

IMPROVING THE SCIENTIFIC AND METHODOLOGICAL BASE FOR THE DEVELOPMENT OF INTEREST IN PHYSICAL CULTURE AND SPORTS AMONG SCHOOL TEACHERS

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Abstract: *This article is about improving the scientific and methodological basis. Development of interest in education and sports among school teachers.*

Key words: *Sports, education, teacher, school, interest development.*

The subject of the study of sports science is man and human society, its development, physical development and improvement at various stages of existence. The history of physical culture and sports is a science that explores and studies the past, helps to know the present and identify the trend of development in the future. The theory of physical culture as a scientific discipline is a generalized system of scientific knowledge about the essence of physical culture and the laws of its use for the physical improvement of a person. The theory of physical culture should include: the theory of physical education, the theory of sports, the sociology of physical education and sports, the scientific organization of pedagogical work, scientific problems of physical culture, etc. History studies the means, forms and methods, ideas and theories in the field of physical culture and sports. She considers physical culture and sports as an organic part of the entire human culture, upbringing, education and health improvement of people, their preparation for labor and military activities.

The motivational-value formation of sports and physical culture component reflects an actively positive emotional attitude to physical culture, the formed need for it, a system of knowledge, interests, motives and beliefs that organize and guide the volitional efforts of the individual, cognitive and practical activities.

Physical education is a pedagogical process, the specificity of which consists in teaching movements and educating the physical qualities of a person. In applied terms, physical education is a process of physical preparation of a person for socially conditioned activity. Physical education is a type of education, the specifics of the content of which reflects the training of motor exercises, the formation of physical qualities, the mastery of special physical education knowledge and the formation of a conscious need to join physical education classes. Education is the purposeful formation of a personality in order to prepare it for participation in social and cultural life in accordance with socio-cultural normative models.

Physical culture is a human activity aimed at strengthening health and developing physical abilities.

Teaching methods are ways of joint activity of a teacher and students aimed at solving learning problems. The technique is an integral part or a separate side of the method. Individual techniques can be part of various methods. In the learning process, methods and techniques are used in various combinations. The teaching method is an element of the method, its component part, a one-time action, a separate step in the implementation of the method or a modification of the method in the case when the method is small in volume or simple in structure. Teaching methods are the ways of joint activity of the teacher and students aimed at solving learning problems.

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