

## Physical Culture is an Integral Part of Human Cultural Development

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**Abstract:** This article provides a comprehensive analysis of the concept of physical culture. It is based on the importance of physical education in human life. The role of physical culture in the healthy development of children, leading a healthy lifestyle is explained.

**Keywords:** physical culture, sports, healthy lifestyle, sports, physical education

Physical culture - an area of social activity aimed at maintaining and strengthening human health in the process of conscious motor activity. This is a part of culture, which is a set of values and knowledge created and used by society for the purpose of physical and intellectual development of a person's abilities, improvement of his physical activity and the formation of a healthy lifestyle, social adaptation through physical education, physical training and physical development.

Don't confuse 2 different concepts - physical education and sports. Physical education is aimed at improving health, and sport is aimed at obtaining maximum results and sports awards.

Each of the components of physical culture has a certain independence, its own target setting, material and technical support, a different level of development and the amount of personal values. Therefore, sport in the activity sphere of physical culture is singled out especially, using the phrases "physical culture and sport", "physical culture and sport". In this case, under "physical culture", "physical education" in the narrow sense just can mean mass physical culture and therapeutic physical culture.

Physical recreation (lat. - recreation, - "recovery") - 1) vacation, change at school 2) room for recreation in educational institutions 3) rest, restoration of human strength. Physical recreation is physical active rest and entertainment with the use of physical exercises, outdoor games, various sports, as well as the natural forces of nature, as a result of which they enjoy and achieve good health and mood, restore mental and physical strength.

The modern broad concept of "physical education" means an organic component of general education - an educational, pedagogical process aimed at mastering personal values of physical culture by a person. In other words, the goal of physical education is the formation of a person's physical culture, that is, that side of a person's general culture that helps to realize his biological and spiritual potential. Physical education, whether we understand it or not, begins from the first days after a person is born.

The founder of the scientific system of physical education (initially - education), harmoniously contributing to the mental development and moral education of a young person, is in Russia the Russian teacher, anatomist and physician Pyotr Frantsevich Lesgaft (1837-1909). The Courses for Teachers and Heads of Physical Education, created by him in 1896, were the first higher educational institution in Russia for training specialists in physical education, the prototype of the modern St. Petersburg Academy of Physical Education named after PF Lesgaft.

It is necessary to distinguish between the terms "physical education" as vocational training in special educational institutions and "physical education"<sup>8</sup> in its original (according to PF Lesgaft)

sense of physical education. In English, the term “physical education” can be used in either sense. It should also be borne in mind that the English terms: “physical culture” in the sense of our broad concept of “physical culture” is not in use abroad.

Physical education in unity with mental, moral, aesthetic and labor education ensures the all-round development of the individual. Moreover, these aspects of the general process of education are largely manifested in the most appropriately organized process of physical education.

In higher educational institutions, the process of physical education of students is carried out at the department of physical education through the discipline “Physical culture”.

The goal of physical education is achieved in solving interrelated health-improving, developmental, educational and upbringing tasks.

The health-improving and developing tasks of physical education include:

1. Strengthening health and hardening the body
2. Harmonious development of the body and physiological functions of the body
3. Comprehensive development of physical and mental qualities
4. Ensuring a high level of performance and creative longevity

It is believed that in order to accomplish these tasks, the total time of training sessions in the discipline “Physical culture” and additional independent physical exercises and sports for each student should be at least 5 hours a week.

Physical education of preschool children occupies a special place in the education system. The peculiarity of this period is that the body of a preschooler has a low resistance to adverse environmental influences, but at the same time rapidly increases its adaptive and functional capabilities.

The period from birth to 7 years is characterized by great physical activity. It is in preschool childhood

that health, general endurance, working capacity, vital activity, all-round physical development, improvement of body functions, and increased activity are formed. The nervous system, musculoskeletal systems, and the respiratory apparatus are being formed.

Physical education contributes to the mental, moral and aesthetic education of preschoolers, forming a harmoniously developed personality. The goal of physical education is:

In the process of physical education, health-improving, educational and educational tasks are carried out:

1. Strengthening and protecting the health of the child, hardening the body
2. Help in the formation of the curvature of the spine, the development of the arches of the foot, the strengthening of the ligamentous apparatus, the development of all muscle groups
3. Formation of vital types of motor actions (walking, running, jumping)
4. Development of physical qualities (agility, endurance)

Basic means of physical education:

1. Physical exercises
2. Natural factor
3. Natural factor
4. Massage
5. Personal hygiene

A full-fledged physical education is achieved with the complex use of all means, since each of them has a different effect on the human body.

Physical education of children is carried out in accordance with the following hygienic rules:

1. The choice of the optimal motor regime, taking into account the biological needs of a growing organism in movement and its functional capabilities
2. Differentiated use of means and forms of physical education, depending on age, gender, health and physical fitness

3. The systematic nature of classes, and the integrated use of all means and forms of physical education
4. Creation of hygienically complete environmental conditions during classes
5. Physical culture during pregnancy

A pregnant woman needs physical activity to maintain her health and well-being. Pregnant women are encouraged to exercise for up to half an hour a day and up to five days a week. Before starting any exercise, consult your doctor. It is worth noting that with diseases such as diabetes, heart disease and asthma, doctors recommend refraining from physical education. It is also necessary to refrain from exertion in the following cases: weakening of the cervix, threat of miscarriage or involuntary abortion in a previous pregnancy, spotting or bleeding, premature birth in the past, placenta previa. To start physical exercise after childbirth, you need to consult with your doctor, he will tell you what exercises will be safe for you, and when they can start.

Sport in the traditional expression "physical culture and sport" is taken out not only outside the framework of physical education in the narrow sense of this term, but also outside the scope of physical culture in a broad sense, since it also includes physical activities not directly related to culture (for example, chess, checkers, bridge, billiards, shooting, a number of technical sports), suitable for the original meaning of the English word "sport" as games, fun, entertainment. In a broad sense, the modern concept of physical culture includes only sports based on the performance of certain physical exercises and high physical activity.

The integral features of sport are a pronounced competitiveness, a desire to win and achieve high results, which require increased mobilization of the physical, mental and moral qualities of a person, which are improved in the process of rational training and participation in competitions. This allocation of two different quantitative and qualitative levels of manifestation of the capabilities and aspirations of a person in mass physical

education and sports and the well-known names in our country "cultured" and "sportsman" correspond.

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