

## Relationship of Physical Culture with Other Directions

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**Abstract:** Physically adequate development facilitated normal mental development. Chernyshevsky's views on the relationship of mental and physical processes of dialectical materialism to mental and physical activity are reflected in his works: "Any labor is a mental, physical person. in the second, the muscles o The work of the brain was carried out through the interaction of the muscles, the activity of the muscles, and the control of the brain. '

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Adequate physical development promotes normal mental development. The ideas of dialectical materialism about the union of mental and physical processes with mental and physical activity are expressed in Chernyshevsky's works: "Any labor is mental, physical. If we distinguish between mental and physical labor, one plays the main role in the brain, the other in the muscles. The activity of the brain depends on the interaction of the muscles, and the activity of the muscles is carried out through the control of the brain," he said. Founder of Physical Education P.F. As Lesgaft points out, mental and physical development are inextricably linked. The growth and development of the mind, in turn, requires physical development. The task of physical culture is successfully solved if the participants perform the exercises consciously, consciously, or if they have a great interest in sports, a creative approach on their own initiative, the general formation of motor skills, the development of functional abilities of the body. will only be effective if it is carried out on the basis of

specialized knowledge. The discovery of talent in physical culture or sports is the result of the general physical development and preparation of the trainee, as well as in-depth knowledge of the field in which he is engaged, to avoid blindness in the use of brain and muscle activity. Lack of awareness can lead to a loss of talent. The most dangerous thing is the one-sidedness of the practitioner, who only develops the habit of playing sports - the number of supporters for the society increases. Understanding the secrets of sports training will help you to improve your skills. This can only be achieved through financiality in all its aspects. Setting world records and fighting for championships requires a high level of knowledge, in-depth knowledge and physical ability. To achieve this, you need to work hard and have a sharp intellect. The question of the unity and interdependence of mental and physical culture on the basis of natural sciences was studied by the great Russian physiologists IM Sechenov and I.P. Proved by Pavlov's scientific research, Pavlov said, "I've loved mental and physical labor all my life, more so the latter. I felt so good, especially when I connected my mind with so many to solve the idea that came to my mind." , he wrote. This means that physical culture is inextricably linked with mental culture. Ethical culture in the process of physical culture In the process of physical culture, students interact with each other and with other members of society. Exercise uses equipment that has a certain material and spiritual value. The relationship between physical culture and athletes, and the social environment that surrounds them, under the influence of natural factors, poses the problem of meeting the moral requirements of the existing society. The morality of the athlete, the physical culture of the country is the morality of the

representative of the nation, the person of the existing society. An Uzbek athlete has no special moral standards if he differs from the moral norms of an ordinary member of this society. Attempting to create an "athlete's ethic" would lead our eastern peoples to deviate from the norm. We should not train short-sighted, narrow-minded athletes, but cultivate cultured individuals who can be strong, not only with good digestive organs, but also a broad-minded, spiritually rich, enterprising, good organizer. These ideas are especially relevant for the youth of our young country. In sports, unity and commonality are the only legitimate traits. This feature is embodied in the community. The history of the physical culture of a society represents the strength of the nation and the community. Athletes of the country must feel the responsibility of their people, their homeland, which is the decisive factor in their success in the international arena. Western professional sports, on the other hand, teach its representatives that your personal interests do not have to be in the public interest, and that you have to deal with the situation in which you have confidence, without any obligation or principle. 2. Cultivation of social attitude to public property in the physical education class, training of trainees to have a good attitude to the equipment, tools, facilities used, participation in the re-equipment of sports fields at the required level. 3. Social attitude to work is one of the most important norms of morality of the members of the society. Exercise allows the participant to participate in labor, in the process of high production and to realize his all-round harmonious development. Athletes, on the other hand, are hard-working and hard-working to achieve results. Not only does it break records, but it also develops the will, discipline, and work ethic necessary for the labor process, and teaches labor to be valued. 4. Physical culture teaches obedience to the laws of society. Gymnastics, games, sports, tourism and other physical exercises strictly require

rules and regulations from the cultured. Failure to do so will drive the athlete or cultivator away from the goal. It puts the athlete's life in danger. It is enough to consider the results of his moral culture in the process of sports. For example, suppose a player collides while fighting for the ball. Someone is to blame. You want to respond to rudeness, but the athlete's code of ethics insists that the code of ethics must prevail in order to control oneself and resolve the conflict peacefully.<sup>5</sup> The norm of humanism calls for respect for man, the struggle for peace for the future, which is expressed in the form of mutual support, mutual assistance, especially during competitions. The spirit of humanism is higher among the peoples of the East than their rivals. This means that good health and physical fitness cultivate the moral values and willpower of a member of society. In the process of physical culture, some tasks of aesthetic culture are solved and set in motion: 1. Cultivation of behavioral aesthetics. Gymnastics 6i lan exercise, sports, games, tourism, as described above, chn shows all the qualitative aspects of the number. Athletes' behavior is a vital part of the life of the sport and beyond, because it is based on the moral norms of the peoples of the East. Misconduct is assessed as contrary to aesthetics. 2. Ensuring the beauty of the structure of the human body. The beauty of a harmoniously developed human body is that it is a sign of good health, vitality. Chernyshevsky said, "When we talk about human beauty, it is an integral part of it, which determines that we are impressed by it. It shows life, we understand it." V.V. Gorinevsky said, "Beauty is not the opposite of happiness and health, and ill health, on the contrary, deviates from the norm and distorts the notion of beauty." 3. Cultivation of the ability to perceive beauty, the ability to feel the hidden beauty in the expression of sports technique, elegance of movement. The technique of movement is beautiful, the subtlety of movement, the expression of its content is beautiful. The movement

activities used in the physical culture process are not identical. But each of them - the beauty of running, Brumel's high jump, Jabotinsky's record-lifting technique, Voronin's and Diamidov's "mastery" of gymnastic projectiles - are all beautiful. Ratings based on the game on the football field: "It was a beautiful game", "The game turned out very well", "the team showed a high level of ball handling skills during the attack" and so on. Understanding beauty in sports is fun. If we can build beauty in sports, it shows the level of our aesthetic taste and level. Boxing is considered to be not an aesthetic sport. This game is spiritual in itself. develops moral, physical qualities. It is clear from practice that a good boxer is brave, strong-willed and brave. If you understand and watch with taste, it will give you aesthetic pleasure. Aesthetically pleasing, cultivating, advanced movement techniques, the ability to move at the level of automatism are manifested in the activities of athletes or physical culturists. Suppose we wanted to create an experimental group of swimmers and basketball players to monitor the effectiveness of the exercises, which they did with strength training. It is not only interesting to know in which group the effect is good, but also another issue: to give all basketball players and swimmers (they are the same age, the same gender, the same sports skills, etc.) exercises that require strength in training the question arises as to whether it was expedient. It is also important to study the issue. Because strength training requires effort. Boredom, on the other hand, undermines the beauty of action. But in the case of an individual with a high level of engagement, this is seen at the level of a beautiful, action-packed action. There are different groups of principles in the theory and practice of physical culture. There are general and methodological principles of the system of physical culture, which reflect the characteristics of certain aspects of physical culture (for example, sports training, astronauts, firefighters, etc.). They are

inextricably linked and form a single system of principles. First of all, let us get acquainted with the general principles of the theory of physical culture. They are: a) the connection of physical culture with labor and military practice; b) comprehensive personal development; c) the principle of directing physical culture to health. In the process of physical culture, theoretical principles, on the one hand, serve as a charter, on the other hand, in the process of physical culture, they put the teacher in a theoretically and methodologically specific framework. In the pedagogical process and practical activity, the principle can play an important role in the form of obligation, law. In some cases, we see the principle as part of certain knowledge in physical culture, or as a general basis for instructing activities or performing various particular tasks.

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