

**HARMONY OF PHYSICAL EDUCATION SYSTEM, TOOLS AND ITS PRINCIPLES
IN THE DEVELOPMENT OF A HEALTHY GENERATION**

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Abstract: This article describes the role of the physical education system, sports activities, sports clubs, and the content and essence of sports training in raising the young generation to be physically healthy.

Also, appropriate recommendations regarding the correct selection of physical training tools and adherence to the general laws of the physical training system in the proper organization of physical training sessions are given.

Key words: physical education, healthy lifestyle, legality, sport, healthy generation, exercise, physical education system, physical development, physical training, physical exercise, principle.

In Uzbekistan, the successful implementation of education and the upbringing of a healthy generation is one of the most important social, economic, and political objectives of societal development. Based on these goals and objectives, physical education and sport are used as spiritual and ideological tools for the proper organization of a healthy lifestyle in our lives and the upbringing of the younger generation as physically healthy individuals. Today, we strive for the further development of our civil society, which is based on the legacy of our great ancestors, their pedagogical views, national values, and the demands of their own lifestyle. The foundation of these efforts is a healthy human factor. The formation and upbringing of a healthy generation through physical education and sport should be the responsibility of society as a whole. The fact that every individual, family, and parent, along with elevating physical education and sport to the level of habit and respecting them as a value, will lead to the ongoing involvement of society in physical education and sport [1]. The physical education system is a pedagogical process aimed at developing students' physical and volitional qualities, their moral and physical preparation for work and the defense of the Motherland, and is one of the important components of the public education system.

By the physical education system, we mean the scientific, methodological, and ideological foundations of physical education. Our country has created a unified system of physical education, the result of the hard work of our people in the field of physical education. In this process, all valuable information, obtained theoretically and confirmed in practice, is implemented through the physical education system. The main features of the physical education system are ideology, popularization, and scientific approach. The ideology of the physical education system lies in its focus on a specific goal: patriotism, love for the Motherland, enrichment, etc.

The physical education system in our country serves the comprehensive development of the physical and psychological abilities of the citizens of the independent Republic of Uzbekistan. The idea of the physical education system is reflected in its objectives, principles, methods, and organizational foundations. As is well known, the physical development and physical fitness of the population influence the growth of industrial productivity and the well-being of the people. Therefore, given the importance of physical education for every individual, all educational institutions have established sports sections and exercise classes, and systematic sports training

has been established [2]. To organize and conduct these activities, sports specialists adhere to specific rules and regulations for organizing and conducting sports training to prepare young athletes and improve their skills. When organizing sports training, it is essential to study the athletes' personal characteristics, understand their technical and tactical preparation, and utilize innovative active game content and specialized pedagogical technologies to develop agility, as in young volleyball players.

The younger generation has been provided with modern conditions for regular physical education and mass sports. Through sports competitions, extensive work is being done to strengthen youth confidence in their will, strength, and abilities, to develop a sense of courage, patriotism, and devotion to the Motherland. The systematic selection and targeted training of talented athletes is being conducted. During the training process, it is essential to adhere to certain principles, along with generally accepted methods, of physical education. After all, the proper organization and conduct of physical education classes will ensure their content and effectiveness only if they are conducted in direct accordance with these principles and principles. One of the characteristic features of the physical education system is its scientific approach. In our country, unified state programs, textbooks, teaching aids, etc. are being created and improved on a scientific basis, based on research. Standards for physical development and fitness indicators are being developed for each age group, and the requirements for equipment and products for physical education are increasing year after year, which confirms our opinion. In this regard, the implementation of physical education in state institutions, public organizations and families is being improved.

The proper organization and implementation of physical education classes in educational institutions directly depends on the work of teachers and coaches, the methodological support for physical education and sports classes, and the principles of lesson organization [3].

The general principles (laws) of the physical education system include: 1) the principle of linking physical education with work and military training; 2) the principle of comprehensive personal development; 3) the principle of physical education aimed at improving health. In any independent state, physical education is carried out in state institutions, in public physical education organizations, and in the family. In educational institutions, physical education is considered a mandatory element of comprehensive personal development. In public organizations, physical education and sports are carried out on a voluntary basis. Based on these laws, each teacher can organize physical education classes focused on the comprehensive physical development of the younger generation and their adaptation to adverse environmental conditions. In the process of physical exercise, along with solving specific problems of physical education, the holistic integrity of the personality is formed (health improvement, formation of motor skills, development of motor qualities, etc.), while mental processes, thinking, generalization, moral qualities are developed, and labor education is carried out.

In accordance with the law of physical education, aimed at promoting health, teachers are responsible for maintaining and improving the health of their students. The physical education process should be organized in such a way that it has a positive impact on the student's health. This can only be achieved through the proper selection of resources and effective methods of application, as well as through the establishment of oversight by a medical professional. Furthermore, adherence to the rule of linking physical education with work and military training is crucial in physical education classes, as it defines the goals of physical education in our country [4]. According to the principle of comprehensive personal development, one of the important tasks of our independent society is the development of well-rounded, capable

individuals. If care is shown for the health of those involved in physical education, the first two principles can be applied. Therefore, it can be said that if each teacher-coach conducts training based on these principles, they will correctly organize physical education classes to develop young athletes as well-rounded individuals.

In conclusion, it should be noted that the concept of physical education in a broad sense is included within the concept of general education, meaning that physical education, like other types of education, represents a pedagogical process, and in its general form (the teacher's leadership, the coordination of the activities of the teacher and student in accordance with pedagogical principles, etc.). Physical education differs from other types of education in that it develops motor skills and abilities, physical qualities, and the combination of these determines their physical potential.

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