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STUDENT - THE NEED FOR A MODERN APPROACH TO THE FORMATION OF THE PHYSICAL CULTURE OF YOUTH

Submission Date: May 09, 2022, **Accepted Date:** May 18, 2022,

Published Date: May 30, 2022

Crossref doi: <https://doi.org/10.37547/ijp/Volume02Issue05-06>

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ABSTRACT

This article explains the need and possibilities of an integrative approach to educating a harmoniously developed generation. The article also shows ways to ensure the integration of physical and spiritual-moral education in the formation of the student-personality.

KEYWORDS

Education, upbringing, harmoniously developed generation, integration, personality, physical education, spiritual and moral education, action games, spiritual and moral criteria, didactic principle.

INTRODUCTION

At the new stage of development of Uzbekistan, there is a need to improve the institutional system of youth social action, and the need to improve and enrich the qualities of social activity formed in young people is a purposeful organizational and pedagogical process. Today, "to renew and modernize our country, to develop it on an innovative basis, to carry out the multifaceted and complex tasks set before us, we have

to take responsibility in any situation, which is modern and creative thinking. We entrust important tasks in the management of the state and society to young, patriotic, energetic, intellectually gifted, able to receive [1]. Therefore, one of the urgent pedagogical tasks is to bring up socially active followers, leaders, and responsible, selfless and patriotic youth.

THE MAIN PART

In the first years of independence, the foundations for the gradual improvement of the physical culture of students in educational institutions were created through normative legal acts. For example, the adoption of the Law "On Physical Culture and Sports" on January 14, 1992, which created a legal basis for sports in our society, the development of physical education, educating the next generation on the basis of physical cultural skills. In 2000, with the adoption of a new version of this law and amendments, a new era in the field of physical culture began in our country. Also, The Law on Education, adopted in July 1992 and amended in 1997, also provides for the creation of conditions for the protection and strengthening of the health of students, study, work and leisure. educational institutions are said to be responsible. The process of renewal in Uzbekistan will be carried out based on the instructions of the first President, "Laws must go before the process of change." In the first years of independence, the Law of the Republic of Uzbekistan "On Physical Culture and Sports" was adopted. The second edition of this law was approved on May 26, 2000. The new edition of the Law of the Republic of Uzbekistan "On Physical Culture and Sports" was adopted on September 4, 2015 [2].

The creation and legalization of opportunities for students to receive quality education and grow up physically fit is a guarantee of their bright future. Based on the Decree of the First President of Uzbekistan Islam Karimov "On radical reform of the system of education and training, upbringing a harmoniously developed generation", the Resolution of the Cabinet of Ministers of the Republic of Uzbekistan dated May 27, 1999, and other official documents Healthy Generation "program was developed and put into practice. The program is based on the principle of

"Healthy mother and healthy child", the development of physical culture through the formation of a healthy social environment in society, sports and health activities, The basis for the development of pedagogical technologies of physical culture through the application of the practice of physical education in the educational process has been created. At the same time, special schools, ie for children with disabilities and physical disabilities, and physical education in order to improve the physical and cultural skills of young people by improving the activities of sports clubs for the disabled, to strengthen them, to eliminate physical disabilities there was a need to create exposure technologies through. In accordance with the concept of the development of physical culture and mass sports in the Republic of Uzbekistan for 2019-2023, a system of training and selection of innovative thinkers will be created. According to his introduction of special sports management programs in the process of training administrative staff in the field of physical culture and mass sports, conducting seminars for professionals, managers, sports health workers and psychologists, Sport Management, Sports Leadership, and Sports Internships will be organized in the world's leading sports centres in the field of Administration [3-7]. The three-stage sports competitions held in our country are of great importance in the pedagogical process of developing the physical culture of students on the basis of an innovative approach. After all, the implementation of an integrated system, which includes sports games "Umid Nihollari", "Barkamol Avlod", and "Universiade", makes sense as an evolutionary growing process in the development of the physical culture of the youth of our country. Today, along with the creation of pedagogical bases and educational technologies for the development of physical culture in students in the education system, in addition to improving the activities of the sports club council, and expanding its activities, the development



of physical culture in students 'robbers, developed a methodology for improving the activities of sports games and training groups [8-11]. Also, in the concept of development of physical culture and mass sports in the Republic of Uzbekistan for 2019-2023, the curriculum of educational institutions includes the formation of healthy lifestyle skills and healthy eating that stimulate the physical activity of students. It is planned to organize events and special courses. In the process of developing physical culture among students of educational institutions, physical education in educational institutions plays an important role in the activities of professional colleges for the preparation of Olympic reserves, built in each region. Because through them the physical perfection of students, Criteria of pedagogical activity connected with physical culture and sports, bases of development of physical culture skills are developed, tested. In addition, research work on the preparation of students for physical culture will be carried out and the results will be analyzed through the organization of experiments. In our society, the education system plays an effective role in shaping the positive attitude of young people to national values and traditions and educating them in the spirit of loyalty to values and traditions. Along with physical education classes, the creation of a system of folk national games and tours is an important step in the development of physical culture skills in students. The development of physical culture among young people has always been considered one of the priorities of public policy. In the education system, the gradual development of physical culture among students on the basis of the State Education Standard, the introduction of physical education on the basis of membership, and the establishment of separate classes are important. Through this, the state began to organize work based on a clear strategy, taking a systematic approach to the physical development of students, achieving comprehensive perfection. In the

pedagogical process, fundamental research has been carried out on the creation of methods, forms and educational technology for the pedagogical development of physical culture. In particular, in 1999, a Physical Education program was developed for secondary schools [11-15]. However, there were a number of organizational and educational challenges in implementing this program.

CONCLUSION

In conclusion, the need to develop physical culture skills, in particular, physical qualities, and the seriousness of the results are obvious. In conclusion from the above considerations, it should be noted that the main task of physical education is to maintain and strengthen human health. Physical education and sports should become a daily necessity for students, as well as a key factor in the overall development of sports, a healthy lifestyle, the development of a harmoniously developed person, and the elimination of crime and various vices. lib. Among the tasks to develop physical culture skills in students is to strengthen the health of students, it is also important to identify issues aimed at increasing the level of physical development. The pedagogical significance of physical education and sports activities is high in the formation of such qualities in students as willpower, aspiration to win, agility, self-control, and endurance.

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