

## THE TECHNIQUES USED IN PHYSICAL CULTURE CLASSES AND ITS IMPORTANCE IN STUDENT LIFE

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### ABSTRACT

*The popularization of Physical Culture and sports in our country is defined as one of the most important areas of social policy. Because Physical Culture and sports decide a healthy lifestyle in society by promoting the health of the population, educating the younger generation in a healthy and harmonious way. One of the main places is paid to physical education and sports on the scale of public policy, especially in the comprehensive, mental, moral and physical development of the younger generation. In this article, we can discuss about the techniques used in physical culture classes and its importance in student life.*

**KEYWORDS:** *Students, Physical Culture, Physical Education, Human Well-Being, Activities, Effects, Students, Benefits, Methods.*

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### INTRODUCTION

The most important place in the socio-economic and cultural development of our people is occupied by the sphere of Physical Culture and sports. Physical Culture and sports as a social sphere educate people physically, spiritually and mentally as mature, perfect individuals, and economically contribute to the development of our country's production and economy by restoring and strengthening the health and high working abilities of producing entities, that is, people. As we know from history, the sphere of physical education and sports serves the ideology of this society in every society and develops under the influence of the ideology of this society. From the first days of independence, great attention was paid by our state to the sphere of physical education and sports as the main factor in the education of a harmonious generation, becoming one of the priorities of state policy, which is still being carried out by our state today.

Physical education is a socially conditioned, pedagogically organized process of mastering the values of Physical Culture. The social condition of physical education is that in its process a socially significant goal is achieved, i.e. a goal that is important both for the development of the individual himself and for the development of society as a whole. In addition, this means that physical education is carried out within the framework of a certain social organization, which has

the necessary opportunities to ensure the interests of society in this direction.

This social organization is called Systems. The system of physical education is a set of elements of Physical Culture, sorted in connection with the purpose of activity. As in any other social system, the following can be distinguished in physical education:

- 1) A certain composition and structural structure of its constituent elements;
- 2) Functions;
- 3) The nature of relations with other systems of society.

The system of physical education can include various elements of physical culture, i.e. factors of any material and spiritual culture associated with the "production" of physically fit people. However, only those that are directly related to physical education become its indispensable elements. Without them, the system cannot exist as a single social organism (management, personnel, scientific support, etc.). In the process of functioning, certain connections are established between the elements of the system. Formation of the basis of the system structure.

Analysis of pedagogical processes and experiences in the higher education system shows that as a result of the effective application of information and communication technologies in educational practice, our professors will not only convey their knowledge, information, wealth of information to students, but will also be able to communicate with their colleagues abroad in their field, cooperate scientifically, improve educational and methodological work, become

From the traditional technology of teaching, information and communication technology differs in that in traditional technology, knowledge, information, information are expressed by our professors, while information and communication in technology, students themselves are directed to this, achieving teacher objectivity. The result - as a result, students have an increased interest in science and technology, a socio-moral need is satisfied, they have an independent and logical idea, as a result, the process of mastering students' educational materials is accelerated, and high-quality education services are developed, highly qualified personnel are trained, suitable for the modern needs of the labor market. The effective use of information and communication technologies in the educational process ensures the improvement of the efficiency and quality of the educational process, the achievement of the goal set before the educational process, the effectiveness of mastering educational materials at the end of the educational activity of students.

Internal functions are the interaction of the elements of the system that provide external activity (providing physical education personnel, premises, financing, etc.). A healthy person brings more benefits to society. The system of physical education is closely related to other systems of society: economics, culture, science, politics. It is one of the areas of manifestation of social relations and develops under the influence of changes taking place in all spheres of public life (modern era). It has its own historical character. That is why it acts both as a type of social practice and as a type. As a species, it reflects the peculiarities of this type of educational activity, as a type it includes all the main features of the social system of society.

Especially noteworthy in the development of independent Uzbekistan is the development of sports areas of Physical Education, Physical Culture. President of the Republic of Uzbekistan Sh.M. Mirziyoyev pays great attention serves as the foundation for our achievements. The importance of the development of physical education and sports in the field of formation of a healthy lifestyle,

further health improvement of the gene pool of the nation, education of a harmonious generation is defined as one of the priority directions of state policy. In the short term, large-scale practical actions in this area began to pay off.

The system of physical education is closely related to other socio-economic systems of society: economics, politics, science and culture. One of the areas of manifestation of social relations that occur in these systems. The objective basis of these relations is the introduction of the system of physical education into social production. However, it has an indirect effect on social production. The system is not directly involved in the creation of a social product. But this sphere is indirectly influenced by the subject of production relations – through the individual. The system of physical education, with its various forms, belongs to all the main types of human social activity. The system of physical education satisfies not only its biological needs in movement, but also social ones - the formation of personality, the improvement of social relations (Physical Culture and sports activities are subject to strict rules and norms of behavior).

This principle is implemented by fulfilling the basic requirements:

- Only those whose importance for health is scientifically substantiated should be used from the means and methods of physical education;
- Physical activity should be planned in accordance with the capabilities of children;
- Medical and pedagogical control should be a mandatory element of the educational process;
- Compliance with sanitary and hygienic standards, rational use of the sun, air and water-all this must be taken into account in the organization of each physical exercise.
- In physical education, this principle implies the fulfillment of two main requirements:
- The solution of physical education issues should be carried out in close connection with mental, labor, moral and aesthetic education;
- The content of physical education should be planned in such a way as to ensure the coordinated and proportional development of all physical abilities, a sufficiently multifaceted formation of motor skills and their armament with special knowledge.

The principle of connection with the practice of Labor and defense expresses the practical orientation of the entire educational system, designed to educate comprehensively trained people who knows how to do everything. Having received a comprehensive education, a person satisfies not only his personal needs, but also the requirements of society.

The connection of physical education with life has found its expression in the sports and wellness complex of the Republic of Belarus. The implementation of this principle is carried out by fulfilling the following requirements:

- 1) The content of physical education should, first of all, ensure the formation of vital movement skills in walking, running, jumping, swimming, etc. This requirement is expressed in the content of the sports and health complex of the Republic of Belarus and in educational programs on Physical Education;
- 2) It is necessary to create such a broad training of a person through comprehensive physical education. Thus, its general physical performance allows it to master a wide variety of Labor and military actions;

3) The efficient use of physical exercises for labor and patriotic education. Certain conditions are necessary for the implementation of principles, i.e. relevant economic, material and technical, social and cultural base. Practical activities for their implementation should be adequate to this basis. Otherwise, the declared principles can turn into utopian appeals.

**In conclusion**, the principle of orientation to Health forces the teacher to organize physical education in such a way that it performs both preventive and developmental functions. This means that with the help of Physical Education, first of all, it is necessary to compensate for the lack of physical activity that occurs in modern conditions of life; secondly, by improving the functional capabilities of the body, increasing its performance and resistance to negative influences, it also increases the level of their acquisition of knowledge that makes students.

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