

**THE ROLE OF PHYSICAL EDUCATION IN THE EDUCATION OF STUDENTS
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ANNOTATION

Pupils' physical culture is an important factor determining the effectiveness of physical education. Also, physical culture is an integral part of the general culture of man and society.

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Physical culture is a set of achievements in the creation and rational use of special tools, methods and conditions for the purposeful realization of the physical development of members of society (L.P. Matveev, 1991).

When a person is physically healthy and strong, he perceives the beauty of life better, his intelligence increases, and he observes the environment astutely. From this point of view, it is clear that physical education is an important factor in a person's health. So, this education is the ground of intellectual, moral and aesthetic education. In other words, a stagnant pool of water is useless, and a person without movement is like a pool, while the gushing water itself is beautiful, as it refreshes the fields and gardens. , a person who engages in physical activity will be beautiful (physically), beautiful in mind, and beautiful in manners.

Among the main concepts of the theory of physical culture, the culture of the human body is a broad, comprehensive concept. Concepts of physical education and sports embody pedagogical processes that have their own directions as a component of the concept of physical culture (B.A. Ashmarin, 1990, L.P. Matveev, 1991, A. Abdullaev, Sh. Khankeldiev, 2005).

In the textbooks written by the mentioned authors for students of physical culture faculties of physical culture institutes and pedagogic institutes, this concept is defined as follows: "Physical culture is an individual created by society for the physical training of members of society and is a set of material and spiritual resources that are used".

In the process of physical education of students, the following main tasks are solved. First task: Strengthening health, training body parts, correct physical development and influence on the increase of its working capacity.

It develops the basic qualities of movement, such as strength, quickness, and agility, which correspond to the age and gender of the students. The aforementioned physical qualities do not exist separately, but one of them takes the leading place in one or another type of activity. For example:

- Agility in action and sports games,
- In running a short distance - you can say speed. Of course, the school program creates the necessary conditions for the comprehensive development of students' actions and qualities, as well as their physical development and general work abilities. At the same time, it is necessary to educate students' moral and willful qualities, to develop the skills of behavioral culture.
- Second task:
 - Education of pupils' conscious attitude to their health, which is reflected in their neatness, compliance with hygiene rules, morning gymnastics and regular participation in sports. The more a student learns about the health benefits of physical education, the more his interest in it increases. Moderately, in time, a person engaged in physical education should be deeply aware that he will not need treatment. According to the observations of scientists and doctors, physical education increases innate heat and gives relief to the body. Because they easily generate heat and eliminate the accumulated waste in the organs. If physical education exercises are performed in an orderly and specific way:
 - Harmonizes the thought
 - Helps blood flow
 - Improves digestion
 - Strengthens the nerve
 - Increases body temperature
 - Sharpens the mind.
 - Physical education makes a person fresh, alert, capable in all aspects, so wise people have not for nothing said that physical education is the education of beauty. In order for a person to be physically healthy and mature in all aspects, he should act sparingly with a certain goal in mind, engage in physical exercises in the heart of nature or in a neat and tidy gym.
 - all of these develop a sense of sophistication, intellectual understanding and taste in him. There is no doubt that various, clearly, expressively performed physical exercises create an aesthetic experience and feelings. In the process of performing physical exercises, the matching of the purpose of the actions in terms of both form and content ensures its beauty. Usually, after long-term mental work, students' ability to work gradually decreases. This condition is quickly noticed by students. Children can be restless during class, move too much, get up from their seats often, talk to each other, sit backwards and sideways, make noise, etc. Especially in the 25-30 minutes of the lesson, the students' attention decreases significantly, it becomes difficult to learn the topic being explained, and some mistakes are made in the work. Students have to repeat the topics they are studying several times. In addition to mental fatigue, the back, shoulder, and neck muscles that hold the figure are also tired. As a result of fatigue, the back bends, the shoulders fall down, the head bends forward, and the body balance is disturbed. If this situation is repeated, the students' ability to work will decrease, their stature will deteriorate, and their health will be negatively affected. Such exhaustion is prevented by alternating mental work with physical work. "Fizkultminuts", that is, minutes of physical exercise in students:
 - Increases activity
 - Restores weakened working capacity



- Improves mood.

Physical culture is a product of specific historical conditions. In each socio-economic formation, the culture of the body of the members of the society is characteristic for its time, and in a certain period of the development of the society (social formations), it is a tool that ensures the all-round perfection of the individual in the form of wealth and property of the whole nation or its mandatory condition. is emphasized in special literature.

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