

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

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**DOI: 10.5958/2249-7137.2022.00212.9**

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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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### INTRODUCTION

In the field of modern physical culture, there is a growing need for changes in public consciousness. Each era develops its own way of thinking and new knowledge, on the basis of which the integration of human knowledge takes place.

In the context of growing global competition in all aspects of development, every country in the world today needs to improve the quality of human capital. This requires a radical revision of approaches to the health of the nation - a healthy worldview for people of all ages, constant concern for physical, spiritual and intellectual health, strengthening physical health [1].

The purpose of our study is to analyze the methodological problems of society in the second half of the 20th century and today's achievements, to study the theories of cultural thinking and physical education in the field of physical culture associated with its formation.

All this is directly related to the field of physical culture, physical education. Today it is important to choose a strategy for their further development for the past decades. This is especially true against the background of a very low turnout (and before that at major sports forums, physical education, a variety of sports values, constant reassignments (albeit in some cases) and successful performances) the entire younger generation is waiting for. 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. This requires studying the trends in the development of the theoretical foundations of physical culture.

We will try to shed light on the basic concepts of the topic based on sources:

Trend - direction of development; means interest, inclination, desire for something [2]. Here it is appropriate to note the evolution of the content of the theoretical aspects of physical culture.

Evolutionism is a certain trend that takes place in only one form of development, that is, without interruption, without leaps, without any interruptions. In the context of evolutionism, the emphasis is on the conscious formation of culture, its direct "creation". Every cultural object has its creator [3].

Since the middle of the 19th century, the idea of evolution has become widespread in European science. They were able to highlight studies in biology, ethnography, anthropology and cultural history. The key term for this direction was the concept of evolution.

Evolution (lat. evolutio - placement) is an irreversible historical process.

Evolution of development is the accumulation of changes from one stage to another, which gradually complicate the organizational level in different systems.

The unity of mankind, as the basic condition and means of life, is the basis of the universality of its culture. Every culture is formed and developed. The concept of the evolution of cultures of the famous English scientist E. Tylor is given in his work "Primitive Culture".

The return of the theory of physical culture to the sphere of education as a modernized independent science from culturally adequate positions, the application of existing methods of physical culture in the educational process based on a complete reorganization of materials and a deep analysis of theoretical statements published in the literature. The following theoretical knowledge in the field of physical culture allows you to understand the whole:

- holistically integrative;
- integrated structure,
- Essentially general.

It should be noted that the trends in the development of the theory of physical culture from the point of view of our understanding are not clearly visible. There are many reasons for this:

- During the formation of the theory of physical culture as a scientific and educational discipline, the theoretical and methodological foundations of physical culture have always been the least developed in their field;
- The theory itself has come a long way in its development, which makes it difficult to understand them clearly;
- There has always been uncertainty, some form of perception of the phenomenon itself - physical culture (and, consequently, different approaches to building its theory) and a number of other reasons.

Indeed, the understanding of this phenomenon has led to various theoretical approaches to determining its role and place in social relations, changing the socio-economic conditions of

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society, in particular, the multifaceted policy of the state, etc. Currently, the development of this field of science is in crisis. In particular, the division of the phenomenon into various components, the definition of physical culture as an integral system with its individual components (especially physical education), the uneven development of scientific knowledge about it. At first, the theory of physical education was formed, then the theory of sports and others, as well as some types of physical culture were often considered as an independent phenomenon, physical culture was accepted as an abstract thing, etc.

It should be noted that in the last decades in the field of physical culture in the development of scientific-theoretical, conceptual-methodological, methodological-practical knowledge, extensive research has been carried out, which require constant, comprehensive reflection and re-verification. Rib exit. But in general, today we can talk about a certain evolution of theoretical knowledge in the field of physical culture over time. The knowledge of this is connected with the modern stage of development of the theory of physical culture, especially with the identification of specific fundamental trends in its formation and development, which are still not clearly visible.

However, the foregoing does not mean that understanding the development trend of the theoretical foundations of physical culture was not the focus of attention of the largest scientists in this field.

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