

EDUCATIONAL ASPECTS OF PHYSICAL EDUCATION AND SPORTS

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Abstract: The goal of our society is to create a healthy lifestyle, create conditions that meet the requirements of the times for the population, especially the younger generation, to regularly engage in physical education and mass sports, to develop in young people their will, strength, courage and patriotism, and feelings of loyalty to the Motherland through sports competitions, as well as to systematically improve the selection of talented student athletes from among young people, and to carry out large-scale work aimed at further developing physical education and mass sports. Therefore, physical education and sports play an important role in strengthening the health of the population and raising students and young people to be physically strong and courageous people.

Keywords: physical education, sports, education, defense, students, sports tests, culture.

The educational aspects of physical education and sports have long been known. The ongoing fundamental reforms, especially in education, vocational training, arming young people with national ideas and ideology, and fostering feelings of loyalty to the Motherland are urgent tasks of the day. Physical education and sports occupy an important place in solving these tasks, finding solutions, and especially in raising a well-rounded generation. There are serious shortcomings in the targeted use of the multidisciplinary, wide-ranging, and deep educational and pedagogical potential of physical education in improving the health of the population, ensuring the physical well-being of students and young people, and educating them to be capable of labor and defense work. We can see this from the following:

- National spirituality, enlightenment, and culture are deeply rooted in our people. National games and sports embody specific socio-educational processes at their core. However, the penetration and popularization of national games into various festivals, weddings, holidays, and sports competitions is very slow;
- Women are the unrivaled support of our society, state, and family. They are not only busy with caring for and raising children. They are also the creators of family happiness and a healthy lifestyle;
- Thanks to independence, the number of women working selflessly in education, medicine, trade, culture, communications, economics and finance, and other sectors of the national economy (industry, construction, agriculture and water management, various types of farming, etc.) is increasing day by day;
- There are many women in the family who are only involved in raising children. First of all, they should engage in physical education for their own health. They should also know how to properly use physical exercises, games, the healing powers of nature (water, air, sun) and hygienic factors to raise young children healthily. However, not all mothers pay full attention to this process and are well aware of the essence of physical education. Of course, there are some reasons for this;
- There are many events and programs that have been carefully developed by specialists and tested by competent sports organizations, and most importantly, approved by state agencies. Among them, special sports tests aimed at improving the health and physical fitness of the population are of great importance. As noted at the beginning, the number of people who complete various competitions in special sports tests is not very high among schoolchildren, working youth and students;

- It should be recognized that 50-60 percent of schoolchildren and students, and 25-30 percent of workers, participate in competitions held according to some regulatory requirements of special tests, such as running (cross), jumping, and horizontal bar pull-ups. Although these indicators are somewhat positive, they do not fully meet the requirements of special tests;
- In most residential areas (neighborhoods, apartment buildings, villages), preparatory work for special sports tests is not carried out, appropriate conditions (responsible staff, facilities, equipment, plan) are not created. This is one of the most complex and, in turn, urgent problems in physical education and sports.

The main part of the problems mentioned is related to special health sports tests and their acceptance. It has been more than ten years since the work on the implementation of sports tests began. However, there is a mechanism that negatively affects this process, which does not have any scientific and methodological basis. This is due to the organization of work on sports tests. There are up to 8-9 tests for age groups. They cannot be taken at the same time. If they are not taken at the same time, they do not reflect the physical fitness necessary for health, labor and defense. As a result, unreliable information about physical fitness is obtained. According to the theory of sports tests, test and control exercises should be taken on the same day, consecutively. Only then will the true level of physical fitness be known.

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