



PHYSICAL CULTURE AS A PART OF THE GENERAL CULTURE OF THE SOCIETY

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Annotation

The presence of both cultural and educational elements in the process of physical culture always leads to its consideration as an integral pedagogical process. Depending on the task, each of these elements will be displayed separately. The article deals with the concept of physical culture as an integral part of the general culture of society.

Keywords: physical culture, pedagogical process, mental state, economic structure, political structure.

Introduction

The concept of "physical culture" consists of two separate meanings, called "physical knowledge" and "development of physical qualities."

The term "physical knowledge" is found in the earliest systems of physical culture of the new era. Feet, for example, spoke of the need for exercise to "develop your body." Physical education includes specific theoretical concepts related to the performance of physical exercises, as well as the skills and abilities to apply them in life when necessary. Pestalozzi was a staunch supporter of children's "culture". P.F. Lesgaff explained physical education as an expanded meaning of physical culture. But the main idea of Lesgaff's teaching on physical culture was the idea of physical education in the true sense of the word.

In the process of physical education according to P.F. Lesgaff, children "learn to distinguish and compare certain movements, to consciously control them, to adapt to obstacles, to overcome these obstacles as quickly and decisively as possible, that is, to spend as little time as possible." He believed that they should learn to do most of the physical work consciously, by persistently doing manual labor.

The two sides of the whole process are inextricably linked. For example, if students repeat running exercises over and over again to master technique, they will develop both strength and endurance, and in some cases, speed. On the other hand, if the same running exercises are repeated at a high speed (to develop speed), then the exercise





technique will be strengthened and improved, and at the same time, learning problems will be solved.

The process of performing exercises affects not only the physical, but also the mental state of the participants, their emotions, will and morality. Physical culture reflects both the laws of physical development and the social laws of physical culture.

The nature and method of applying the social laws of physical culture actually derive from the economic and political structure of society, which gives physical culture a social character.

Physical culture is an eternal category, in the sense that this direction of culture has existed since the birth of society, and this direction continues to develop as one of the necessary conditions for social production and human life (A.D. Novikov, 1959). The peculiarity of physical culture as a social phenomenon is that it basically serves society as a means of developing a person's physical abilities.

physical training. In physical culture, there are three main areas: general physical training, professional physical training, and sports training.

General physical training is aimed at improving health, acquiring a wide range of motor skills and abilities, as well as developing basic motor qualities that will serve as the basis for a special training.

For the purpose of general physical training, all types of physical culture means, various physical exercises, healing means of nature and hygienic factors are used. General physical training is carried out at all stages of physical culture through the school-wide system of physical education, mass physical education classes and individual forms of physical activity.

Professional physical training is a process of physical culture aimed at preparing for a certain type of specialized work and protective activity. Mostly professional types of exercises are used. The use of professional physical culture accelerates the process of mastering the formation of labor-intensive funds, increases labor productivity, and increases the body's resistance to harmful environmental factors.

The difference between general and professional physical training is conditional, and both areas complement each other. Sports training is a special direction in physical culture. The task is to ensure that a person achieves high results in the chosen sport.

In physical culture, sports training is associated with improving the functional capabilities of the body, high sports results become a criterion for assessing the physical fitness of people and are widely used as a guide to physical culture.

Physical culture is a part of the general culture, the growth of which depends on the level of socio-economic development of society.





Physical culture is a product of certain historical conditions. Each socio-economic formation is characterized by the physical culture of the members of society, and this physical culture remains a general and indispensable condition for the comprehensive improvement of the individual as the wealth of the entire nation in a certain period of the development of society.

Physical culture is a set of material and spiritual resources created and used by human society for the physical education of people.

In the above definition, material resources are a variety of sports facilities, special equipment, facilities, facilities. Spiritual resources are ideological, scientific, organizational, practical and special scientific achievements created and shaped by the cultural system. Through physical culture, any person can achieve high results in his physical development, and achievements in this area become his personal property (property).

Physical education, physical development and physical training of a member of society provide the basis for achieving the physical maturity necessary for active life, or the basis of physical culture.

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