

Methodology of Teaching Physical Culture and Sports

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ABSTRACT

The fact that sport is a guarantee of health and strengthening of certain parts of the body through various exercises, on this basis for ensuring human health, is emphasized in the medical writings of Abu Ali ibn Sina. Our great ancestor recommended different exercises for the development of different parts of the body, probably hence the variety and variety of sports.

Keywords: Sport, health, development, theory and methodology.

The theory and methodology of physical education as a subject-oriented subject teaches the fundamental system of knowledge of specialists in physical education, the general laws of human physical improvement, its achievement and management. The theory of physical education as a scientific science explains and generalizes the existing facts about physical education. As an applied science, it provides practical theoretical knowledge about the means of physical improvement of a person, forms of physical education and its methods, increases the reserve of vital motor skills and abilities.

The formation and development of the discipline as a subject was due to the emergence and pursuit of theoretical ideas about the possibility of increasing the physical fitness of members of society. It has been proven that the rules and laws governing the physical development of a person are very effective in social labor and in the army.

The content of the theory and methodology of physical education includes:

- The fact that physical education is a product of society is associated with other forms of education as a social phenomenon.

- the purpose of physical education, its general objectives and principles;

- means of physical education, methodological foundations;

- Methodology for teaching motor training;

- development of physical qualities;

- The structure of the process of performing physical exercises and their training;

- Forms of organization of physical education

- Planning and reporting of the physical education process;

- Features of the methodology of physical education;

- Physical education of preschool and school children;

- Characteristics of the process of sports training.

The general laws of physical education as a pedagogical process are the subject of study of the theory of physical education. The general rules are that all segments of the population: children, adolescents, young people, middle-aged people, the elderly and the elderly, as well as those who are just starting to engage in physical activity. understands the peculiarities of the physical education of qualified athletes. The methodology of some disciplines of sports pedagogy (methods of teaching sports, gymnastics, etc.) is formed in the form of independent scientific and educational disciplines. The theory of physical education provides them with a unified theoretical and methodological base as a science in the field of

physical education. The system complements Facebook's rules with social, psychological and biological factors.

Below are the main sources for the development of the theory and methodology of physical education.

- Ways and current state of development of physical culture and sports in our country, government decrees, laws;

- Progressive teachings about the full development of a person in the process of development of society. These doctrines are not limited to the proclamation of the human right to full development, but also to the study of its content and the theoretical and practical substantiation of ways to implement these ideas;

- The system of theoretical and practical knowledge of physical education in the field of scientific research and other related disciplines in the field of theory and methodology of physical education;

- Experience of physical exertion, the requirements of society for people with high physical fitness

- knowledge by members of society of the laws of physical culture and, on this basis, the desire to create and manage a system of physical development;

- the concept of physical culture, which is a source of spirituality in the existing system of physical culture;

- Checks the validity of theoretical rules as a source of physical education practice, uses original ideas born in practice, and they enrich the theory and methodology of teaching.

- archival materials, the results of personal observations (diaries, plans of athletes and their coaches, etc.) enrich and serve as a source of the theory of physical education.

The Greek method of physical education was well known. He was able to combine existing

tools and methods into a single system for the development of strength, endurance and other motor qualities. In the Middle Ages, the variety of styles increased. The first applications appeared in gymnastics, swimming, games, archery, horse riding and fencing.

The third period covers the period from the Renaissance to the end of the 19th century, the intensive accumulation of theoretical knowledge about physical education. Human education is a period of development of the science of teaching and treatment, the emergence of philosophers, pedagogical and medical knowledge.

This information was still different. Because most of them grew up in the philosophical, pedagogical, medical sciences, which at that time were considered independent. Gradually, but as necessary, representatives of such scientific disciplines began to understand that it is often impossible to solve problems without taking into account the role of physical education.

The fourth period - the end of the 19th century - was marked by the formation of the theory and methodology of physical education as a scientific and pedagogical science. The peculiarity of this period is that physical education as a science began to influence other aspects of society. Peter Fransevich Lesgaft, one of the researchers of the theory of physical education, with his works on history, anatomy, pedagogy, anthropology, methodology of physical education, proved that the theory and methodology of modern physical education is an independent scientific-theoretical and educational one. the science.

The fifth period was a period of research by scientists from developed countries and the former Soviet Union, in which the intensive development of science was based on materialistic dialectics, on methods that were considered progressive at that time.

A whole team of scientists, specialized scientific and educational institutions have worked hard to solve the problems of physical education. The abundance of practical material, the discovery of new patterns led to the differentiation of the theory and methodology of the first unified physical education. New special disciplines "Organization and management of physical culture", "Biomechanics of physical exercises", "Sports psychology", "Sports metrology", "Sports physiology", "Therapeutic physical culture", "Physical hygiene" and others have been allocated.

In the course of theory and methods of physical education, it is impossible to explain and prove the problems of the pedagogical process without proof of general psychology, pedagogy, physiology and other disciplines.

The theory and methodology of physical education is closely related to a number of scientific disciplines, and any science cannot be effective if it is limited to its own scientific research. The theory and methodology of physical education have become a subject that solves special pedagogical problems by combining several disciplines. The fact that special sports, gymnastics, athletics, sports, etc. are gradually separated from the main subject of extensive research and teaching, which includes the entire educational environment of physical education, is relatively general, but necessary for certain types of physical preparation. physical exercise, laws that could affect all species, could not be distinguished as a separate science and could not be separated.

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