



UNIQUE WAYS OF AESTHETIC EDUCATION OF STUDENTS THROUGH PHYSICAL EDUCATION AND SPORTS TRAINING

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Annotation

In the article, modern methods and ways of the technology of aesthetic education of students of a higher educational institution by means of physical training and sports training are mentioned.

Keywords: Aesthetic education, physical education and sports training, aesthetic culture, aesthetic activity.

The Purpose of the Study is to improve the technology of aesthetic education of students through physical education and sports training.

Tasks of the Research:

to determine the scientific-theoretical aspects of physical education and sports aesthetics and justify it as a socio-pedagogical problem;
studying the characteristics and current state of aesthetic education of students through physical education and sports training;
to determine the content and pedagogical conditions of aesthetic education of students through physical education and sports training;
development and improvement of the technology of aesthetic education of students through physical education and sports training;
development of aesthetic aspects and beauty criteria of physical education and sports;
It is worth noting that in the system of physical education and sports training in higher educational institutions, the aesthetic education of students is of particular importance, and the developed aesthetic taste allows finding its position not only in the field of physical education and sports, but also in everyday social activities. In the course of physical education and sports training, attention should be paid to regularly developing the needs and abilities of students to notice and perceive the beauty of the surrounding reality, to analyze and evaluate it.





Although physical education and sports training have important opportunities in the education of aesthetic culture, in practice it is proven that the resources of physical culture related to aesthetic education of students are not fully used in the higher education system. In the process of physical education and sports training, the teacher eliminates the gap between the physical and spiritual development of the student and contributes to their well-rounded development.

Summarizing the above, it can be said that aesthetic education of students through physical education and sports training in higher educational institutions is a pedagogically relevant social-pedagogical problem.

One of the main tasks facing higher education institutions is to expand students' scientific worldviews, to form their interest in learning and professional skills, as well as to educate them as spiritually, morally and aesthetically mature individuals.

One of the effective means of forming student personality activity is aesthetic activity, in which the social status and socially acceptable behavior of the individual are activated. In this regard, there is a need to provide aesthetic education to students of higher educational institutions. Aesthetic education of students in the system of physical education and sports training in higher educational institutions is of particular importance, because a student with an aesthetic education, together with the field of physical education and sports, allows him to find his position in society.

At the same time, President Shavkat Mirziyoyev emphasized that the culture sector faces important tasks such as fighting ignorance with enlightenment, teaching the youth of Uzbekistan to understand real art, and forming their aesthetic world on a healthy basis.

Aesthetic education is one of the oldest trainings in human conscious activity. After all, people have always paid attention to their appearance, work tools, lifestyle to be beautiful. Works of ancient Greek philosophers, historical sources found during archeological excavations in the territory of Uzbekistan are examples of this. Therefore, it can be recognized that aesthetic education has always been the most important educational activity. After all, it (aesthetic education) is of particular importance in the formation of a scientific outlook.

The social and political foundations of aesthetic thinking are aimed at changing the social consciousness of the people of any society and serving its ultimate goals. Because in today's era of globalization, protection of young people's thinking from the influence of various non-aesthetic ideas, especially the full understanding of the aesthetic content of the factors of various forms entering through electronic means, has become the demand of the time. It is an important task to create an educational system that meets this demand, to raise the aesthetic outlook of students, to form





artistic thinking, aesthetic spirituality, and creative thoughts. This task can be achieved through the in-depth teaching of aesthetic science in the process of conducting physical education and sports training in the higher education system.

The research of the problem of aesthetic education of students through physical education and sports training is addressed to the historical-pedagogical heritage, the positive influence of physical education training on human health and beauty is emphasized in the pedagogical ideas of the great thinkers of the East. In the pedagogy of Eastern thinkers, valuable ideas about the morals of a person and his spiritual image, the aesthetic influence on the student, the important moral-aesthetic qualities of a person, his development and maturation, the most effective methods and means of aesthetic education have not lost their power even today.

Abu Ali ibn Sina, Farabi, Beruni, Jami, Alisher Navoi and other thinkers emphasized that in the pedagogical views of our thinkers, perfecting and bringing up a person in all aspects, the behavior of a person is manifested on the basis of spiritual and emotional desire for beauty.

In the period of independence, special scientific and research work was carried out by our pedagogic scientists on the issue of spiritual and moral-aesthetic education of the individual. In particular, scientific research aimed at revealing the scientific-historical foundations of spiritual-ethical and aesthetic education, the practical importance of these processes in the formation of a person with high moral culture has been carried out.

Ch.A.Sabirova improvement of the process of moral-aesthetic education of future teachers based on a person-oriented approach, B.A.Makhmudov didactic possibilities of aesthetic education of elementary school students by means of national action games, Q.H.Alikulov moral and aesthetic aspects of formation of economic activity in young people, Z .D. Hasanova Development of moral-aesthetic outlook of future vocational education teachers on the basis of pedagogical technologies, Sh.N. Mustafaev, the role of ecological consciousness in the formation of the aesthetic attitude of a person to nature, Sh. X. Methods of improving the aesthetic outlook of students of the design direction of Samieva Vocational Colleges, Valikhojhaeva F. B. conducted scientific research on preparing students for aesthetic education of children in pre-school educational institutions.

Psychological scientists F. G. Bozarova, B. E. Husanov's research works reflect the transformation of the categories of beauty and splendor, the characteristics of the manifestation of beauty in the relations of individuals and society.

In her research work, N.A.Khudayberdieva defined the system of training pedagogic personnel in the field of physical education and sports, and K.N.Hakimov determined





the theoretical foundations of the integration of physical and spiritual-ethical education in general secondary schools and developed scientific-methodical recommendations for practical implementation.

To improve moral education in the conditions of building a new Uzbekistan, to further improve youth education in continuing education institutions, to focus its direction on the education of awareness and self-sacrifice, the development of the Motherland and the well-being of the country, to further develop the moral consciousness of students and young people, moral perception, moral feelings, and moral behavior. it serves as an important basis for the training of well-rounded, well-rounded specialists.

Human beings naturally seek beauty. His moral behavior, manners, feelings, imagination, beauty, that is, dreams, goals, desires, happiness, joy cannot develop without emotional states. After all, if moral qualities such as duty, obligation, responsibility, mutual respect, humanity, nobility are accepted from the point of view of refinement and become personal property, they gain social importance. Because beauty is the activity itself, and the results of nature and human labor are the perfection of human relations. From this, sophistication forms an aesthetic consciousness, which means expressing things and events in reality from the point of view of beauty and treating them in the direction of perfection.

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