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METHODOLOGICAL DOCTRINE OF THE ORGANIZATION OF THE PROCESS OF PHYSICAL EDUCATION THROUGH NATIONAL TRADITIONS

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Abstract: The article discusses the role of national traditions in the process of physical education classes. Methodical teachings of national traditions are covered.

Keywords: National traditions, physical education, physical fitness, sports, skills.

Introduction

In the socio-cultural potential of Uzbekistan, physical culture and sports have a unique content, form, purpose and essence. The work of physical culture and sports specialists in carrying out large-scale and in-depth events, such as inculcating them in the culture of everyday life, educating the physical fitness of young people, attracting talented young people to sports, improving their skills, spreading the country's glory through sports. noteworthy.

One of the problems of our time is the training of specialists in physical culture and sports, the deepening of their knowledge and the constant improvement of their practical skills, creativity and initiative.

Fundamentals of specialization in "Theory and methods of physical culture", "History and management of physical education", "Methods of teaching sports and movement games", "Pedagogy" and similar theoretical disciplines at almost all stages (courses) of faculties of physical culture, methodology and ways of its application in practice are taught in depth. The concept of national traditions in the

theoretical knowledge of various strata of the population, the organization of physical education, sports, travel and national games in educational institutions, the application of mass sports events in them the basic concepts are almost unexpressed. It should be noted that the textbook "Physical Education and Sports Management" by Associate Professor KR Yarashev (2001) to some extent explains the above problems. It was also noted that the organization of the educational process in the organization of public health physical education, tourism and national games should be carried out in the faculties of physical culture. However, not enough has been done in this area. On the basis of the sections "Selected disciplines", "Special courses" in the curriculum of the faculties of physical culture in all institutes and universities of the Republic (Nizami Tashkent State Pedagogical University, SamSU, Kokand State Pedagogical Institute, FarSU, NamSU, etc.) hours are devoted to theoretical concepts and practical skills. It explains some concepts of national values, spiritual and enlightenment culture. Associate Professor H.A. Meliyev, the author of

this dissertation, took the initiative in implementing these measures. Involvement of high-level students in local events such as "Navruz", Independence Day, Harvest Day, Professional Days (teachers, medical staff, etc.), equipping them with practical and organizational skills in this field. Creative experiences have been achieved.

They point out that the faculty teaches a lot of theoretical subjects for students, but the need to teach more national-traditional activities and involve students in practical activities is somewhat overlooked. These considerations may be more or less logical. However, future physical education teachers and coaches should teach national values and traditions at sports events.

Main part

According to professors and teachers of the above-mentioned universities and some leading experts in other regions, spirituality and enlightenment are associated with teachers of national independence, pedagogy, cultural

organizers in certain areas, to spread national traditions in their work, and to use them purposefully.

The State Education Standards of the Republic of Uzbekistan (2015) and the qualification requirements set an important task to ensure the continuity of physical education in educational institutions, the involvement of schoolchildren and students in sports activities. On this basis, the program "Physical Education" (2014) for the higher education system and academic lyceums, vocational colleges and secondary special educational institutions has been developed and is being implemented. On March 1, 2000, special tests "Alpomish" and "Barchinoy" were introduced. Their content, form and goals will be the main option for the development of physical fitness, labor and defense skills of young people and students.

The goals and objectives of the radical reforms in our country, public events in the field of culture, medicine, education and sports, their

studies and related disciplines. it can be said that there is no organic connection between the teachers of the faculties of education on these problems. They just teach their subjects. In our opinion, in any field, science, educators should be engaged in activities, creativity, initiative, combined with the education of spiritual and physical development of future professionals. Only then will future professionals be able to think highly, be proud of their national values, and fully realize their duty and responsibility to the people and the country.

It should be noted that the management of such requirements in practice is associated with the social working conditions, social security of production communities, various institutions, residential areas, recreation and leisure facilities. That is, the needs of the organizers and coaches of public health, physical education and sports events, the appointment of staff on the basis of needs, the placement of orders for the necessary sports organizations or bachelor's higher and secondary special educational institutions. will need to be added. If these measures are taken, it will be possible to increase the number of

content, the full development of young people studying professionally, the full response to the students of the time, to do so requires having all the qualities associated with feelings of devotion and belief in the Fatherland. It should be noted that the above "Physical Education" programs provide detailed information on the study of national values in physical education classes, especially on the use of national traditions in physical education, sports, travel and national games. no This has a negative impact on students' perceptions of national traditions, including the importance of physical education. On the other hand, most physical education teachers are not able to leave the program, and a creative approach and practical initiatives are rare. These negative features are reflected in the learning process of students (pedagogical and organizational).

As you know, physical education has its own characteristics. An analysis of the curriculum of the "Physical Culture" program reveals two areas:

1. Students will be trained and retrained in the chosen sport in the form, content and method

common to all faculties of the country and the DJTI.

2. The potential of professors and teachers of the faculty, courses on special subjects of interest to them are organized. These processes have a positive effect on the acquisition of specialized concepts and knowledge by students. However, this is not the case with all higher education institutions, which are of high quality. There are some objective and subjective reasons for this:

- Educational-methodical manuals, recommendations, combining physical culture and socio-educational features of national traditions, are not well developed;

- Teachers working to deepen theoretical knowledge and practical knowledge of sports have a very shallow knowledge of traditions; - The topics of spiritual and physical development in abstracts, courses and graduation theses are not covered in detail;

- In the I-II stages of physical culture education, little attention is paid to the content and essence of mass cultural events held at sports facilities in the context of homework, independent work.

Alpomish and Barchinoy, which belong to them, are included in the lessons and sports classes on the sport (gymnastics, athletics, movement games, wrestling, specialization, etc.) in the curriculum. tests have traditionally been expressed in the context of national values in the teaching of test-normative requirements, recalling customs, symbolically continued from the lives of our ancestors. However, it is advisable to provide students with relevant information about the epic "Alpomish" and other works of art, historical, cultural and archaeological sources.

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Conclusion

According to the Resolution of the President of the Republic of Uzbekistan dated June 3, 2017 "On measures for further development of physical culture and mass sports" PQ-3031, the selection, testing and mobilization of gifted children in sports schools. In such organizational, practical and educational conditions, sports performances and public demonstrations, which are used in national traditions, can play an important role. For this reason, students at all levels of the faculties of physical culture are taught the interrelationships of children's sports and national traditions; you will need to teach them how to balance organizationally. Such socio-educational teachings and practical activities should be taught in all theoretical and practical (sports) lessons and sports.



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