

**THE PLACE AND SIGNIFICANCE OF PHYSICAL EDUCATION AND PHYSICAL
CULTURE IN SOCIETY**

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Abstract: This article presents the history, development and impact of physical training on the human body. At the same time, the role and importance of physical education and physical culture in society is analyzed.

Key words: Physical education, physical culture, society, sport, organism, health, strength.

The years of independence are literally spent with the implementation of large-scale reforms aimed at determining the perspective of the socio-economic and cultural development of the Republic of Uzbekistan, striving to take a worthy place among the countries of the world community. Studying the experiences of the developed countries of the world, taking into account local conditions, economic and intellectual resources, the implementation of fundamental reforms in all spheres of society ensures new achievements [1]. The sphere of physical culture and sports occupies the most important place in the socio-economic and cultural development of our people. Physical culture and sports as a social sphere educate people to become physically, mentally and spiritually mature, perfect individuals, and economically, they are productive entities, that is, by restoring and strengthening the health and high working abilities of people, the production and economy of our country develops. contributes. As we know from history, the field of physical education and sports in every society serves the ideology of this society and develops under the influence of the ideology of this society. From the first days of independence, our state paid great attention to physical education and sports as the main factor in raising a mature generation, and it became one of the priority directions of state policy, and even today, great reforms are being carried out by our state. The emergence of physical education refers to the oldest periods in the history of human society. Elements of physical education were created in primitive society. People got their own food, hunted, built houses, and during this natural, necessary activity, their physical abilities - strength, endurance, speed - developed by themselves. Gradually, during the historical process, people paid attention to the fact that the representatives of the tribe, who led a more active and mobile lifestyle, repeatedly repeated certain physical actions, and showed physical strength, were stronger, more durable and more efficient.

This led to people's conscious understanding of the phenomenon of exercise (repetition of movements). The daily development of physical education and sports in Uzbekistan is pleasing to all of us. The incomparable importance of sports in forming a physically fit person is reflected in the decisions made by our government in recent years. This is the truth. Because it is no exaggeration to say that physical education and sports are the key to improving the health of the population and maintaining human health. We have been witnessing the confirmation of the sentence "Nothing can quickly introduce a country to the world like sports." Physical culture occupies a deep place in the general culture of the peoples of the world. Its teaching, learning and scientific research is one of the urgent problems of today [2]. The first traces and examples of physical culture are more common in the states around the Mediterranean Sea (Mesopotamia) that emerged in the IV century BC. The content and forms of physical exercise are expressed in military activities. Activities such as archery, hand-to-hand combat, boxing, chariot racing, and archery play an important role in this. in Asian countries. During the Middle Ages, ancient physical culture practices became widespread in India. Wrestling, archery, running, horse games were used in this. Along with national dances, khatkha-yog (Indian gymnastics), i.e. body

movement standards, ritual (ritual) games, etc. became popular [3]. During the last years, athletes of our country have won more than a thousand medals in various international competitions, more than 400 of them are gold medals. Currently, the schools established in Uzbekistan for boxing, judo, freestyle wrestling, rhythmic gymnastics, weightlifting, chess and other sports are known and famous all over the world. Today, the development of physical education and sports among the population, especially the role of sports in the education of young people, is being given great importance, and a number of practical works have been started in this regard.

Today, young people make up an unprecedented majority of the world's population, i.e. more than 2 billion people [4]. In this regard, the fact that unemployed people between the ages of 15 and 25 make up about 50 percent of the world's population is of great importance [5]. In Uzbekistan alone, more than 60 percent of the population are young people under 35 [6]. The future of any country is definitely built by the youth. The COVID-19 infection, which has not lost its influence even today, shows how important the role of physical education and sports is in establishing a healthy lifestyle of people and increasing personal immunity. put To date: "659,675,056 people worldwide have been infected with Covid, of which 6,678,336 have died. In our country, this indicator is 249,045 people infected with Covid, and 1,637 of them died." It was noted that immunity is the most necessary thing for the human body in the face of such a huge disaster that has befallen the entire humanity. People with strong immunity survived this disease mildly, but people with the opposite were not helped by medicine. A strong immunity can be achieved through a healthy lifestyle, the consumption of useful and high-quality food products, and most importantly, continuous and systematic physical training. The main way to create a healthy lifestyle and prevent various diseases is a properly organized culture of physical activity, sports, and a health care system. Physical activity normalizes the work of organs and systems in the entire human body, helps restore impaired physiological functions, increases mental and physical activity. Physical education is an integral part of general education aimed at strengthening health and harmonious development of the human body. One of the population indicators of physical culture in society [7]. "A healthy mind in a healthy body" is a famous proverb that is relevant in modern society, because a healthy mind and a healthy body are needed to create a healthy environment in society. should be. Physical education plays an incomparable role not only in improving a person's physical, but also mental health. It also protects mental health, increases resistance to stress and effectiveness in solving conflict situations.

This is the reason why physical education classes are introduced in all schools, colleges and HEIs. Quality physical education programs are necessary to increase physical competence, health-related readiness, self-responsibility, and enjoyment of physical activity for all students to be physically active throughout life [8]. At the same time, physical education and physical culture are closely related processes. Physical culture is a set of values and knowledge created and used by society for the purpose of physical and intellectual development of human abilities, increasing physical activity and forming a healthy lifestyle, as well as social adjustment. Physical culture is also known as body culture. At the same time, taking a deeper approach to physical culture, physical culture seeks maximum physical development through means such as a philosophy, regimen or lifestyle, weight training, diet, aerobic activity, athletic competition, and mental discipline. Specific benefits include health, appearance, strength, endurance, flexibility, speed and general fitness, as well as greater skill in sports-related activities. Physical education and physical culture have a direct impact on the development of society, effective work of people, development of mental abilities, mental purification and physical condition of future generations. That is why schools and colleges, higher educational institutions, especially higher military educational institutions, pay great attention to physical training. According to the World

Health Organization (WHO), it is recommended that young children do 60 minutes of physical exercise at least 3 times a week to maintain a healthy body [9]. Physical culture also has a place in the process of human adaptability to physical activities. The specificity of this field of activity is expressed in the additional definition of "adaptive", which emphasizes the purpose of physical education tools for people with health problems. This shows that physical culture in all its forms should stimulate positive morpho-functional changes in the body. Physical culture is a multifaceted social phenomenon that has a strong influence on the development and education of all layers of the population. In general, the most important specific function of physical culture is to create an opportunity to satisfy the natural needs of a person for physical activity and, on this basis, to provide the necessary physical opportunities in life [9]. Physical culture is a unity of real (practical) and ideal (mental) activity. In the course of this activity, a person enters into contact and relations with the social and natural environment [10]. Physical culture, like the culture of the whole society, includes a fairly wide range of various processes and phenomena: the human body with its own characteristics; physical condition of a person; the process of his physical development; classes in certain forms of motor activity; will be related to the above knowledge, needs, values, and social relations. Also, the formation of physical culture of a person is the goal of physical culture. The most important humanistic results specific to the educational system are the knowledge, skills, and abilities directed at physical culture, necessary for the use of physical exercises for the purpose of recovery, recreation, rehabilitation, and the formation of a healthy lifestyle. are skills. At the same time, a healthy, physically active lifestyle and the knowledge that forms the value directions of social relations to achieve it are of great importance.

After all, general physical education should form a world view of a healthy and mandatory physically active lifestyle. Each of the above is included in the world of culture as elements of a wider system that includes not only the socially formed physical qualities of a person, but also the norms and rules of behavior, types, forms and means of social activity. activity In conclusion, it should be noted that the system of physical culture of Uzbekistan serves to educate people not only physically, but also spiritually, to prepare young people for social work and defense of the Motherland. Therefore, physical culture is a complex social phenomenon, which is not limited to solving the problems of physical development, but also fulfills other social tasks of the society in the field of morals, education, ethics. Modern society is interested in the young generation growing up physically fit, healthy and happy.

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