

**TRENDS IN THE DEVELOPMENT OF THE THEORETICAL  
FOUNDATIONS OF PHYSICAL CULTURE**

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**ABSTRACT**

*The article presents the trends in the development of the theoretical foundations of physical culture. The essence of the article is revealed in detail based on the following trends: evolutionism, evolution, evolution of development. As a result, their great socialization, educational and economic potential was not fully realized, which led to a decline in the international prestige of the country. Evolutionism is a certain trend that takes place in only one form of development, that is, without interruption, without leaps, without any interruptions. Since the middle of the 19th century, the idea of evolution has become widespread in European science.*

**KEYWORDS:** *Physical Culture, Directions, Evolutionism, Evolution, Evolution Of Development, Theoretical Aspects, Directions Of Development.*

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