

## THE CONCEPT OF PHYSICAL EDUCATION

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**Abstract:** Physical culture and sports are an independent type of human activity, the importance of which in the development of society is quite high. They significantly affect social production, the development of social relations, the formation of a person as a person.

**Keywords:** physical culture, human activity, social production, sociologists, developed personality, strengthening health.

Physical culture and sports are very popular these days. Articles and books are written about sports, plays and films are dedicated to it, sociologists, doctors, historians, teachers and specialists in other fields are increasingly paying attention to the study of its problems. All this is not just a tribute to fashion, but a reflection of the place in modern society that physical culture and sports have taken in it. Of particular importance is the consistent development of the way of life, in which physical culture and sports act as factors in the formation of a comprehensively and harmoniously developed personality. Physical education is a pedagogical process aimed at the formation of a healthy, physically perfect, socially active generation.

Physical education solves the problems of strengthening health, the all-round development of physical and spiritual strength, increasing work capacity, prolonging creative longevity and the life of people employed in all spheres of activity. In the process of physical education, morphological and functional improvement of the human body, the development of physical qualities, the formation of motor skills, skills, a special system of knowledge and their use in social practice and everyday

life are carried out. Physical exercise affects the productivity of work, they contribute to the high creative activity of people engaged in mental work. Regular classes in certain sports and physical exercises, their correct use in the training mode help to increase the mental capacity of students, improve a number of qualities they need - depth of thinking, combinatorial abilities, operational, visual and auditory memory, sensorimotor reactions. Physical culture and sports are an important factor in reducing the level of diseases and injuries at work.

Physical culture and sports are necessary for all people, and not only for those whose professions require special physical strength or special mental effort, also because modern living conditions (both at work and in everyday life) lead to an inevitable decrease in motor activity. human activity. Reduced physical activity, in turn, leads to a decrease in the fitness of the body, which accompanies a decrease in mental and physical capacity for work, a decrease in the human body's resistance to diseases. Physical culture and sports have at their disposal great opportunities for the upbringing of a comprehensively developed personality. In the process of classes, moral, mental, labor and aesthetic education is being accomplished. At the same time, the influence of physical culture and sports on the personality is quite specific and cannot be replaced or compensated for in any other way.

Moral education. Physical education is organically linked with moral education. In educational and training sessions and especially during sports competitions, a person has great physical activity, which contributes to the formation of such character qualities as willpower, courage, self-control, determination, self-confidence, endurance, discipline. Physical exercises and sports are purposeful and usually take place in a team. Therefore, playing sports fosters a sense of collectivism, dedication to one's team. In wrestling, such moral qualities as honesty, respect for an opponent, and the ability to subordinate one's behavior to the norms of sports ethics are revealed. Mental education. Systematic physical education and sports play an important role in improving mental performance. Mastering modern curricula, for example, for university students is associated with a significant neuropsychic

stress. A high level of physical fitness is one of the important factors that ensure the persistence of mental performance throughout the school year. It has been established that in the system "state of the body - optimal physical activity - mental capacity for work", the last link is in direct proportion to the first two. It was also noticed that such indicators as the volume of attention, memory, the number of mental operations in undertrained students by the end of the academic year are significantly reduced. During this period, it is especially important to maintain mental capacity to ensure the continuity of physical exercises and sports, taking into account the physical condition of each student and the regulation of training loads in this regard, as well as ensuring a positive emotional background in the classroom.

Labor education. The essence of labor education is the consistent and systematic development of personality traits, which determine the level of his preparation for life and socially useful work. The main qualities are hard work, a conscientious attitude to work, mastering the culture of work. Diligence is brought up directly in the process of educational and training sessions and sports competitions, when athletes, in order to achieve results in physical or sports training, perform and numerously repeat physical exercises, that is, they systematically work, overcoming fatigue. Purposefulness, perseverance in achieving the set goal and hard work, which are brought up during physical education and sports, are subsequently transferred to labor activity.

Aesthetic education. A person who goes in for sports constantly gets acquainted with the manifestations of beauty. Under the influence of physical exercises, body shapes develop harmoniously, movements and actions become more refined, energetic, beautiful. Many go in for sports, guided not only by certain practical goals - to improve health, set a record, etc. To a large extent, they are attracted by the opportunity to receive aesthetic pleasure from classes, from the opportunity to constantly observe the beautiful and create it themselves in the form of movements that are perfect in beauty, graceful to virtuosity of owning their own body. The connection between physical education and sports with aesthetic

education is effective, because it allows not only to form an outwardly beautiful appearance, but also at the same time to effectively influence the education of moral and volitional qualities, aesthetics of actions and behavior in modern society.

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