



METHODOLOGICAL FOUNDATIONS OF PHYSICAL CULTURE AND ITS LEGAL-PHILOSOPHICAL FOUNDATIONS

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Physical culture has a systematic nature, social tasks, and relations with external institutions and organizations. If we talk about any aspect or structure of health, it always represents the internal and external relations of the organism; if the first (functions related to internal physiological structures) ensures the integrity of processes in the body, their regularity, the second (functions related to external institutions and organizations) means its social purpose, the possibilities of physical and physiological improvement of a person. These internal and external structural connections are based on certain principles, and these principles must be strengthened by empirical research, that is, physical culture. They include the following:

1) The content of physical culture, first of all, walking, running, jumping, swimming, etc. should serve the formation of vital needs. This requirement is embodied in the content of scientific concepts and educational programs related to the formation of health;

2) Health and physical education should allow a person to master various labor and military activities, and even prepare him for extreme events. It represents the socio-anthropological aspects of the problem;

3) Health and physical culture are necessary for a person to live with social activity, to be satisfied with his life and work, and to form a sense of patriotism [1].

These principles are related to the following systemic problems:

1) general physical culture that strengthens human health;

2) physical culture related to profession, labor activity;

3) physical training related to gaining a position in the field of sports.

General physical education is aimed at strengthening health and maintaining performance in educational or work activities. In accordance with this, the content of physical education is aimed at mastering vital movements, coordination and proportional development of strength, speed, endurance, dexterity and mobility in the joints. General physical education is the mandatory minimum of physical fitness necessary for a person to live a normal life, to specialize in gaining a position in any professional or sports field. In pre-school educational institutions, physical education classes, general education schools, departments (groups) of general physical education (GPE) and special tests are carried out in "Alpomishlar" and "Barchinoy" groups, health groups, etc. [1]. General physical culture, education are an integral part of education, and it is the task of the system of physical education, culture and recreation. Society and the state carry out their health-improving tasks through general physical culture and education, and in this way form general health and a healthy lifestyle in the population. But the constant change of modern society, changing instructions, tasks and ideals creates a depressive state. People, especially young people, are full of conflicts and cannot find their place in complex, sometimes confusing situations of conflicts, and it is difficult for them to adapt to social changes. Only physically and spiritually healthy people can maintain their endurance, participate in social competition, withstand the blows of fate and adapt to the demands of social changes.

General physical culture, education is necessary to ensure the health of the population and to maintain it at a generally necessary level. It implies the formation of a healthy lifestyle in everyone as a minimum of health. The other two systems are built on this general health and physical education, culture. General health is an important indicator of the development of society, if such health is not formed in society, this society, as E. Fromm envisions, is unhealthy, prone to various diseases and depression [2].

Career-oriented physical culture, education is one of the modern problems of health-promoting physical education and culture. It is a "necessary process to ensure the physical readiness of a person for a certain type of work or military activity" [1]. Physical culture related to professional activity helps a person to gain deep knowledge, to become a high specialist, to be resistant, strong-willed and protective of his life purpose. It is not easy to combine professionalism with strong will and endurance. Today, being professional and professional requires in-depth knowledge, movement above the career ladder, agility and intelligence, such a specialist is valued as a necessary staff. As the President of the Asian Development Bank H. Kuroda said, the economy of the future is in the hands of those who operate at the highest level of knowledge, science and technological innovation. Such an economy will be the most competitive and efficient. They pass the development phase of a middle-income country, rise to the level of a high-income country, and form peaceful and stable societies. This development will be based on achievements in the field of economic knowledge. Therefore, education, technological excellence, and entrepreneurship encourage the use of large amounts of energy [3].



Therefore, modern science strives to develop criteria and forecasts of human physical development, taking into account the increasing social, economic and environmental impact. It is the task of science to study the socio-psychological mechanisms of human adaptation to the rapidly changing production environment, methods of increasing the biological stability and compensatory capabilities of the human organism. Modern science has collected reliable information about the physical decline of the body and the deterioration of the health of the population.

“In the background of the study of the global trend of the physical development of the young generation (increased height, thinning of bones, physical weakening), the deterioration of the functional state of muscles, the decrease of the reserve capabilities of the cardiovascular system affects the weakening of the body, vitality and life expectancy, as a result, the level of health of a person decreases. All this requires setting specific tasks in the organization of physical education. Many theoretical issues of physical education have been studied by fundamental sciences, including biology and a part of it - psychology. In the physical training of young people, it is important to determine and use the potential genetic potential of their body's growth and development. That is why some scientists support the idea of abandoning the phenotypic approach in the physical education of young people” [3]. Such studies allow taking into account both the laws of biological development and the individual characteristics of the organism. Therefore, the individual characteristics of the organism and its variability under the influence of the external environment increasingly attract the attention of researchers and teachers dealing with health problems [4].

Physical culture is also related to sports, which is an ideal state of health. It's no secret that maximum results and records remain the most attractive aspect of achieving health and physical culture. Setting records, showing that the desire to achieve the highest results is not the end point of what a person can achieve, but that even higher ones can be achieved. A person does not know what and where these indicators are, from this point of view, there is an opinion that the possibilities of a person are huge and limitless. Only a special socio-pedagogical program, certain socio-economic, legal, methodological and regulatory mechanisms are necessary to realize these opportunities.

Physical culture system, health indicators are an expression of socio-economic development. They have a complex structure (combination of the principles of state and public leadership), as well as various sources of funding and material support, including the state budget, state funds, enterprises, trade unions, cooperative societies, patronage, etc. From a socio-economic point of view, they include material and immaterial, developed production network of the national economy. The work of the employees of the production sector, for example, sports facilities, equipment, shoes, clothes, has a material nature. But this material sphere is aimed at strengthening human health, effectively organizing the system of physical education and culture [1].

The state is the subject and institution that systematically and comprehensively supports physical culture to strengthen health. The state organizes and supports the provision of necessary equipment, equipment and specialists in the field of physical culture, but does not deny that health is rooted in the physical culture of an individual. Observations show that health does not depend on the created conditions, people sometimes do not pay attention to the fact that there is a beautiful stadium or recreation complex nearby, and there are clubs and associations in it.

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