

THE SIGNIFICANCE OF PHYSICAL CULTURE AND SPORTS AESTHETICS IN INCREASING SOCIAL ACTIVITY OF YOUTH

Mamarasulov Ulugbek Umirzakovich

Researcher of the Samarkand State

Institute of Foreign Languages

Annotation:

The article presents analytical conclusions about the social significance of physical culture, physical education and sports aesthetics, their impact on the education of young people. It is scientifically analyzed that physical culture as a part of human culture is directly related to the socio-economic progressive development of society, the health of its members, the humanistic worldview and the means of ensuring the comprehensive improvement of people in the form of national wealth and property.

Keywords: physical culture, physical education, sports, aesthetics, healthy lifestyle, communication, value.

Physical culture as an important component of the social culture of society is a generalization of certain activities aimed at ensuring people's health. Sport is an integral part of physical culture and is a type of activity aimed at repeating regular training and achieving results. Despite the fact that physical culture and sports have long been scientifically studied as an important part of human activity, their aesthetic essence, social functions, values, and level of significance in society are still relevant.

Many activities related to the physical culture of a person begin with the word "physical". In particular, the word "physical" in terms of physical fitness, physical fitness, physical development, physical maturity, physical perfection, physical qualities, physical fitness, physical movement, physical exercise and similar concepts represents the physical activity performed and manifested by our body.

The activity of each person, work, body, parts of the body, parts of the body in space change their position, and this is expressed by the word physical.[1:228] The word "physical" basically refers to an activity performed involving the skeletal muscles of the body and joints - activities showing all the muscles, some of them, or one part, several parts together.

And physical culture, as a part of human culture, is directly related to the socio-economic progressive development of society. Physical culture is a product of the specific historical conditions of each nation. The health of members of society, the humanistic worldview and the culture of the body are characteristic of their time and will remain a means of ensuring the comprehensive improvement of people in the form of wealth and property of the entire nation in a certain period of social development or its indispensable condition.

Physical culture is a set of achievements in the creation and rational use of special means, methods and conditions for the purposeful implementation of the physical maturity of members of society, it incorporates social processes that have a direction [3: 104], any person assimilates the content of physical culture worthy of him, achievements in this area become his personal property. Sometimes people are engaged in physical education for therapeutic purposes, as this allows you to restore temporarily lost functionality of the body.

Physical culture - a set of material and spiritual resources created and used by a particular society for the physical education of members of the society, means the level of physical maturity of members (sports achievements). Spiritual wealth is a set of special scientific achievements created, formalized, ideological, scientific-theoretical, methodological, organizational and practical in the field of education, which are constantly enriched and changed.

The physical culture of people performs a number of functions in the development of social life:

determines the relevant standards of human performance;

a service for collecting data and information related to physical culture and mediates their transmission and dissemination from generation to generation;

forms interpersonal communication, mutual communicative (communicative) relations;

the service of education of aesthetic taste, associated with the satisfaction of the need for the aesthetics of human movement;

a service related to satisfying the natural human need for constant movement and ensuring the state of physical fitness necessary for his daily life.

The high physical culture of the people and the nation is manifested in mass cross-country races, running, cycling, public or family trips. At the same time, the development of the physical culture of the society can be assessed on the basis of the following indicators:

with the level of inclusion of physical culture in the daily life of members of society;

depending on the high or low level of health and physical fitness of members of society;

material and technical support of sports and cultural events and their quality;

is evaluated according to the achievements of society members in sports.

Physical education is a process aimed at improving the human body, the formation of basic, vital motor skills, related theoretical knowledge and practical skills, the development of motor qualities. According to the essence of physical education, it is aimed at the purposeful development of the physical qualities of the body, comprehensively influencing its natural characteristics, performing physical exercises with the norms of physical functional loads, as well as optimizing the mode of human life from the external environment of nature. It is necessary to stimulate and manage rational use.

As a result of human labor or consciously voluntary physical actions, biological "energy" appears, which is not only spent on muscle activity, but also has a positive effect on the development of mental and spiritual abilities [4: 188]. physical education. People of short

stature and with little physical activity are mentally depressed, they usually have nervousness and health problems.

Sport means that a person develops physical, mental and spiritual abilities as a result of regular participation in certain physical exercises. "Sport, in particular, provides a significant development and growth of physical and related abilities. The concept of sport, which is considered an integral part of the physical culture of society, is a Greek word, and in its original meaning it means "work", "compete". As government systems strengthened, sport came to be seen as a means to win competitions and achieve success.

Today, mass (volunteer) sports are also developing, which promotes a healthy lifestyle in society. Mass (volunteer) sports include futsal, football, volleyball, basketball, handball, athletics, walking, running, swimming, chess, which are based on the initiative and desire of each person and are liked by many. , including checkers and other types. At the same time, we can also include national and ethnic sports. So, for some, sport is a source of entertainment and pleasure, for others it is a form of activity and a source of self-sufficiency.

List of used literature:

1. Khonkeldiev Sh., Abdullaev A. Physical culture of a healthy lifestyle. - Fergana: Fergana Publishing House, 2010. 228 p.
2. Matveev L.P. Theory and methodology of physical culture. M.: FiS, 1991. 14p
3. Ashmarin B.A. Theory and methods of physical education. M.: FiS, 1990. 104p.
4. Evseev Yu.I. Physical education. - Rastov , 2008. 188p.
5. Kerimov F.A. Scientific research in the field of sports. -T.: Zar Kalam, 2004. 84 p.