

# The Role and Tasks of Physical Culture in the Education System

Oybek Parpiev,

Lecturer,  
Ferghana State University,  
Uzbekistan, Ferghana

**Abstract:** *Creating a healthy lifestyle in our society, creating modern conditions for regular physical culture and mass sports of the population, especially the younger generation, strengthening confidence in the will, strength and capabilities of young people through sports competitions, courage and patriotism, motherhood Extensive work is being done to develop a sense of devotion to the motherland, as well as the systematic organization of the selection of talented athletes among young people and the further development of physical culture and mass sports. This article scientifically explores the role and functions of physical culture science in the education system.*

**Keywords:** physical education, physical culture, physical education theory, health, sports, upbringing of a healthy generation, healthy lifestyle, physical education system.

## I. INTRODUCTION

The urgent task before us today is to create a unique way of life based on economic, social and political principles. It is understood that an important factor in determining sustainable development in all respects is a healthy lifestyle, a healthy lifestyle, as well as the expansion of the number of young people who regularly engage in sports. It should be noted that there is no doubt that a healthy and long life has always been a dream of mankind. In this regard, the main task of any society is to realize this dream of humanity, that is, to create conditions for the health and longevity of citizens.

## II. METHODS

Historically, the issue of education has been the most pressing issue in society, and today it is one of the main issues. Because the education of the members of the society is the decisive force in the whole existence of the society of its time, that is, its development, well-being, enlightenment and spirituality, economic stability, cooperation of the members of the society, peace in the world, joint solution of various problems is calculated. Physical culture, which is an integral part of such a unique system, has a unique role to play in ensuring the full development and activity of members of society. Taking this into account, special attention is paid to physical culture in our country.

“Physical culture is a set of special measures, including the physical development of a person by directing the special means and methods of sports and culture, along with the means of physical education in the comprehensive education of the builders of a new society, mature people. Physical culture is a part of the general culture, the development of which depends on the level of socio-economic development of society” [1, 57].

## III. RESULTS

In the education system, physical culture is taught as a subject, and this subject has its own set of objectives. The goal of the science of physical culture is to achieve physical maturity, comprehensive education, preparation of them for active participation in a democratic state based on the rule of law, creative work and defense of the Motherland. To achieve this goal, of course, will be achieved through the study of the science of physical culture in the field, the implementation of the data obtained as a result of scientific research in practice and teaching students. In this way, the knowledge, skills and abilities of members of society in the field of physical culture are developed.

## IV. DISCUSSION

“Today, the development of a healthy lifestyle and physical culture has become a topical issue. Maintaining the status of this type of activity, especially among athletes, is required to form the right opinion among the people. One of the problems studied in the science of psychology is the motive and motivation, on which there are views of the type theories. In particular, local psychologists E.G. Goziev, G.B. Shoumarov, V. Karimova, B.R. Kadyrov, I.M. Mamatov, Russian psychologists K.D. Ushinsky, I.M. Sechenov, I.P. Pavlov, V.M. Bexterev, A.F. Lazurskiy, V.N. Myasishev, A.A. Ukhtomskiy, D.N. Uznadze, S.L. Rubinshteyn, A.N. Leontev, P.M. Yakobson, V.S. Merlin, L.I. Bojovich, V.I. Selivanov, V.G. Aseev and others conducted research on this problem and left their theories” [2, 72].

Definitions given by experts (L.P. Matveev, A.D. Novikov, B.A. Ashmarin, A.S. Kholodov, H.T. Rafiev, A. Abdullaev, R. Abdumalikov), in existing dictionaries and encyclopedias Based on the data, physical culture is an integral part of the general culture. It can be concluded that it covers species.

The goal of physical education is to shape a person's physical maturity, strengthen their health, and increase their ability to work from an early age. The purpose of physical culture in society is to develop all areas of society in conjunction with the development of society, that is, not only the education of the individual, but also all areas of the above areas.

## V. CONCLUSION

Based on the results of the above research, the following conclusions can be drawn: The concept of "physical culture", its concepts and terms are historically formed and developed in the language of each nation;

Defining the concepts and terms in the field of "Physical Culture" as an important area of research in Uzbek linguistics;

Physical culture "is one of the main factors in the deep integration of the concepts and terms of the field into the daily life of the population, their deep involvement in physical activity through the deepening of their knowledge. In this regard, the educational process in the teaching of physical culture in educational institutions is one of the leading factors. Therefore, it is necessary to develop various dictionaries, annotated dictionaries in the field.

#### VI. REFERENCES

1. A.Normurodov. Physical education. Study guide. Tashkent, 2011
2. I.Khaydarov, R.Tojiboev. The concept of motive, its role in sports activities and motives of athletes' attitudes towards mutual rivals. Proceedings of the international scientific conference "Modern trends in the development of the theory and methodology of physical culture and sports." Chirchik, May 24-25, 2019.
3. Abdumalikov R. Physical education and sports in the upbringing of a healthy generation. Educational-methodical manual. Tashkent, 2003
4. Abdurakhmonov, S. K. (2021). The Importance Of A Healthy Lifestyle In Achieving Physical Perfection. *The American Journal of Applied sciences*, 3(03), 42-47.
5. Tuxtanazarov, I. U., & Maxmutaliyev, A. M. (2020). SOCIO-PEDAGOGICAL FUNCTION OF SPORT IN THE SPIRITUAL PERFECTION OF YOUTH. *Scientific Bulletin of Namangan State University*, 2(1), 367-372.
6. Yuldashev, I. A. (2020). PEDAGOGICAL BASES OF FORMATION OF SOCIAL ACTIVITY IN PEDAGOGICAL SCIENCES. *Теория и практика современной науки*, (5), 67-69.
7. Yuldashev, I., & Toshboltaeva, N. I. (2020). ANALYSIS OF PERSONALITY TRAITS IN ATHLETE ACTIVITIES. In *Психологическое здоровье населения как важный фактор обеспечения процветания общества* (pp. 72-74).
8. Karimov, U., Kaxarov, S., Yokubjonov, S., & Ziyodov, D. (2018). USING NEW INFORMATION TECHNOLOGIES IN DISTANCE LEARNING SYSTEM. In *НОВАЯ ПРОМЫШЛЕННАЯ РЕВОЛЮЦИЯ В ЗЕРКАЛЕ СОВРЕМЕННОЙ НАУКИ* (pp. 9-11).
9. Abdurakhmonova, M. M., ugli Mirzayev, M. A., Karimov, U. U., & Karimova, G. Y. (2021). Information Culture And Ethical Education In The Globalization Century. *The American Journal of Social Science and Education Innovations*, 3(03), 384-388.
10. Axmedov F. K. The role of national traditions in physical education. Monograph. Tashkent, 2010
11. Karimov, U., & Abdurakhmon, A. (2017). INNOVATIVE INFORMATION TECHNOLOGY IN EDUCATION. *Форум молодых ученых*, (5), 9-12.
12. Tuxtanazarov, I. U., & Maxmutaliyev, A. M. (2020). SCIENTIFIC AND METHODOLOGICAL PROBLEMS OF WRESTLING DEVELOPMENT. *Theoretical & Applied Science*, (1), 781-785.
13. L.P.Matveev. Theory and methods of physical culture. Textbook. M., 1991
14. Mehmonov, R., & Parpiev, O. (2020). PEDAGOGICAL REQUIREMENTS FOR PHYSICAL EDUCATION TEACHERS. *Theoretical & Applied Science*, (5), 758-761.
15. Karimov, U., & Ergasheva, D. (2020). EDUCATIONAL ISSUES IN THE PERIOD OF AMIR TEMUR AND TEMURIDS. *Теория и практика современной науки*, (5), 18-20.
16. Mehmonov, R., & Parpiev, O. (2020). THE PROCESSES OF ORGANIZATION OF GENERAL AND SPECIAL TRAINING OF ATHLETES. *Теория и практика современной науки*, (5), 38-40.
17. Karimov, U., & Kasimov, I. (2018). THE IMPORTANCE OF MODERN INFORMATION TECHNOLOGIES IN DEVELOPMENT OF DISTANCE EDUCATION. In *Перспективные информационные технологии (ПИТ 2018)* (pp. 1186-1187).