

**IMPROVING THE EDUCATIONAL AND EDUCATIONAL PROCESS IN
THE FIELD OF PHYSICAL EDUCATION THROUGH
THE DEVELOPMENT OF SPORTS THEORY**

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ABSTRACT

One of the priority directions of improving physical education is following the traditional humanistic principles of the domestic system of physical education, which have not lost their relevance in our time. These include the principles of comprehensive harmonious development of personality, wellness orientation, and the application of physical education. But they should be filled with modern content. At the same time, it is necessary to form directions, principles of physical education and requirements for it, taking into account the modern socio-cultural situation.

KEYWORDS: *Personality, Sport, Theory, Development, Physical Education, Physical Culture.*

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