex formation isolated from nature, representing a historically changing form of human life. Any theoretical analysis of society is possible only on the basis of a study of its ideal model, but it must be remembered that real society and its idealized model are not identical to each other. A living, functioning society and its processes have an individual, unique coloring, and the idealized model of society, all its internal relations are strictly fixed and express its essence. It is important to realize that there are similarities between real processes in society and their idealized models: the ideal model reflects the essence of the processes and sets the initial principles for the analysis of social reality. One of the manifestations of social development and progress is the development of culture, including physical culture and sports.

The history of physical culture and sports indicates that its formation is directly dependent on progress in the material, production, socio-political and spiritual spheres of public life. However, physical culture itself has a significant impact on the functioning and strengthening of these areas: the development of physical culture becomes a necessary factor in the growth of labor productivity, the economy, and is also a necessary condition for the comprehensive development of a person's personality. As a result, physical culture and sport become an important condition and one of the few effective means of maintaining peace and friendship between peoples.

It should be emphasized that sports activity is both a specific type of human activity and an important social phenomenon that contributes not only to the self-realization of the athlete's personality, but also to the establishment of the prestige of the state in the international arena. From a psychological and pedagogical point of view, sports activity is one of the areas of activity in which abilities and their formation play a decisive role in the achievements of an athlete, as well as a long-term systematic continuous process of learning and physical development [2].

As noted by researchers L.G. Ulyeva , G.G. Ulyeva , B.B. Radnaguruev , the main goal of activity in the field of physical culture is physical and mental perfection, that is, achieving harmony in the process of personality development through systematic exercise and special physical activity [3]. Thus, here we again have the right to talk about this process, from a psychological and pedagogical point of view, as the process of forming physical culture among students, accepting it as a non-acceptable personal quality acquired as a result of pedagogical support and self-education. Organization of support and self-organization in the formation of physical qualities and motor skills ensures the effectiveness of achieving the appropriate level of development. The presence in a person of an innate need for movement should, under certain conditions, develop over time into the need for physical culture as a purposeful developmental motor and mental activity.

In general, physical culture, being a part of general culture, is designed to solve the main tasks of preserving, strengthening and improving human health, his physical qualities and capabilities.

---

Mastery of physical culture occurs gradually, with the individual's entry into the world of social relations, through understanding the importance of achieving a certain level of physical fitness for the implementation of general and specific tasks. For this purpose, pedagogical science uses physical education, and its main means is physical training, which carries out the general and special applied focus of physical education on educational, labor and other activities.

Many researchers agree that the specificity of elite sport in comparison with physical culture lies in the desire to achieve the heights of mastery in motor and mental activity. On the one hand, sport helps to satisfy one's own interest in a certain type of activity, the realization of one's own motivational guidelines for achieving high results in it, and on the other hand, it is a way of gaining recognition in society and gaining significant social status. High results in elite sports have a special personal and social value due to the need to always work at the limit of physical and mental capabilities, as well as in conditions of intense competition.

Currently, one of the varieties of sports activity is considered to be mass sports, which serves as a link between the closed sports subculture and the general physical culture of modern society. Based on the nature of sports activity, mass sports can be called all types of competitive human activity that are aimed not at achieving the highest sports results or material benefits, but at improving one's health and physical development, which is especially important at the stage of training in educational institutions of all levels. At the same time, mass sports contributes to solving problems of a social nature, including the socialization of the individual, his integration into various groups, creative leisure, etc. [1]. Thus, mass sports contributes to the spread of socially valuable forms of leisure, maintaining the health of the economically active population, compensating for the lack of personal achievements in other areas of life, intra-group and inter-group integration, socialization, and raising a healthy, physically and mentally developed person.

## CONCLUSION

Theoretical analysis and generalization of the features of such phenomena as physical culture and sports in modern social reality allow us to conclude that they contribute to the formation of a person's interest and need for a healthy lifestyle, which is both the basis and consequence of a value-oriented cohesive society. Being important social manifestations, physical education and sports require special organization and psychological and pedagogical support aimed at creating optimal conditions for the self-realization of the athlete's personality, achieving socially significant effects, and attracting as many people as possible to physical education and sports activities.

At the same time, physical culture and sports, motor activity in general are very effective means of providing an educational impact on a person - in the formation of significant individual and social personal characteristics. Physical culture and sports make a significant contribution to the formation of moral and aesthetic categories in the worldview of the individual and society. Perfect the form of

physical culture presupposes the harmonious development of a person, however, sport, being a sphere of extreme manifestation of the physical and spiritual powers of a person, requires special attention and honest, coordinated work of all specialists in the sports industry, since only under such conditions is self-improvement, empathy, and the emergence of a sense of duty possible and responsibility to the team and the entire society, awareness and defense of the honor and dignity of one's country.

## References

1. Fayzullaevich S. S. Impaired immune homeostasis and its correction in patients with chronic cholecystitis //European science review. – 2018. – №. 1-2. – С. 139-142.
2. Suleymanov S. F. Assessment of immunity of patients with duodenal ulcer and the effect of eradication and immunomodulatory therapy in the Republic of Uzbekistan //Nutrition. – 2008. – №. 2008. – С. 77.
3. Fozilov U. A. Diagnostics and prevention of the development of caries and its complications in children at orthodontic treatment //JournalNX. – 2020. – Т. 6. – №. 07. – С. 276-280.
4. Фозилов У. А. О проблеме скученности фронтальных зубов //Academy. – 2017. – №. 7 (22). – С. 94-96.
5. Нурова Г. У. Особенности течения вазомоторного ринита у больных с нарушениями функции щитовидной железы //актуальные вопросы медицины критических состояний. – 2021. – С. 54-55.
6. Нурова Г. У., Иноятов А. Ш. Исследование транспортной функции слизистой оболочки полости носа при вазомоторном рините //Фармакология разных стран. – 2020. – С. 124-125.
7. Fazlievich S. K. The efficiency of applying the circuit training method for students with disabilities in physical education lessons //european journal of modern medicine and practice. – 2023. – Т. 3. – №. 3. – С. 59-64.
8. Shokirov K. F. Physical education of students at a medical university //Новый день в медицине. – 2021. – №. 1. – С. 58-60.
9. Fazlievich S. K. The introduction of gymnastic means for the development of physical qualities in students //International Journal of Early Childhood Special Education. – 2022. – Т. 14. – №. 5.
10. Fazlievich S. K. The influence of tennis on the formation of human functional systems //World Bulletin of Public Health. – 2023. – Т. 22. – С. 80-84.