

## PHYSICAL EDUCATION THEORY AND METHODOLOGY

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### ABSTRACT

*A fundamental body of knowledge for physical education specialists is taught by the science of the theory and methodology of physical education as a field of study, with a focus on the specialty. This knowledge includes human physical perfection and the general laws for achieving and managing it. Physical culture is a field of study that traces and generalizes the physical culture facts already known. As a practical science, it offers theoretical and practical knowledge in the areas of physical culture and its methodologies, tools for human physical perfection, and an increase in the pool of essential movement and life skills. Opinions and observations on the philosophy and methods of physical education are maintained in this article.*

**KEYWORDS:** *Physical Education, Theory, Methodology, Sports, Personality, Education, Development, Wellness.*

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