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Specific Important Aspects of Physical Education Classes

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Annotation

The article discusses the specific features of physical education classes. The problems facing the science of physical education and ways to overcome them are explained.

The practical product of these documents is that Uzbek sports have been glorifying the fame of our country in front of the world community with its high results in recent years. But not to miss high results, training of qualified, competitive athletes is directly related to training of young talented reserves.

The process of sports activities in the period of transition to the current market economy places a high demand on the society for the training of highly educated specialists. In the following decades, a process of rejuvenation is taking place in modern sports. The involvement of more young athletes in the training process places great responsibility on sports professionals. The work being done on the characteristics of the general principles of the physical culture system in the training process has become an urgent problem.

The characteristics of the general principles of physical education in the training process and, based on it, the development of physical education, the nationalization of the forms of physical education classes are one of the demands of today. Therefore, studying this problem from the point of view of independence is one of the most important tasks.

Independent Uzbekistan is becoming a better country day by day. The owners of each industry are rebuilding their activities based on the demand of the time and the existing conditions. This thing is expressed to a certain extent in the field of physical education and sports. Because physical education and sports are considered a component of social life, and its development was inextricably linked with the characteristics of each era.

Acceleration of the pace of development of physical education, especially in rural areas mass involvement of young students in physical education and sports and creation of conditions for their regular activities, consistent implementation of the tasks of the perspective plan adopted on the improvement of the general secondary education system on a global scale based on the State nationwide program opens the possibility of effective solutions. At the same time, proper organization of sports for children, schoolchildren and youth is related to the need to take into account the specific periods of each physical quality and functional capabilities of their body development.

It should be noted that the effectiveness of physical education and sports activities is determined not only by their continuity and regularity, but also by the duration and impact value of the activities. Therefore, it is important to determine the importance of physical education in sports and to create conditions for them to regularly engage in physical education and sports and to increase the effectiveness of these conditions in terms of material, legal, regulatory and organizational factors.

It is known that the development of sports is not determined only by the material and technical aspects of the issue, but the importance of attracting this generation to physical education and sports on a global scale, organizing training on a national basis, and making sports skills fundamental, draws attention to the importance of effective training of participants. Physical education came into existence as a result of human-society decision. The transmission of the experience of movement from generation to generation and the goal-oriented effect of human physical development are characteristic of the earliest period of society as the unspoken scientist of the society's livelihood and its own development. Without physical training, it is unthinkable to accumulate progressive experience during the exchange of generations. Correct use of various means of physical education has a deep and comprehensive effect on the human



body, ensures good health and necessary physical training. Specific means of physical education are physical exercises. Regular exercise has a very good effect on the development and strengthening of the central nervous system, blood circulation and respiratory organs, reduces the fatigue of the cerebral cortex and increases the working capacity of a person.

In conclusion, it should be said that physical exercises are of great importance in the development and strengthening of the musculoskeletal system. Due to physical exercises, the bones become very strong, the mobility of the joints increases, and the body becomes flexible. More changes occur in the muscles. Under the influence of physical exercises, the size of muscles increases, their strength increases, the rate of contraction of muscles and their elasticity increases. Physical exercises have a very good effect on the internal organs of a person, first of all, on the heart and lungs.

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