

## 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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### INTRODUCTION

Since physical education and sports are recognized as material and spiritual values by society as a whole as well as by each person, it is now hard to identify a single area of human activity that is unrelated to physical culture. It is no accident that in recent years, Physical Culture has received increased attention as both a persistent personal trait and an independent social phenomena. Even though the issues of the culture of the spirit and body were brought up in the era of ancient civilizations, the physical culture of the individual is far from a comprehensive examination of the phenomenon. The phenomenon of physical education is typical of popular culture. It is he who is the natural bridge that allows the social and biological link in human development. In addition, it is the first and main type of culture that is formed in a person. Physical culture, with its characteristic dualism, can significantly affect the state of the body, psyche, human condition.

Historically, physical education has been formed primarily under the influence of the practical needs of society in the comprehensive physical preparation of the younger generation and the adult population for Labor. At the same time, with the development of educational and educational systems, physical culture has become a key factor in the formation of motor skills and abilities. A qualitatively new stage of understanding the essence of physical education is associated with its influence on the spiritual sphere of the individual as an effective means of intellectual, moral, aesthetic education. And if there is no special need to prove the great influence of physical exercises on the biological essence of a person: his health, physical

development, morphological and functional structures, then his influence on the development of spirituality requires special explanations and evidence.

It may be claimed that the demand for knowledge is currently manifesting itself in a very strong way, as never before, and this tension grows every year. Every person is encouraged to empower themselves with knowledge and wisdom because life itself inherently fosters destruction. Therefore, some abilities will be required in order to independently grasp a wide variety of knowledge in order to survive and adapt to this noise and bustle. The foundation for attaining outcomes in any sort of exercise is a variety of fields of activity, including those that are crucial for sustaining health in the field of physical education.

Education is considered as a pedagogical system that solves the problems of targeted, comprehensive development of the individual as a whole. Physical education as an integral part of it is no exception in this sense. In a number of concepts of the development of Physical Culture, special attention is paid to education, but the need for a radical change in the attitude of more people to physical culture, a general understanding of its enormous national and personal human value is confirmed.

The targeted development and bolstering of conscious motivation should be the deciding factor in physical education and the education of the younger generation. It is time to comprehend concepts like physical education, personality, and develop the "technique" of its implementation in real life. based on extensive information, strong ideals, and the requirement to continually look after your health. To teach a person to take care of his health and to engage in self-education in this area of activity throughout his life, it is crucial in this situation to adopt the concept of continuing physical education, beginning with compulsory education.

The theory of physical education and its practice always is in development and perfection. Results of practice, scientific research products physical relies on the theory of culture to the successes achieved by Pedagogical Sciences. The theory and methodology of Physical Culture in each case is based on the most general laws, principles and rules that form the basis of scientific pedagogy, including for all sports disciplines, all these laws, principles and rules correspond and acquire a specific meaning. The reason for the emergence and aspiration of theoretical thought in Khaki was the possibility of its formation as a learning science and increasing the physical fitness of members of society. By doing this, it was proved that the rules and laws in the wax sarcophagus of managing the physical development of man would have the effect of high in social labor and military practice. The content of the theory and methodology of Physical Culture includes those in the melody:

- The fact that physical culture is a product of society, the connection of culture as a social worker with forms;
- The purpose of physical culture, its general tasks and objectives;
- Means, methodological principles of Physical Culture;
- Movement training, teaching methods;
- Development of physical qualities;
- Exercise and the interruption of the process of its training;
- Organization forms of physical activity training;

- Physical Culture process planning and its feasibility;
- Features of the methodology of Physical Culture;
- In preschool and school age, children's physical education; - characteristic of the process of sports training.

The General Laws of Physical Culture in the manner of the pedagogical process are the subject of study of the theory of Physical Culture. General laws refer to the private aspects of the physical culture of qualified athletes, those who have just begun to practice physical activities, including children, adolescents, young people, middle-aged people, adults and carries. From this, the methodology of physical culture defines certain private laws of physical culture as the subject of practical study, and in the implementation of the General Laws of the pedagogical process, the methodology of "general and professional special physical readiness", the methodology of "sports training" are used. Each of these styles has its own private styles within it. The variety of styles should be specific and consistent with what psychological types of practitioners belong to, their age, gender, what profession they are in, and the chosen sports specialty.

Some areas of sports pedagogy have methodologies that are modeled after academic and scientific fields, each of which has its own distinct field. Additionally, it complements its provisions as a science in the system of Sciences of according to pedagogy in the nature of the subjects of study at the expense of Social, Psychological, and biological factors by teaching them using the theory and methodology of culture on a single theoretical and methodological basis. Physical education is a crucial component of general education that supports the healthy, balanced growth of the human body. One of the indicators that indicate the state of Physical Culture in society. J. t.the main tools of: physical training, conditioning of the organism, hygiene of Labor and life. Physical education is carried out in conjunction with mental, moral, labor and aesthetic education.

At the present stage of the development of the theory and methodology of physical education, the issue of developing an integrated approach to determining the basic concepts of this direction has become relevant. This is due, first of all, to the need to establish the connection of concepts related to physical education with the leading general terms and categories. Definition physical education is a type of education, the specificity of the content of which reflects the teaching of movement exercises, the formation of physical qualities, the assimilation of special physical education knowledge and the formation of a conscious need to engage in physical education. The system of physical education is a historically conditional type of social practice of physical education and includes worldview, scientific and methodological, program - regulatory and organizational foundations that ensure the physical maturation of people. The field of physical education includes many concepts that reflect the essence and peculiarities of this process. Physical development, Physical Education, Physical Culture, Physical Culture labor, physical education, physical perfection are among them. Physical (bodily) development is a complex of changes in the human body, characterized by need, regularity and a predetermined trend. Physical development is understood as the process and result of the formation of the abilities and functions of the human body, achieved under the influence of heredity, the environment and the level of physical activity.

**In conclusion,** Physical education is the environment's impact on a person to modify his level of body organization. It can be both impulsive and premeditated. Physical education labor is a type

of engaging activity that a person engages in with himself and others in order to develop physically. A subcategory of material culture known as physical culture distinguishes the extent of its development from the side of the intensive, deliberate production of the physical maturation of both society as a whole and the individual. The theory of physical culture is the ultimate type of scientific knowledge since it fully takes into account the rules and connections of intensive, intentional physical development. Physical education in a broad sense is interpreted as the process of educating physical qualities and mastering basic actions.

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