

DEVELOPMENT OF PHYSICAL EDUCATION AND SPORTS

Termez State Pedagogical University Physical Education Faculty

physical education direction 2-Stage Student

OMONOV Shoxruh Orzimurot o'g'li

ANNOTATION

For the first time in the world experience, the system of targeted development of physical and intellectual resources and their effective management was founded in Uzbekistan, on the basis of its implementation, positive results were obtained. Since the first days of our independence, special attention has been paid to the issues of effective management of physical intellectual resources in our country.

Key words: independence, special attention, difficulties with endurance

INTRODUCTION

"Physical education and sports are a huge factor in a person's achievement of not only physical, but also spiritual maturity. He will be able to refine the will, teach a person to strive for a clear goal, overcome difficulties with endurance and endurance. In the soul of a person, victory fosters feelings of confidence, pride and pride. The role of sports in the upbringing of 15 youth in the spirit of military - patriotic, in the glorification of the motherland, people's fame to the world is incomparable. A nation with healthy, educated and dedicated children will certainly build its great future. Therefore, ensuring the popularity of physical education and sports, its development is an important condition for the upbringing of a harmonious personality" the system of purposeful development of physical and intellectual resources and their effective management is formed through the process of implementing such noble goals as the prosperity of the motherland, peace of the land and the well-being of the people. "Sport is not for sports, but above all for people, to educate them as perfect people, both physically and spiritually, to serve for the peace, friendship and cooperation, happiness of all people on Earth." In this regard, the strategic directions laid out:-approach physical-intellectual resources as a priority issue at the level of public policy; -

development of an effective management system of physical-intellectual resources and practical implementation of advanced mechanisms and means of its implementation; - priority development of mass Sports, support of talents in professional sports;-ensuring the enormous importance, high status and specific place of physical and intellectual resources in terms of socio-economic development, human perfection and national security, creating relevant conditions in this direction;-achieving the development of market relations and principles of social management in this area. In the past period, great importance was also attached to the creation of the legal and regulatory framework for the targeted development and effective management of physical and intellectual resources. The achievement of an approach to the work of effective management of physical and intellectual resources, on the basis of the methodological requirements mentioned above, as a holistic system, has been an important factor in ensuring its effectiveness. In shaping this picture of the effective management of physical and intellectual resources, the peculiarities of our country were studied from all sides. In this regard, including taking into account the following factors (retrospective and perspective situation), the management process was organized: 1.The composition of the population, and its peculiarities. "For the harmonious spiritual world of our children, in order for them to be morally mature, physically healthy, it is necessary to constantly grieve, fight" (9) 2.To create all the necessary conditions for the development of infrastructure that serve to educate the perfect generation. "The education of a healthy generation is the main work, human duty of 18 all, of the whole society, of every person who lives in this land" (10) 3.Nurture a physically healthy and spiritually mature personality. This, in turn, allows, in addition to physical culture and sports, to pay special attention to the replenishment of the management system in the set of factors and tools that serve to educate spiritual beauty. "It is necessary to instill a culture of taking personal care of its health from youth, with the support of the Family, School, Neighborhood, Health System, physical education and sports. The proportionality of cause-and-effect engagement is correct to the effectiveness of management. That is, the full-fledged,

effective activity of the cause (appropriate conditions, integrity of the specified event, quality of execution, purposefulness and psychological training) provides a solid social basis for the fulfillment of Strategic and tactical goals, the recovery of the genophone of the nation in the end, the further growth of our prestige in international sports and the upbringing of a harmonious generation. In this regard, great importance was attached to this methodological rule in various directions of effective management of physical and intellectual resources. Achieved the ultimate result, a gold medal set by the fact that in the process of preparing for and hosting the Olympics at the Summer Games in Sydney, the proportionality of the cause-and-effect involvement in boxing was maintained. In the struggle, which was defined as a priority sport, a silver medal was won instead of the gold medals, which were intended as a result of insufficient provision of cause-and-effect involvement, poor use of funds, and insufficient compliance of training styles in the sport with world templates. as a result of insufficient implementation of Target events on athletics , shooting and judo (a+b), the expected result was not ensured. In the methodology of sports theory, general methods and principles of scientific knowledge are used in the study of philosophical-methodological and general problems. The first to consider the role of General Sports theory in the system of Sciences and its interaction with them is A.P.Matveev, 1997 defined. Sports theory as a scientific discipline is closely related to the natural and Social Sciences. With its factual basis, it relies on the theory and responsibility of Sports Sciences - individual sports, as well as the materials of Applied Sciences formed in the traditional way: physiology, biochemistry, biomechanics, spiritualism, sociology, morphology, metrology, etc. General Sports theory, based on research data from many intermediate scientific disciplines, without simply collecting them, separates and integrates the parties necessary to understand the essence of sports and reveal the most general laws of its operation and development. It is this aspect that is often overlooked by private areas of sports science, the reason for which is the limitations in the subject of research. The role of General Sports theory in integrating and knowing is, first of all, such. For him, the information that the

intermediate fields of traditional biological and humanitarian Sciences acquire, no matter how important it is, nevertheless, its own content cannot be replaced. Thus, the main source of sports theory is the generalizing knowledge of the realities of sports practice. The manifestation of personality activity in the system of interdisciplinary relations (activity theory), as well as the management of its development and the process of individual development (theory of homoontogenesis and Phylogenies, upbringing and optimization of individual development all-social theory of particular importance are the 8-related approaches to cult urology and general directions with interdisciplinary features, which make it possible to reveal their cones. The emergence and formation of sports theory is closely related to the objective needs of the social system. However, at the next time, as the sports movement developed rapidly, inconsistencies began to arise between theoretical developments with the requirements of practice. The explanation for this is that despite the increasing number of scientific studies, they are carried out without a clear goal, without a systematic approach. Usually, on the basis of the studies and methodological developments under way, the methodology of the analytical approach lies (V.V.Kuznetsov, 1984). According to the concept of a systematic approach, any object, whether it is material, related to the concept, to one degree or another, can be conceived as a system consisting of interconnected elements. If one of its elements is disassembled into components, it, in turn, is taken as a system and remains the sum of the elements that form the next order. Hence, system elements can be seen as systems, at the same time, any sum of elements can be considered both as a system and as part of it. The integrated method in this case will have a leading relevance to analytical methods. It provides conditions, firstly, to define the interaction between its systems in the system as fragments of the whole; secondly, to reveal the changes in the access of individual systems to the structure of the entire system; thirdly, to reveal the emergence of new features or new connections in the system, which are caused by existing features in its systems. In this, the systemic does not remain a separate phenomenon, but becomes a part of the integral whole, as a result of which a

fundamentally new, multi-complex system with its own characteristics and practical connections arises. It is known that the direction of scientific knowledge goes towards the transition from the general idea of the system to the disclosure of its structure. Therefore, one of the most important areas of the systematic approach is to conduct scientific research in accordance with the characteristics of the object under study. The systematic approach provides an opportunity to show the process of training athletes at the level of organization and management, corresponding to their specific integrity, its characteristics, tasks in the present.

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