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FUNDAMENTALS OF THEORY AND METHODS OF PHYSICAL EDUCATION AND SPORT

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Annotation. The article presents materials about the theory and methodology of physical education as a generalizing science, the concept of the system of physical education and the conditions for its functioning in society, means and methods of physical education, principles governing physical education, directed personality formation in the process of physical education and sports training as well as the main directions of using the factors of physical culture in the life of the adult population.

Key words: generalizing science, concept, functioning, factors of physical culture.

Аннотация. В статье представлены материалы о теории и методике физического воспитания как обобщающая наука, концепция системы физического воспитания и условий её функционирования в обществе, средства и методы физического воспитания, принципы, регламентирующие физическое воспитание, направленное формирование личности в процессе физического воспитания и спортивной подготовки а также основные направления использования факторов физической культуры в жизни взрослого населения.

Ключевые слова: обобщающая наука, концепция, функционирование, факторы физической культуры.

Theory and methodology of physical education as a generalizing science. Formation of the theory and methodology of physical education and sports as one of the generalizing sciences, tendencies of its development in unity with the formation of the general theory of physical culture, connection with other sciences, education, upbringing.

The integrating role of the theory and methodology of physical education and sport in the training of scientists in the field of physical culture and sports and in the system of curriculum disciplines in professional physical education.

The modern conceptual apparatus of the theory of physical education (main categories), its cognitive and applied meaning.

Actual problems of generalizing research in the field of physical education and sports; defining features of research methodology in this area, the leading role in it of general scientific integrative approaches (historical-logical, dialectical, systemic, theoretical-modeling and others); a combination in the study of the laws of physical culture, sports and physical education; logical-cognitive, experimental, instrumental, mathematical and other methods.

The concept of the physical education system and the conditions for its functioning in society. Trends in the formation of domestic and foreign systems of physical education, the ordering effect of the social system of physical education on physical culture and sports movement in society, the ratio of the system of physical education and

various forms of functioning of physical culture in society.

General preparatory and specialized directions in the system of physical education; ideological-theoretical, program-normative and organizational foundations of the domestic system of physical education, the prospects for its improvement.

Scientific and applied problems of organizational and managerial, material, technical and economic provision of conditions for the high-quality functioning of the system of physical education and the deployment of physical culture and sports movement, improving the system of training professional physical training personnel of the highest qualification in modern period of social transformation of Russia.

Means and methods of physical education. Optimization of the forms and content of physical activity as the most important specific factor of directed influence on the morphofunctional properties of the body in the process of physical education, regulation of the dynamics of loads associated with the performance of physical exercises, and their management in terms of increasing the functional capabilities of the body and health-improving effect of physical culture and sports activities.

Ways to increase the effectiveness of psychomotor and psycho-regulatory factors in physical education, means and methods of integral impact on improving motor actions and increasing the level of physical qualities in unity (combined, conjugated).

The concept of using the factors of "artificial control environment" in physical education (in particular, training devices, hardware devices, specialized equipment), its theoretical and practical significance in increasing the effectiveness of physical culture and sports activities.

A generalized idea of modern scientific data, revealing the importance and methods of effective use of hygienic factors of the natural environment for the implementation of tasks solved in physical education and sports.

Principles Governing Physical Education. The ratio of general (including general pedagogical) and special principles applied to physical education and sports. Display in special principles of the main regularities of the holistic construction of the system of physical culture and sports activities (continuity and consistency of the alternation of loads and rest, the gradual increase in developing and training influences and the adaptive balance of their dynamics, cyclicity, age adequacy of directions in the long-term aspect). Problems of further scientific development of principles.

Didactic foundations of the theory and methods of physical education and sports. Correlation between the process of teaching motor actions and the process of forming motor skills and abilities. Problems of increasing the effectiveness of the methodology for learning the improvement of the integrating and resulting training of motor actions, especially in complex forms of motor activity. Introduction into the theory and methodology of teaching modern general didactic and profiled concepts and approaches, especially computerization and expanded use of technical teaching aids.

Theory and methodology for the development of physical qualities and associated abilities. Possibilities of a directed impact on the physical development of a person and the regularities of optimization of influencing factors (physical exercises, etc.) in the process of physical education and sports training while providing morphological and functional rearrangements associated with

the development of various physical qualities, an increase in the level of functions of the organism's national capabilities.

Modern trends in the development methodology of strength, coordination abilities, endurance and other physical and psychomotor abilities. New approaches to the problem of diagnostics and targeted impact on their development.

Directed personality formation in the process of physical education and sports training. Ways to improve moral, aesthetic, mental and labor education in the process of physical education. Actual tasks to improve the effectiveness of physical culture and sports in the all-round personality formation.

Modern approaches to the problems of upbringing, re-education, social integration of special contingents (persons with deviant behavior, "difficult" adolescents, disabled people).

Forms of building classes in physical education and sports. The modern theory of the structure of the lesson, training session and other forms of physical exercise. Problems of optimal construction of an integral system of physical culture and sports activities.

Planning and integrated control in physical education and sports, the possibility of using modern principles and methods of forecasting, optimal planning, mathematical and other methods in this area.

Formation of professionalism in the field of physical culture and sports. Basics of acmeology and general patterns of professionalism formation. Implementation of the patterns of professionalism in the process of professional physical education at the pre-university, university and post-university stages. Problems of increasing professionalism in physical culture and sports activities.

Physical education of children of early, preschool and school age. Scientific and applied aspects of improving the means, forms and methods of physical education of preschoolers, strengthening the effectiveness of physical culture in their lives (in preschool educational institutions and in the family).

Fundamentals of differentiation of tasks, means and methods of physical education of children of junior, middle and senior school age. Evaluation of the concepts of "critical", "sensitive" periods of physical development in the aspect of the problems of physical education of school-age children, aimed at using the factors of physical culture and sports to optimize their physical development and fitness, strengthening and maintaining health.

Improvement of the course of physical education at school, complex construction of a system of lesson and extracurricular forms of physical culture and sports activities for schoolchildren in conditions of increasing danger of physical inactivity and the need to prevent health disorders. Profiling of physical education in secondary specialized educational institutions of various types (including in sports special schools).

Scientific and applied problems of improving out-of-class and out-of-school work on physical education of children and youth of school age. Ways to optimize physical culture in the family.

The main directions of using the factors of physical culture in the life of the adult population. Improvement of the content and forms of physical culture in the structure of the lifestyle of the adult population. Scientific and applied problems and the main ways of introducing physical culture into the everyday life of the people.

Improvement of the university course of physical education, strengthening the role

of physical culture and sports in the system of training and education of highly qualified specialists in modern conditions.

Professional physical training; tendencies to improve its content and methodology as applied to modern professions and in the future.

Methodological features of special physical training of persons acting in special, including extreme, conditions (special programs).

The introduction of physical culture into the system of rational organization of labor: scientific and methodological aspects of the effective use of physical culture factors directly in the production process and in the working day, strengthening the effectiveness of industrial physical culture as a factor in preventing diseases and maintaining health.

The use of factors of physical culture during the period of age-related involution of the body and in order to counteract involitional processes, optimize the physical state of the body and maintain health during the aging period.

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