

# Means Of Physical Education

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**Annotation:** *Physical education is a pedagogical process aimed at the morphological and functional improvement of the human body, the formation and improvement of basic motor skills, abilities, knowledge associated with them, which are important for human's life. The process of many years of physical training exercises, the healing forces of nature, and hygienic factors are used as a means of physical education. This article covers the concepts of physical education, healthy lifestyle. The tools of physical education have also been scientifically researched.*

**Keywords:** education, sports, healthy lifestyle, physical education, physical education theory, exercise, sports games.

## Introduction

Today, the essence of all reforms in our country is focused on the development of the human factor. Because a human is considered as the keeper of wealth, creator and enhancer. Therefore, comprehensive development of a man, expansion of his capabilities, creating conditions have been the main objective in achieving the intended goals.

The Decree of the President of the Republic of Uzbekistan dated September 21, 2018 "On approval of the Strategy of innovative development of the Republic of Uzbekistan for 2019-2021" PD-5544 states emphasizes the main goal of the Strategy is the development of human capital as a key factor of determining the level of competitiveness of the country and its innovative development in the international arena.

The current development of science, technology, manufacturing and technology defines the image of modern society. The most important characteristic of modern society is the evidence of globalization in all its spheres. Globalization itself requires rapid action, immediate acquisition of necessary information, their processing and effective application in practice. Only personnel with knowledge of their field, high level of professional skills, rich experience and skills will be able to act in this way. Therefore, taking into account today's requirements in training of higher education personnel is purposeful.

## Main part

One of the most important factors in human health is physical education and sports. A number of measures are being taken in our country to further popularize physical culture and sports. The upbringing of a physically fit generation and its maturity is set off by a culture of sustainable living. The main criterion for it is the health of the individual, the level of health. Being healthy, health, on the other hand, depend on the perfection of the human body, and the laying of its foundation is done from the first period of biological age.

The development of physical culture and sports has always been one of the most pressing issues facing the state and society. The basis of public health is built on physical culture and sports, and the regular participation of the people in physical culture and sports has played an important role in the recovery of their health. This served to cultivate great commanders, brave warriors, people with common sense.

"First of all, physical training means, the anatomical structure of the human body, the formation, development of organs and the level of movement (physiological). They represent the concept of educating, strengthening and nurturing the human body with natural movement skills and special exercises" [1,8].

Physical education is one of the oldest means of education that affects human perfection. The main objectives of physical education in secondary schools are to strengthen the health of students, prepare them for work and protection of our independent country, and social life. "The process of physical education uses pre-planned, usable for education, positively affecting the form and the function of the body and hygiene factors" [2, 19].

Physical education includes general developmental exercises, various games, sports, travel, the healing forces of nature (water, air, sun) and hygienic factors. Physical education means the choice of these tools, ways to use them for the intended purpose, to achieve good results.

In general, the means of physical education and the use of them to improve health, as well as the methods used to achieve physical perfection make it easier to understand the notion of physical education. Thus, this means that physical education, physical training, physical fitness and its means and guidance are assembled and form a whole concept -physical education.

*Physical exercises* being the main means of physical education, have historically been divided into groups like gymnastics, games, sports and tourism and has been used as a means of the educational process.

*Physical exercise* is understood as a different set of consciously performed voluntary movement activities that meet the requirements of the laws of physical education. Such movement activities as gymnastics, games, sports, tourism exercises have historically been systematized, collected and supplemented in style.

Like all events and processes, physical exercise has its own content and form. The set of mechanical, biological, psychological processes that take place during exercise creates the content of exercise. Their influence develops the movement

activities' abilities. The content of the exercise also includes a set of its parts (for example, the content of the long jump exercise to give speed to the body, depressing, flying in the air, landing links), tasks to be solved during the exercise, as well as functional changes in the body.

*Gymnastics* - is also a means of physical education along with games, sports, tourism. Its main function is to provide general physical preparation for various life activities. Besides, it can also handle special tasks, such as being able to hold its own body or correcting physical defects in the body.

A physical education teacher should prepare the best students and activists as self-helpers to conduct gymnastics exercises before class. Students can be taught a set of exercises in physical education classes. And, they consolidate these complexes independently at home. Students who are temporarily or completely exempted from physical education classes should perform a set of hygienic gymnastic exercises at home every morning on the advice of a doctor.

#### Conclusion

We should never forget that physical education and sports, on the one hand, have a positive effect on strengthening health, a high level of physical development, the performance of all types of activities throughout life. On the other hand, physical education brings up young people stable morale, good breeding, education, able to value and respect people, to be an active citizen of his homeland, support and promote friendly atmosphere within home and abroad, contribute to the development of sports as well as the country.

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