



Theoretical Problems of Physical Education and Sport

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Abstract: *The article analyzes the current problems of physical education and sport. Also, recommendations are given based on research to further improve and develop the industry.*

Keywords: *physical culture, sport, improvement, development, system, program, research, scientific potential.*

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It is known that the fourth priority of the action strategy, aimed at "Development of the social sphere", pays special attention to the development of education, culture, science, literature, art and sports, improving state youth policy. Also, in the Resolution of the President of the Republic of Uzbekistan dated June 3, 2017 No PP-3031 "On measures to further develop physical culture and mass sports" in all regions of the country "There are important and urgent tasks to encourage, protect young people from harmful habits, create the necessary conditions for them to realize their abilities and talents, select talented athletes and improve the system of targeted training."

Implementation of these tasks on the basis of the education system and continuous reform will bear fruit. In the words of President Sh.M.Mirziyoev, "Life itself and the demands of the people set before us new and more complex tasks that need to find a practical solution." This necessitates the further improvement and development of our ongoing work, the development and implementation of measures based on science-based proposals and recommendations.

Although today all the legal rules and requirements for the training of personnel meeting modern requirements have been adopted, practice shows that there are a number of problems in this area. In particular, the declining scientific potential of higher education institutions, the incompetence of professors and teachers in research work makes it necessary to develop systematic programs to address such problems and ensure their consistency.

In particular, bringing scientific projects in the field of fundamental, applied and innovative research to a new level in terms of content and quality, ensuring their effectiveness, wide implementation in practice; qualitative modernization of the system of sports and educational work, effective organization of leisure time of students; systematic promotion of mass sports in preschools, secondary schools and neighborhoods; formation of a mechanism for widespread use of sports facilities by schoolchildren and the population in the mahallas; - Bring cooperation to a new level with public organizations, including the Women's Committee, the Youth Union and self-government bodies; implementation of cooperation with sports federations, specialized Olympic reserves and schools of higher sports skills in sports, specialized boarding schools to select talented

athletes, promote their activities, encourage and direct them to higher education; expanding the number and scope of foreign grants; developing effective mechanisms for working with young researchers; establishment of modern sports laboratories; creation of scientific schools on national sports and increase their prestige in the international arena; extensive use of foreign methods in scientific research in the field of sports; advanced training and retraining of teachers and specialists with the involvement of foreign experts; comprehensive development and strengthening of the scientific potential of educational institutions, including the expansion of research topics, the implementation of targeted training of masters and doctoral students; In preparation for the XXXII Summer Olympic Games and XVI Paralympic Games in Tokyo (Japan) in 2020, the technical, tactical, psychophysiological, functional and special performance of athletes will be scientifically and methodologically developed with the involvement of leading experts and scientists in the training of members of the national team. development. In conclusion, the cooperation of both parties is important in the organization of physical education in preschool institutions and in the family. In preschools, parents are fully informed about the physical condition of their children. Conducting various entertainment activities with children and parents in the institution, helps to ensure institutional and educational cooperation with parents, strengthens the attention of parents to their children. The organization of corners in the children's room in families can be the basis for the growth of the principle of "uniqueness of the child."

After all, the choice of a particular sports equipment in the corner of the child by the child indicates his interests and current psychological state, ensures that the agenda in the family environment is not disturbed, the child is engaged in any activity. When the level of physical development is lagging behind, a sensible solution is to use a variety of physical education tools related to the physical fitness and development of female students in higher education institutions.

For example, in the study of the literature on sports in physical education classes, RV Radaeva in her research proposes to include aerobics, shaping, bodybuilding and swimming in the process of physical education of students in universities that do not have a profile of physical education.

MG Sukhanova believes that the introduction of sports in the educational process in physical education will have a positive impact on the adaptation of junior students to study in higher education and will increase their physical and intellectual abilities compared to students engaged in general physical training.

Uzbek martial arts is the national sport of Uzbekistan and can be considered one of the most popular sports today. The use of Uzbek martial arts in the educational process in Uzbekistan will expand the capabilities of the physical education system. Uzbek martial arts is the national sport of Uzbekistan and can be considered one of the most popular sports today. The use of Uzbek martial arts in the educational process and in extracurricular activities allows to expand the capabilities of the physical education system.

To this end, physical education classes in higher education should be increased by at least 4 hours per week for students of grades 1-2, based on the Law of the Republic of Uzbekistan "On Education" [1]. it would be expedient if the forms of amateurism were further perfected.

Referenes

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