

# Issues of physical education

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**Abstract:** Physical education plays an important role in the development of a person's physical characteristics, strengthening his health, which in turn forms a healthy generation. The purpose of such education is the maximum physical development of a person, the improvement of his skills, the education of moral qualities. This article focuses on physical education.

**Keywords:** Physical education; young generation; moral qualities; spiritual development; national sports; history of physical culture.

## Introduction

The future of our independent state, its prosperity and development depends in many ways on the health of the younger generation. This, in turn, requires the creation of favorable conditions for the future of our country - the physical, mental and spiritual development of our children. Physical education is an integral part of the national culture of the peoples of our country, an important tool for physical and spiritual development, serves to strengthen friendship between the peoples of our motherland, social and economic development.

Physical culture and sports have always been an integral part of society. The social communities that existed before us also attached great importance to physical education and sports in their development. Physical culture and sports have served to represent and guide the interests of the ruling classes in society. The comprehensive development of physical culture and sports is a complex and difficult, multifaceted task, which plays a special role in the development of society. Physical education is inextricably linked with moral education. During sports competitions, the athlete develops honesty, dignity, respect for his opponent and other moral qualities.

Regular physical activity and sports have a strong positive effect on mental development. There is a direct link between exercise and sports and mental work. Numerous studies show that exercise and sports provide a good basis for

improving a certain amount of sensory skills, especially muscle movement, vision, sensation, and perception. Labor education includes the acquisition of work skills, such as self-service in training, the creation of hygienic conditions for training, participation in the equipment, cleaning and placement of sports equipment and facilities, improvement of sports grounds. provided in the process of general useful labor.

## Materials and methods

In the course of training and exercise, those who engage in physical education or sports are more likely to train themselves diligently if they repeat the exercise several times or memorize individual parts of it. Of course, when solving any special task of physical education, it is necessary to pay attention to the benefits of health. The choice of means of physical training is accompanied by a process aimed at improving physical fitness. Therefore, one of the main conditions for physical activity and sports is to strictly control the health of the athlete. This work is carried out by a teacher-physician. Physical education and sports are a means of strengthening cooperation, peace and friendship between nations. In our country, national sports are a decisive factor in the development of national sports and sports, training in the native language, the training of a large number of national personnel.

Bringing up the next generation in the spirit of biennial through the methods of physical culture on the basis of objective laws - through

the development of national sports. International sports relations foster respect for people of other nationalities, get acquainted with their traditions, and foster a sense of friendship and cooperation among nations. Thus, physical culture and sports serve as an important tool for uniting people, strengthening peace, and creating an atmosphere of understanding and understanding between peoples.

The history of physical education and sports begins with the study of the origins of physical education in ancient times. The physical education of the ancient world means the physical training of the two historical and social periods that mankind has gone through - the primitive community system and the system of slavery. The earliest customs, rituals, public events, daily life of our ancestors, who lived in the most ancient times, are reflected in ancient myths, legends, folk tales. There is a need to divide children into groups and teach them games and physical exercises, taking into account their age and physical development. Young children are being taught a variety of movement games. Games and hurdles were used to help middle-aged children develop qualities such as agility and endurance. Older children are taught complex games and exercises such as running, strength, wrestling, boxing, rock climbing, climbing trees, swimming fast, and spear piercing.

To provide future staff with comprehensive and in-depth professional knowledge of the theory and methods of physical culture, theoretical knowledge about the use of professional knowledge, skills and abilities in physical culture and new pedagogical technologies in future work to provide information, as well as to provide future physical education teachers with general development exercises in physical education classes for students of preschools, secondary schools, academic lyceums and vocational colleges, general and The use of special exercises and the acquisition of theoretical knowledge about the formation of knowledge, such as the organization and conduct of sports competitions, sports holidays, as well as the organization of extracurricular activities are part of the issues of physical education.

Of course, neither man nor society as a whole can overturn or change their own laws of

objective development, because they exist independently of man. For example, the laws of gradual quantitative and qualitative changes in the organism, the laws of functional and structural changes in the organism, the laws of the organism in relation to living conditions, and so on.

However, along with these laws, it is possible to influence the process of natural development (including the physical development of the organism) by raising the general culture of society. On the one hand, physical culture helps to nurture focused physical qualities and abilities by purposefully influencing a person's physical development process. Human physical development is influenced by social living conditions, upbringing, including physical education, genetics and the process of acceleration. Physical culture is historically realized, first of all, in the process of preparing the younger generation and adults for creative work, under the influence of the practical requirements of society. At the same time, in the formation of a system of teaching and educating physical culture in society, as a key factor, to develop various motor skills and abilities and expand human activity opportunities, exercise physical abilities, as well as intellectual, moral and aesthetic education helps to increase. In the context of technological development, changes in the nature of work and living conditions, as a great asset in changing one's physical culture, prevent disease, improve the functioning of the body's functions, increase and maintain performance, in general, protect human health and the growth and importance of physical culture in strengthening is great.

### **Result and discussion**

Physical maturity is a high level of individual development of a person who is well-prepared and harmoniously developed, able to meet the requirements of labor and other areas, comprehensive development of the individual and long-term health. is in contact with the law. The component of physical maturity, which is historical in nature and expresses the specific needs of a particular society, does not always remain the same, but changes according to the stage of social development. At present, the special test criteria "Alpomish" and "Barchinoy",

combined with the criteria of the republican sports classification, are the main component of physical development.

The development of physical culture depends on the performance of certain tasks, its use in the context of life in society, its clear value and role. Physical culture can affect a person in different ways, depending on the circumstances. Physical culture in society, in the harmonious development of the individual, not only as a factor of physical maturity, but also as a means of moral, aesthetic, intellectual education, along with other aspects of culture, contributes to the full development of all members of society.

The socially oriented use of physical culture not only contributes to economic growth and protection of the Motherland, but also as a means of satisfying the spiritual needs of the people, the harmonious development of the individual, the organization of a healthy lifestyle important.

Improving the health of the population, inculcating the theoretical foundations of physical culture and sports is one of the important tasks in ensuring the spiritual and physical development of a harmoniously developed generation. This puts a great deal of responsibility on physical education and sports professionals. For this reason, special attention is paid to the training of qualified personnel in physical culture and sports. It is important to explain the essence of physical culture and sports, to promote them, to acquaint with the history of all sports, the history of national games. Along the way, the time demands physical education in the context of the cultural, educational and scientific heritage of our ancestors, as well as education based on its history.

The composition of the blood, its physicochemical changes depend on the activity of the muscles. As a result of exercise, all the physiological mechanisms that balance the blood reaction are activated. When the muscles are working hard, the blood reaction shifts to the acidic side. Its ability to maintain a normal blood response is due to its reserve alkalinity, which is 10-15% higher in people who exercise than in those who do not. During exercise, the concentration of lactic acid in the blood is 75-86 ml (normal 10-20 ml%). Blood viscosity also varies with exercise duration, increasing by 10% after long-term exercise. These changes are

mainly characterized by changes in the amount of trace elements in the blood (erythrocytes, leukocytes, platelets), so the blood reaction shifts to the acidic side. Exercise causes the body to lose large amounts of water through sweat glands and kidneys.

Therefore, the viscosity of the blood increases and therefore the functioning of the cardiovascular system becomes more difficult. When the muscle is working, the amount of leukocytes in the blood increases and myogenic leukocytosis is observed. It was first studied by A. Yegorov that its level depends on the type of sport. Intense exercise changes the function of the muscles. At the same time, there are morphological changes in the blood. First, the lymphocytic phase of myogenic leukocytosis is observed, followed by the first and second neutrophil phases.

Myogenic leukocytosis is a complex multi-stage process with long and recurrent periods. According to some reports, after long and strenuous exercise (e.g., marathon running), the total white blood cell count does not return to normal for 2-3 nights during the day. As a result of muscle activity, the amount of platelets (platelets) also increases. This is called myogenic thrombocytosis. An increase in platelet count of two or more is indicative of heavy and intense muscle activity. The total number of platelets does not return to normal not only during physical activity, but also after a few days of exercise. Failure to increase platelet count during exercise can affect the blood's ability to coagulate and speed it up. This can be seen in athletes running marathons and other sports. Myogenic leukocytosis, myogenic thrombocytosis, and decreased blood clotting time are of protective importance. These are biologically logical processes because the functional changes that occur as a result of muscle activity are biological reactions directed at the body's defenses. As a result of physical activity and exercise, metabolism and energy metabolism increase. As the body's need for food increases, so does the digestive system. Increased appetite stimulates the secretion of sap in the gastrointestinal tract, which has a positive effect on all digestive processes in the body. However, the effects of muscle activity on the digestive glands are not always positive. Exercise after eating can have a

negative effect on the digestive system. In the gastrointestinal tract, the activity of the secretory glands is reduced and even inhibited. Energy expenditure increases slightly during physical labor and exercise. Therefore, a healthy person who spends part of the day in exercise, physical labor, and movement in general, has a much higher energy expenditure per day than the basic exchange. This increase in energy expenditure is a work in progress, and the harder the muscles work, the greater the workload.

### Conclusion

The development of physical culture and sports in our country since independence is an effective result of the ongoing political, economic and social reforms in our country. One of the main factors determining the strength of our country is the issue of educating a generation of high-spirited, physically and mentally healthy, well-rounded people in this country. Sport, which has become an important tool for educating a spiritually mature and physically healthy person, serves to widely promote Olympic ideas and Olympic values. The main tasks are to bring up a physically healthy, spiritually mature, highly intellectual, modern-minded, independent-minded and confident generation. The work in this direction is aimed at developing in students a high sense of modern worldview, patriotism, respect for national and universal values, service to their homeland. As a result of practical work aimed at the development of physical culture and sports, in accordance with the national education program, the training of highly qualified specialists in the field of physical culture and sports with high intellectual potential has been launched.

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