



**PROBLEMS OF PHYSICAL CULTURE**

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**Abstract**

The content of the article reveals the relationship of physical culture with its general culture. Essence and connections in the general culture of the individual. The basic means of formation of the general culture of the person in the course of employment by physical training and sports are resulted.

**Key words:** society, culture, physical culture, sport, health, physical development, motor activity. motor faoliyati. Each person, and for society as a whole, has no greater value than health. The importance of physical culture and sports, their introduction into everyday life is steadily increasing. Physical education and sports train a person for life, temper the body and strengthen health, promote its harmonious physical development, contribute to the education of the necessary personality traits, moral and physical qualities.

Modern ideas about physical culture are associated with its assessment as a specific part of general culture. Like the culture of society as a whole, physical culture includes a fairly wide range of various processes and phenomena: the human body with its characteristics; the physical condition of a person; the process of his physical development; occupations by certain forms of motor activity; related to the above knowledge, needs, value orientations, social relations.

Throughout life, animals and humans naturally develop the same physical qualities and motor skills. In other words, there is a process of natural, "up to cultural" development, which is understood as the very process of changing the forms and functions of the human body, and the result of these changes. Its basis in both animals and humans is the natural need for movement, which is inherent in the entire animal world. In relation to culture, a person acts in three hypostases: he assimilates it ("consumes" it), is a bearer of culture (insofar as he is developed spiritually and physically) and creates new cultural values. This fully applies to physical culture as a kind of culture. Mastering, "consumption" of physical culture directly, directly, or through knowledge of its theory is manifested in the results of this activity - in the mastery of knowledge, development of physical qualities and motor abilities, the "owner" of which he is. The physical culture "indicated" in them provides a person with wider opportunities for motor and intellectual activity, for the manifestation of his physical and intellectual powers at a new, higher level and for the further development and dissemination of physical culture. In the process of his activity on the education of nature and the environment, a person acts as a whole, with all his biological and social essence. He not only affects the world around him, but he himself is the subject and object of his own development, both physical and intellectual, moral, mental. [2, p. 79] His activity allows him, on the one hand, to demonstrate, to realize his spiritual and physical qualities, on the other - to reveal his potential in skills, abilities, physical abilities. In the process of activity, the adaptive



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capabilities of a person are determined and developed, the reserves of the functioning of his body are realized. And this is one of the most important conscious human needs.

By nature, in essence, the human body is a wonderful and amazing system, self-developing, self-adjusting, self-healing. However, the person himself is a social being, often instead of promoting, accelerating the development of his organism, infinitely expanding its capabilities - destroys it, limits its potential, shortens its life. As a rule, animals always live out the time allotted to them by nature (excluding death from wounds, poisoning, infection). Man, however, is perhaps the only creature that does not live out the term given to him by nature. He kills himself, slowly, but systematically and constantly, with his way of life, improper diet, irrational organization and recreation, drunkenness, smoking, drug use. In a word, he acts uncivilized in relation to himself.

Culture, as mentioned earlier, is a measure and method of a person's development, it is a qualitative characteristic of his activity, aimed not only at transforming the external world, but also himself, his spiritual and physical, bodily essence.

It is extremely important for a specialist in the field of physical culture to understand that culture is aimed not only at transforming the external social and natural environment, but also at the development of the person himself, at the formation of his physical appearance. Culture is not only a side of spiritual life. In the process of cultural activity, a person forms himself physically, in all the variety of forms of motor activity. This is the process of development of natural inclinations into human physical abilities, which, in turn, are manifested in all the diversity of his objective activity.

Studies have shown that the normative approach to assessing the physical qualities of students, used as the main criterion for the effectiveness of physical education, is outdated. At certain stages of the functioning of physical education, as an integral system of special pedagogical influences of students, it can play a positive role. However, in the current conditions of a significant decrease in the level of health of student youth, as a result of insufficient physical activity, their complete unreadiness to achieve the average normative-calculated results laid down in the program documents is revealed. At the same time, the standard itself, expressed in a certain result, often complicates the mechanism of its achievement by its inaccessibility or, conversely, by too low a level, which creates the illusion of the possibility of achieving it without systematic preparation. The spiritual aspect of physical culture is also manifested in the fact that with its help and in its sphere, spiritual values of great social importance (international Olympism, music, literature, sculpture) are formed.

Thus, the social necessity of activity in the field of physical culture reflects the objective needs of social development, it organically enters the life of society structurally, functionally and genetically. It cannot be attributed either only to the material, or only to the spiritual culture. Since it has material and spiritual forms of expression, it satisfies both material and spiritual needs of the individual and society. And also, it is necessary to develop various forms of physical culture lessons with student youth, taking into account the interests, needs and analysis of the physical activity of the students. In this regard, this problem remains open and does not lose its relevance in many important theoretical, pedagogical, sociological and health-improving areas.



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