

# Physical Education In General Cultural and Professional Training of Students

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**Abstract:** *The concept of "culture" can be defined as the degree of disclosure of the potential of a person in various fields of activity. Culture is represented in the results of human material and spiritual activity; he learns the culture, fixed in spiritual and material values, acts in the social environment as a bearer of cultural values, creates new values necessary for the development of the culture of subsequent generations .*

**Keywords:** physical education, physical training, sports, tactics, innovation, sports coach, healthy lifestyle, physical culture

## I. INTRODUCTION

Physical culture is an organic part of human culture, its special independent area. At the same time, it is "a mythical process and result of human activity, a means and method of physical improvement of a person. Physical culture influences on the vital important side of the individual , obtained in the form of the deposits , which are transmitted genetically and develop in the course of life under the influence of education , activity and environmental protection . Physical culture satisfies social needs for communication, play, entertainment, in some forms of personal self-expression through socially active useful activities.

At its core, physical culture has a purposeful motor activity in the form of physical exercises, which allow to effectively form the necessary skills and abilities, physical abilities, to optimize the state of health and working capacity.

## II. METHODS

Physical culture is represented by a set of material, spiritual values. The first includes sports facilities, inventory, special equipment, sports equipment, medical support. The second includes information, works of art, various sports, games, complexes of physical exercises, ethical norms that regulate human behavior in the process of physical culture and sports activities, etc. In developed forms, physical culture produces aesthetic values (physical culture parades, sports demonstration speeches by others).

"Sport is part of physical culture. In it, a person seeks to expand the boundaries of his capabilities, this is a huge world of emotions generated by successes and failures, the most popular spectacle, an effective means of education and self-education of a person, there is a complex process of interhuman relations in it. Sport is actually a competitive activity and special preparation for it. He lives by certain rules and norms of behavior"[1, 45]. It clearly shows the desire for victory, the achievement of high results, requiring the mobilization of the physical, mental and moral qualities of a person. Therefore, they often talk about the sports nature of people who successfully manifest themselves in competitions. Satisfying the opinion of a person's needs, sports become a physical and spiritual necessity.

## III. RESULTS

Included in the system of education and upbringing, starting with preschool institutions, it characterizes the basis of people's physical fitness - the acquisition of a fund of vital motor skills and abilities, the diversified development of physical abilities. Its important elements are the "school" of movement, the system of gymnastic exercises and the rules for their implementation, with the help of which the child develops the ability to differentiate movements, the ability to coordinate them in different combinations; a system of exercises for the rational use of forces when moving in space (the main ways of walking, running, swimming, skating, skiing, etc.) when overcoming obstacles, in throwing, in lifting and carrying weights; "School" of the ball (playing volleyball, basketball, handball, football, tennis, etc.).

Physical development is a biological process of formation, changes in the natural morphological and functional properties of an organism during a person's life (length, body weight, chest circumference, vital capacity of the lungs, maximum oxygen consumption, strength, speed, endurance, flexibility, agility, etc.) ...

Physical development is manageable. With the help of physical exercises, various sports, balanced nutrition, work and rest regime, the above indicators of physical development can be changed in the necessary direction. The management of physical development is based on the biological law of exercise and the law of the unity of forms and functions of the body. Meanwhile, physical development is also due to the laws of heredity, which must be taken into account as factors that favor or, on the contrary, hinder the physical improvement of a person.

"The process of physical development also obeys the law of age grading. Therefore, it is possible to intervene in this process in order to control it only taking into account the characteristics and capabilities of the organism at different age periods"[2, 24].

#### IV. DISCUSSION

In addition, physical development is associated with the law of the unity of the organism and the environment and depends on the living conditions of a person, including the geographic environment. Therefore, when choosing the means and methods of physical education, it is necessary to take into account the influence of these laws.

Physical development is closely related to human health. Health acts as a leading factor that determines not only the harmonious development of a young person, but also the success of mastering a profession, the fruitfulness of his future professional activity, which is the overall well-being.

As means of physical culture are used: physical exercises, natural forces of nature (sun, air and water, their hardening effect), hygiene factors (personal hygiene - daily routine, sleep hygiene, diet, work, body hygiene, sportswear, shoes, places of employment, rejection of bad habits). Their complex interaction provides the greatest health-improving and developmental effect.

Physical culture is the basis of the social and cultural life of an individual, a fundamental modification of his general and professional culture. As an integrated result of upbringing and vocational training, it manifests itself in a person's attitude to his health, physical capabilities and abilities, in his lifestyle and professional activity and appears in the unity of knowledge, beliefs, value orientations and in their practical implementation.

Physical culture acts as an integral quality of a personality, as a condition and prerequisite for effective educational and professional activity, as a generalized indicator of the professional culture of a future specialist and as a goal of self-development and self-improvement. Interests are also important in encouraging students to engage in physical culture and sports. They reflect the selective attitude of a person to an object that has significance and emotional attractiveness. When the level of awareness of interest is low, emotional attractiveness prevails. The higher this level, the more important is the objective significance. Interest reflects the needs of a person and the means of their satisfaction.

In the structure of interest, an emotional component, cognitive and behavioral components are distinguished. The first is connected with the fact that a person always experiences some kind of feelings in relation to an object or activity. Its indicators can be: pleasure, satisfaction, the magnitude of the need, assessment of personal significance, satisfaction with the physical I, etc. The second component is associated with the awareness of the properties of the object, understanding of its suitability for meeting needs, as well as with the search and selection of the means necessary to meet the emerging need ...

Relationships set the subject orientation, determine the social and personal significance of physical culture in life. There are active-positive, passive-positive, indifferent, passive-negative and active-negative relationships. With an active-positive attitude, physical culture and sports interest and purposefulness, deep motivation, clarity of goals, stability of interests, regularity of classes, participation in competitions, activity and initiative in organizing and conducting physical culture and sports events are clearly expressed.

#### V. CONCLUSION

Thus, in the process of physical education, the impact is carried out not only on the biological basis of the personality, but also on its biosocial integrity. Therefore, it is impossible to judge the physical culture of a person, relying only on the development of her physical capabilities, without taking into account her thoughts, feelings, value orientations, direction and degree of development of interests, needs, beliefs.

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