

## Scientific Views and Views of Eastern Scholars on Physical Education and Sports

*Muratov Sanjar, Atajanov Adilbek*

Teachers of the Department of Theory and Methods of Physical Culture of UrSU

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**Annotation:** This article describes the views and opinions of Eastern scholars on physical education and sports. In particular, Alisher Navoi, Abu Ali ibn Sino, Amir Temur in their works expressed their views on the benefits of physical education and sports for human health

**Keywords:** physical education, sports, health, education, labor, cleanliness, physical activity, exercise, treatment, health, human.

Physical culture and sports have always been an integral part of society. Existing social communities have also attached great importance to physical education and sports in their development. In the past, wrestling, running and other national games were popular among the people, competitions were held at various celebrations, Navruz, holidays and weddings, and they had an educational value.<sup>1</sup>

Created 3,000 years ago, the sacred book of Zoroastrianism, the Avesto, contains debates, reflections and observations on many vital issues. Concern for the purity of the offspring and the health of the offspring are among them. The Avesto lists the factors of mental, physical, mental, and sexual health when giving advice on environmental protection, public, family, and personal hygiene, and adheres to the rules and regulations. Praise be to the healthy, intelligent children, to the brave, wise, multi-lingual boys and girls, to the far-sighted boys who can protect the country from calamities, to the pure generations who can see a bright future with a bright future.

Numerous pieces of evidence in the Avesto show that our ancient ancestors paid close attention to the physical, mental, and sexual upbringing of children from infancy. According to them, young children should grow up in the open air, in physical labor. In the Avesto, the human body is divided into muscles, bones, skin, brain, nerves, body, blood vessels and blood. The power of the body is divided into five parts: soul, conscience, fluency (body), perception, and eternal (ancient) spirit.

The Avesto also pays great attention to the cleanliness of the land, water, floor, room, body, clothing, food, and training of children.

The views of the great thinkers of the East Abu Rayhan Beruni, Abu Nasr al-Farabi, Abu Ali ibn Sino, Pahlavon Mahmud, Alisher Navoi on physical culture, health and hygiene are still relevant and relevant today.

Abu Nasr al-Farabi's (870-950) moral and philosophical observations on man and his psyche, thoughts on the health of the body are expressed in a number of works, such as "Ideal shahar aholisining fikrlari", "Falsafiy savollar va ularga javoblar "Hikmat ma'nolari", "Aql ma'nolari to'grisida".<sup>2</sup>

Abu Ali ibn Sina (980-1037) was born in the city of Afshana in Bukhara. He authored a book, a "Tozalik xaqida risola". It is now the basis of Abu Ali ibn Sina's world-famous "Tib qonunlari".<sup>3</sup>

<sup>1</sup> Botirov H.A. O'zbekistonda jismoniy tarbiya tarixi. –T.: Ibn Sino nomidagi nashriyot - matbaa birlashmasi. 1993

<sup>2</sup> Forobiy A.N. Fozil odamlar shahri. - T.: A.Qodiriy nomidagi xalq merosi nashriyoti, 1993

The scholar's pamphlet is divided into the following 5 independent chapters:

1. Fresh air
2. Bathroom
3. Food
4. Physical activity
5. Sleep and refreshment

Ibn Sina wrote in the fourth chapter of his treatise, "Physical training should not be too long in terms of level and number and should not be tiring. "They shouldn't be too fast, or they'll be too long, even if they're short, and they shouldn't be too loose, or they shouldn't be too long or too short."

Abu Ali ibn Sina emphasizes the need to focus on seven things in a healthy lifestyle and health:

1. To moderate the client
2. Selection of crunchy and drinkable foods.
3. Clean the body of debris.
4. Maintain proper structure.
5. Sufficient and good intake of nasal air.
6. Pay attention to clothing.
7. Regulation of physical and mental movements (this includes sleep and wakefulness).

The client elements are divided into 4: heat, cold, humidity and dryness. In general, the client is divided into two:

The first is a true moderate client (unconditioned reflex), in which the amount of conflicting moods in the client owner is equal.

In the second (conditioned reflex), between opposite moods, the client is not at all in the middle, but is more prone to one of the two sides, i.e. cold or heat, wetness or dryness, or both.<sup>4</sup>

Good results are obtained if attention is paid to the elements of the client in the prevention and healing of diseases.

Abu Ali ibn Sina's book, the "Tib qonunlari", contains advice on the prevention and treatment of diseases and the dependence of human health on environmental factors.

Hygienic upbringing of a child from an early age was considered by Ibn Sina to be the most important aspect of health.

In his opinion, it is necessary to pay attention to the severity of the child's behavior. Maintaining the health of the soul and body is thus achieved. Exercise plays a leading role in the general system of hygienic upbringing of a child. Abu Ali ibn Sina calls this a cure. It is clear from this that Ibn Sina gave a theoretical basis for the role and essence of physical education in human life as early as the Middle Ages.

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<sup>3</sup> Otajonova Sh.A. Oilada o'spirin-yoshlarni vatanparvarlik ruhida tarbiyalashda milliy qadriyatlardan foydalanishning pedagogik asoslari. Ped. f. n. diss-ya. - T., 2001

<sup>4</sup> Abu Ali ibn Sino "Tib qonunlari". Toshken. Ilm ziyo.2000.

Pakhlavon Mahmud (1247-1326), a famous representative of Uzbek poetry of the XIII-XIV centuries, a well-known rubainavis poet, a fiery nationalist, was also a great athlete of his time. He took part in national wrestling competitions, defeated all his rivals, and demanded not the prizes in exchange for victory, but the release of slaves and captives brought from Khorezm by the local governors. At that time, the sport of wrestling was very popular in Turkestan, and it was very popular among the people.

The great master Amir Temur paid great attention to physical training. According to “Temurnoma”, during his adolescence, Temur spent most of his time with his peers in physical training and military games. Temur himself and other participants of the games also became great military leaders after great physical training.

The great poet and thinker Alisher Navoi (1441-1501) in his works, promoting the ideas of physical culture and sports, described his heroes as physically strong, energetic and beautiful people.

Alisher Navoi's works "Xazoyinul maoniy", "Mahbub ul-qulub" and others contain valuable comments on the morals, spirituality, attitude to people, talents and abilities, physical well-being of a mature, well-rounded person.

In each of Navoi's "Xamsa" epics, the intricacies of the human being, such as inflexible will, willpower, courage, humane feelings, courage, agility, and puppetry, are skillfully described.

And so, Eastern thinkers highly valued the role of physical education in strengthening and protecting the health of the child. They paid a lot of attention to the importance of fresh air, the rules of skin care, toning the body, exercise. Advised on disease prevention and treatment.

The advice of Eastern thinkers on nutrition, labor, sleep, and exercise is still relevant today.