

FUNCTIONS AND FORMS OF PHYSICAL CULTURE IN SOCIETY

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Abstract:

This article fully describes the tasks and forms of physical culture and the special tasks of physical education based on tables.

Keywords: Physical education, sports direction, professional practical direction, basic direction, recreational, rehabilitation, communicative, rhyological.

JISMONIY MADANIYATNING JAMIYATDAGI VAZIFALARI VA SHAKILLARI

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Annotatsiya:

Ushbu maqolada jismoniy madaniyatning vazifalari va shakillari va jismoniy tarbiyaning maxsus vazifalari haqida jadvallar asosida to'liq bayon etilgan.

Kalit so'zlar: Jismoniy tarbiya, sport yo'nalishi, kasbiy amaliy yo'nalishi, tayanch yo'nalishi, rekreatsion, reabilitatsiya, kommunikativ, riologik.

ФУНКЦИИ И ФОРМЫ ФИЗИЧЕСКОЙ КУЛЬТУРЫ В ОБЩЕСТВЕ.

Аннотация:

В данной статье на основе таблиц подробно описаны задачи и формы физической культуры и специальные задачи физического воспитания.



Ключевые слова: Физическое воспитание, спортивное направление, профессионально-практическое направление, базовое направление, оздоровительное, реабилитационное, коммуникативное, риологическое.

Introduction

The emergence of physical education refers to the early period of the history of human society. It is manifested in the combination of objective (production that meets the needs of society) and subjective (human level) factors. For several millennia, man has hunted animals for strength, endurance, speed and agility. Such effective hunting was achieved due to the physical fitness of the hunters' team. Throwing a spear, using work tools is a special activity of a person, which required the formation of new movement skills. In this way, people begin to prepare themselves for daily activities and work practices with the help of physical exercises. Increasing the level of health and physical fitness, physical exercises gradually affected the production. With the help of physical education, human health is strengthened, work ability increases, physical qualities are developed, necessary skills and qualifications are formed and developed in work, military field, life and sports. Goals and tasks are defined in the local implementation of these types of activities. The goal is the final result of the activity of a person or society. The purpose of physical education is to optimize human physical development, comprehensively form each physical quality and the moral and spiritual qualities associated with them, and prepare society members for effective work and other types of activities based on them (L.P. Matveev, 1989). In order to ensure the achievement of goals in physical education (special and general pedagogy), reflecting the multifacetedness of the educational process, the stages of development of the students in terms of age, the conditions for achieving the specified results are solved through specific collective tasks. Special tasks of physical education belong to two groups: optimization of human physical development and educational tasks. The tasks of optimizing human physical development:

- optimizing the development of human physical qualities;
- maintaining and strengthening health, as well as training the body;
- improvement of stature and comprehensive development of physiological characteristics;
- it is necessary to ensure maintenance of general working ability for a long period of time.

Comprehensive development of physical qualities is of great importance for a person. There is a great opportunity to use them in all aspects of human activity, in the environment and in the work process. In every country, people's health, full activity, and happy life are especially valued as material wealth. On the basis of strong health and good development of the physiological systems of the human body, it is possible to achieve a high level of development of physical qualities such as strength, speed, endurance, dexterity, flexibility. The comprehensive development of human physiological functions and the development of physical qualities and movement skills based on the improvement of the body structure leads to the active formation of the body structure. This task ensures elimination of defects in the structure of the body, proper development of height, and a beautiful body with the help of physical exercises. The special educational tasks of physical education are as follows:



- formation of various movement skills and competences necessary for life; acquisition of basic knowledge of scientific and practical description. A person can make full use of physical qualities if he is trained in movement skills. Movement skills and competencies are formed as a result of movement training. The formation of skills and competences develops in a person the ability to master any movement. The more a person acquires movement skills and abilities, the easier it is to master new types of movement. General pedagogical tasks include the formation of a person as a person. These tasks are promoted by the society as a special importance of the educational system. Physical culture should be coordinated in the development of moral qualities, mental and essential qualities. The general pedagogical tasks of physical education are determined according to the age and gender of the student, the chosen direction of physical education. As a result of solving all tasks, the goal of physical education is achieved. All-round development of a person is guaranteed only in the unity of the world. The main directions of clarification of tasks. Tasks to be solved in the process of physical education have specific general and professional-practical physical training tasks according to their professional direction.

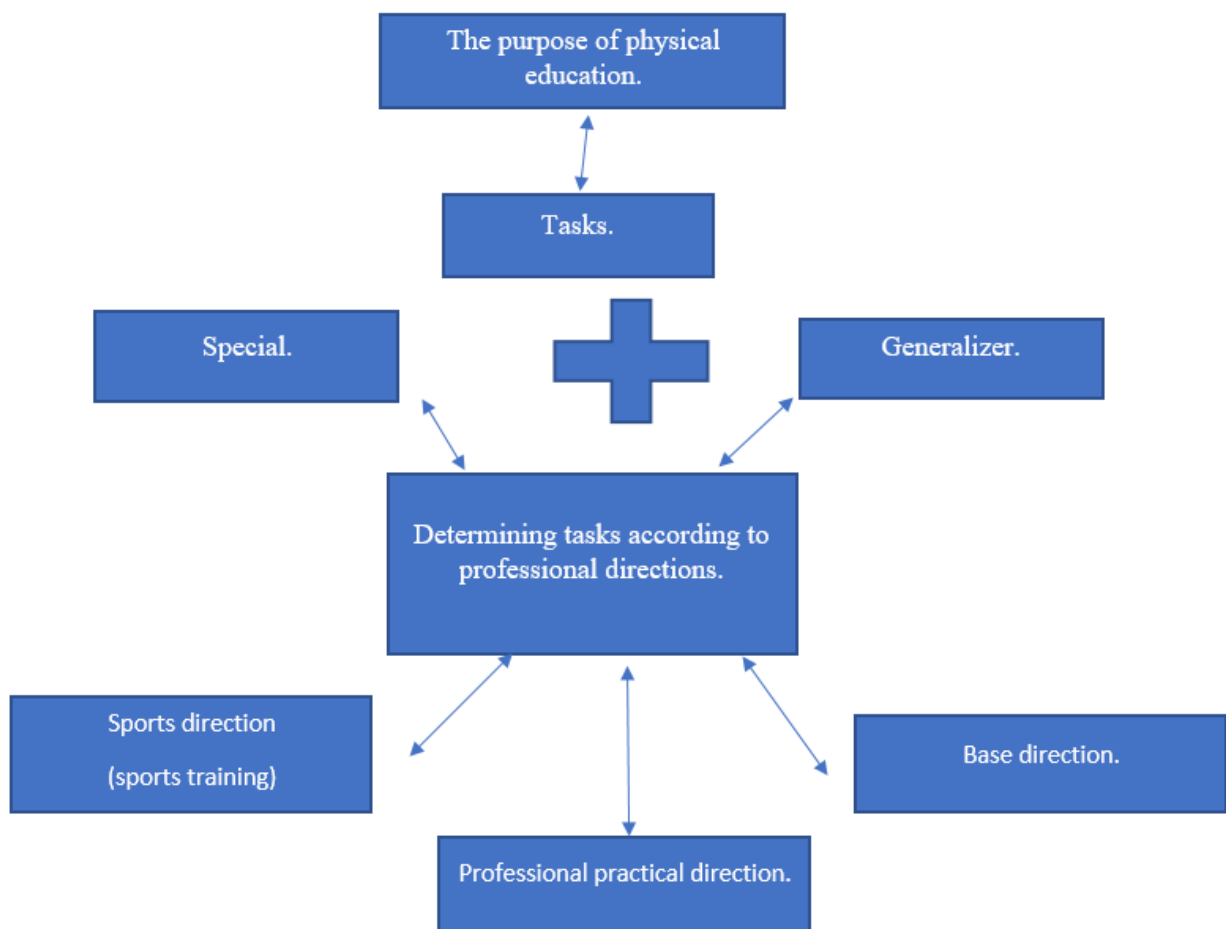


Figure 2. The main directions of clarifying the tasks of physical education.

According to the interpretation of L.P. Matveev (1989), there are two directions of clarification of tasks. In the first case, clarification of the tasks to be solved is carried out based on the



individual capabilities and characteristics of the participant. It is a difficult process to clarify individual tasks in physical education, because physical exercises in training are performed in a group form. In this process, it is necessary to take into account the age and sexual characteristics of the participant, as well as the level of physical development and training. In the second case, clarification of tasks depends on time, so it requires taking into account time for successful implementation. 14 In the process of physical education, general tasks are determined based on the goal. They, in turn, are divided into a series of parts to implement a certain time sequence. General tasks are determined for a long period (in general education schools, secondary and higher education institutions), short tasks - for a short period of time (for one lesson) and for a long period (for a month, a quarter, half a year, a year) . Functions and forms of physical culture. Function means characteristic in content. Features of physical culture - this feature is characteristic of the effect of physical culture on a person, meeting the needs of the individual and society. Features of physical culture consist of two groups. Special features of physical culture:

Educational - strengthening the health of all people, regardless of age, gender, and developing general physical fitness.

Practical - physical training for humanitarian work and defense of the homeland.

Sport is the manifestation of the body's physical and movement capabilities.

Recreational - satisfaction of human needs in active recreation.

Rehabilitation (restoration) - restoration of physical abilities.

Healthier - general health of the body. General characteristics of physical culture:

Aesthetics - satisfaction of the aesthetic needs of a person, manifested in the improvement of the beauty of the body, clothes, movements.

Normative - is reflected in the use of specific standards and requirements.

Information is reflected in the summation of knowledge about a person.

Communicative - is reflected in the establishment of interpersonal relations.

Rheological - meeting the natural needs of a person in motion.

Educational is a means of educating a person.

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