

PROMOTION OF PHYSICAL EDUCATION AND SPORTS

Rakhimov Shermatjon Mirzarahimovich*

*Department of Physical Culture and Methodology,
Kokand State Pedagogical Institute,
UZBEKISTAN

DOI: 10.5958/2249-7315.2022.00170.8

ABSTRACT

The article provides information on the implementation and promotion of various activities for the development of physical culture and sports in higher education institutions. Physical education and sports are the main criteria for human health. The article reflects the importance of physical education, especially in the healthy upbringing of the younger generation.

KEYWORDS: *Physical Education, Activities, Sports, Society, Human, Higher Education Institutions, Education, Training.*

INTRODUCTION

Promotion in the development of physical education and sports is a living source of influence. Due to this, our party and government pay great attention to the mass promotion of sports. It is aimed at physical and spiritual education in higher education institutions, strengthening their health, maintaining the ability to work creatively for many years, increasing labor productivity.

Therefore, special attention is paid to the movement of physical culture in educational institutions, its further development. For this reason, the comprehensive promotion of the essence of physical culture and sports among the general public is an important task of all physical culture, agro-industrial associations, societies and other organizations. Promotion of physical culture and sports means the full use of mass media to integrate physical culture and sports into the daily life of the people, the dissemination of popular, scientific and methodological knowledge and experience in this field.

Promotion of physical culture, sports and tourism among the population, especially in settlements, rural areas, especially among students and working youth, is one of the most important areas of the management of physical culture in the country. Screening of sports films, oral lectures and reports were tried and tested in the organization of propaganda and agitation work. Various state and public bodies are engaged in advocacy work in the country.

MATERIALS AND METHODS

They can be divided into three main groups:

1. Organizations of physical culture: physical culture and sports in the society republican sports press, publishing houses.
2. State and public organizations: ministries, departments and other organizations that directly carry out fiscal and sports activities in society on the basis of the constitution and special regulations of the Society of Ministers in society. Among them are educational and methodical posters, various visual aids, and technical aids for education and higher education institutions. All this serves as an important tool for the promotion of physical culture and sports. 1. About means of increase of working capacity of workers and laborers, strengthening of their health, prolongation of life.

3. On raising the living culture of the people in the settlements and villages, and the role of physical culture, sports and tourism in this.

4. On ways to expand and radically improve the forms of mass physical culture, sports and health activities of young swimmers.

5. About individual, family and group practice, competitions and other ways to spread new forms.

5. On the organization of physical education in the family, its broad path, morning gymnastics, running, games, explaining the role of hikes.

The experience gained in recent years suggests that it is expedient to establish a group of lecturers on physical culture and sports (Knowledge) in large groups, educational institutions, sports clubs and physical education teams.

Because this group gives lectures not only on Facebook, but also in other teams, especially in manufacturing enterprises, collective farms and state farms, on sports, organizes sports meetings, attracts young people to sports, helps them in choosing a profession.

One of the most important tasks today is to involve specialists in the promotion of physical culture and sports, to train them as lecturers. The achievements of the society, the victories of the athletes of the society in the international arena, the high activity of the coaches, the achievements of the scientific work in the field of physical culture, sports and tourism, One of the main tasks is to bring new experiences to the people.

There is a lot of work to be done to control the physical education and sports activities in a good way. Control means not only demanding the implementation and execution of relevant laws, decisions and tasks, but also closely assisting in its correct and timely and quality implementation. Types of control. Control in the field of physical culture and sports are divided into the following types: Party, state, people's and public control. Party control. Supervision of the activities of the governing bodies of physical culture and sports. conducted by party bodies. Sports organizations are controlled by party control according to the primary party organizations of the daily sports societies. If necessary, party commissions will be formed and their activities will be inspected.

The management activities of the agencies are supervised by the public authorities. At the same time, it monitors and controls the implementation of legislative acts, party and state decisions on physical culture and sports. State control over the movement of physical culture and sports in society is carried out mainly by public authorities, which have the rights and privileges, ie the State Sports, the State Sports Organizations of the Allied Republics and its subordinate bodies, as well as relevant ministries and departments.

CONCLUSION

There are many supportive societies in many offices. They also work in this field. The development of physical culture and sports among district and rural workers will be closely assisted by the People's Deputies and the Society, as well as the permanent deputy commissions established under them. The Society of People's Deputies and the Standing Deputy Commission on Physical Culture and Sports have the right to control and inspect the activities of physical culture and sports on their territories by state means.

REFERENCES

1. R.Abdumalikov.Ways to expand physical activity.-Tashkent."Medicine".B. B.34.

