
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.*

1. INTRODUCTION

A reliable guarantee of maintaining one's physical condition, strengthening health by means of physical culture, and prolonging creative longevity is a person's ability to do it independently. Therefore, the central direction of improving physical education, without detracting from the importance of others, is its orientation to physical education. It is achieved by expanding and deepening the knowledge of the Olympic movement, personal hygiene, the importance of physical culture in modern conditions, its impact on the physique, mental and physical performance, human vitality, providing independent competent use of physical culture during school and working hours, in the process of independent studies, in family life, necessary for self-control.

At the level of creative formation of the physical culture of the individual, knowledge is needed that allows you to operate with general concepts, set yourself and independently solve the tasks of physical education and self-education. Along with knowledge in the process of physical education, methodological skills and skills necessary for their practical application should be formed.

The formation of a self-developing personality is an important direction in the implementation of the humanistic idea of physical education. It should be carried out on the basis of a full-fledged physical education and the assimilation of humanistic values that motivate physical self-improvement. [1]

An important direction of improving physical education is the formation of physical culture and sports interests of the individual. To do this, physical education should be emotionally saturated, bring useful results for the student, excite and satisfy the need for self-knowledge, evoke a sense of natural satisfaction from motor activity. The improvement of physical education presupposes in the process of designing and implementing the content of physical education compliance with the requirements of the principle of compliance with the age and gender characteristics of those involved.

One of the key areas for the practice of improving physical education is the allocation of basic and variable components in physical education. The basic component includes knowledge, skills, skills, levels of development of motor capabilities that provide psychophysical adaptation to changing living conditions. It is being developed taking into account the content of the traditional national system of physical education, which corresponds to the resource provision that has been formed for many decades, and modern requirements for physical education.

The content of the variable component is formed taking into account the fact that the same result of physical education can be achieved through the use of its various means, which is due to the transfer of fitness. Practically, the possibility of this is confirmed by the fact that in different countries, physical education systems that differ in content provide the same degree of specific adaptation of students to approximately the same changes in working conditions, military service, etc. [2]

Taking into account unfavorable environmental conditions is the next direction of improving physical education. Under the influence of unfavorable environmental conditions, conditions occur that are considered as borderline between norm and pathology. This significantly increases the requirements for the selection of content, individualization of physical education and the level of medical and pedagogical control over it.

Physical education should provide a link with the national culture. The education system is a social institution that transmits the values of world and national culture to the individual and society. Physical education, being an element of the education system, should also preserve, transmit and multiply these values using its own specific means rooted in national culture. These include, first of all, folk dances and outdoor games.

Along with the considered important areas of improvement of physical education are its intellectualization and strengthening of health-improving orientation. Physical education should increasingly focus on educational and recreational-hedonistic functions. Preference should be given to modern attractive forms of movement, characterized by motor expression, artistic expressiveness, allowing creative improvisation. In the process of physical education, along with its traditional athletic content and the formation of coordination abilities, more attention should be paid to dance (jazz dance, break dance, creative dance, folk and other dances), mobile, sports games and other emotionally intense, sports-related types of exercises and wellness systems.

One of the practical directions of improving physical education is the development of the normative and programmatic basis of physical education of the State Sports and Recreation Complex. The purpose, objectives and requirements for the content of physical education, levels of assessment of physical fitness, scales of assessment of the harmony of physical development included in the Complex are the programmatic and normative basis of physical education and its continuity in ontogenesis. [3]

Recently, transformation processes in various spheres of human activity have been carried out on the basis of conceptualization and programming. This direction is intensively developing in the field of physical education. Despite the fact that the need for the development of concepts is clearly observed in pedagogical science and practice, today there is no unified theoretical and methodological understanding of the ontology of the concept. This is due to the state of the general methodological culture among scientists and educational practitioners engaged in theoretical modeling of the transformation of pedagogical reality.

The analysis of many documents developed within the framework of this direction indicates that, in fact, they are not concepts, but are components of theoretical constructs of one or another element of the education system. In some cases, there are aspects related to its modernization. In order for the process of conceptualization in education and physical culture to be carried out more

productively, it is necessary to determine the content and scope of the concept of "concept". In our opinion, its modern understanding should be based on a system-based methodology, in which the concept is understood as a general, abstract system of norms that serves as the basis for the transformation of concrete practical activities. Its structural components are: problem field, values, purpose, theoretical foundations, scientific approaches, principles.

It is from this foundation that we proceed when we carry out a methodological analysis of the concept of the educational subject "Physical culture".

Before proceeding to it, it is necessary to outline the state of conceptualization in the field of physical culture in order to see the place and significance, relevance, necessity and methodological orientation of this document in the modern physical culture space. An analysis of the literature and the state of physical culture practice on this issue shows that the development of various concepts takes place in physical culture and sports, both in our country and in Uzbekistan.

Reflexive understanding of these documents shows that the authors do not always manage to maintain the project structure and content. In addition, there are differences in approaches to physical education in our country. The latter is designed to implement the process of reproduction and translation of physical culture values. Sport is one of the brightest components of physical culture, but it is only a part of it (an area, an element), and not the whole phenomenon, therefore, the orientation of physical education of schoolchildren to the formation of their sports culture, in our opinion, is a one-sided process. [4]

This one-sided orientation of physical education does not allow to implement the ontology of the subject "Physical culture" at school, namely, to form a general physical education of students based on a culturological approach. Today, scientists reflect on the consideration of the academic subject "Physical culture" as a meta-subject within the school. In order to solve the problems of physical education of students in society, it is necessary to integrate all forms of physical education (regular, extracurricular, extracurricular). This problem is socially complex, and not just a problem of the education system.

The normative foundations of the concept are humanistic and personality-oriented approaches, but the main ones should be culturological and activity-based approaches. This document lays down the implementation of subject-subject relations in the educational process. The subject is understood by the authors as a natural, social and cultural being, they have determined the orientation to self-development of the individual.

Thus, it is safe to say that there is a concept, and it is spelled out quite thoroughly on the declared methodological basis and at the modern methodological level. To improve it, you should:

- Ontologically design and prescribe a variable component;
- To develop in more detail the level content of physical education;
- Meaningfully work out in physical education the provisions on sexual dimorphism, the subject of physical activity, cultural and activity approaches;
- Specify the pedagogical means of implementing conceptual provisions (transition to technology);
- Prescribe the requirements for the implementer of this concept - a physical education teacher (transition to technology);
- Give a list of resource support and fix its characteristics (transition to technology);
- To prescribe in more detail the theoretical foundations of the concept, i.e. the theory of educational physical activity;

- Strengthen the integration approach to organizational forms of physical education of students;
- To fix the transition, transformation, vector of movement from the traditional form of organization of training to the task-target and problem-situational.

Other education institute academic disciplines should follow the path of conceptualization. This concept can act as a model here, but taking into account the ontology of design, the construction of these organizations in the educational space.

The main mechanism for implementing the process of improving modern physical education is the improvement of personnel, logistical, scientific, methodological support, medical and pedagogical control, management of physical education. The fundamental principle of the implementation of the process of improving modern physical education is the coordination of the activities of those interested in solving its problems. To implement the process of improving modern physical education, a modern specialist is needed. He must master a cycle of social and humanitarian-cultural disciplines, receive broad general professional theoretical and methodological, natural science and practical training, as well as in-depth special training for physical education of various contingents. Special attention needs to be paid to the formation of a humanistic professional worldview of specialists and readiness for the formation of physical culture of the individual involved. [5]

An important condition for improving staffing is the system of retraining and advanced training of personnel in physical culture. One of the main conditions for the implementation of the process of improving modern physical education is the modern material and technical base of physical education. It is impossible to form the physical culture of the individual in conditions that do not meet the requirements of the educational process. The deterioration of the service inventory and equipment creates a danger to the health of those involved.

In modern conditions, it is advisable to present all sports facilities available in the areas adjacent to the school to educational institutions in the daytime, giving preference to children of preschool and primary school age.

Scientific and methodological support of physical education of preschoolers, students and students is an important factor influencing the effectiveness of the national system of physical education. The development of applied and fundamental research in conditions of limited financial opportunities requires the identification of priority areas, specialization of performers, coordination, careful planning of topics and examination of its results.

In order to make more effective use of scientific potential in the field of physical education, it is advisable to more actively create specialized scientific laboratories in universities that have scientific personnel capable of effectively conducting scientific research.

Currently, there is a need for computerization of physical education, which is one of the unused reserves of its individualization and efficiency improvement. Research on the computerization of physical education has been conducted in the republic.

Textbooks and methodological developments, didactic materials, visual aids and technical training tools, inventory and equipment should also be developed taking into account the content of state educational programs and contribute to their successful implementation.

Physical education of students is impossible without medical support. It is carried out by health authorities, medical and preventive institutions and a system of medical and physical education dispensaries. Specialists should provide constant medical supervision during physical education. Conduct medical and pedagogical observations, organize medical examination of students. Depending on the state of health, they distribute preschool children, students and students into basic, preparatory, special medical groups and transfer them from one medical group to another.

Highly qualified and competent specialists are needed for effective medical supervision of physical education. The solution to this problem in the coming years can be achieved by introducing specialization in medical control of physical education of the population and sports medicine. [6]

The methodological basis for improving the effectiveness of physical education management is the principles of: mutual responsibility, a clear horizontal distribution of management functions and tasks; strict hierarchy, interaction of management bodies at its various levels, differentiation of management functions at each level; elimination of redundant information, increasing its objectivity, interaction of state and public bodies.

In order to improve the management system, it is necessary to introduce new technologies for automating information flows, creating banks of statistical reporting, data on physical development and physical fitness, and other pedagogical and sociological information.

It is necessary to create a unified system of criteria for evaluating physical education at various levels of government in the country and to periodically monitor its effectiveness. The system of criteria should encourage the development of priority areas of the process of improving modern physical education.

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