



**NURTURING THE SPIRIT OF PATRIOTISM OF YOUNG PEOPLE
THE SPECIFIC FEATURES OF THE SPORT**

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***Abstract:** independence of kachieved by our government from the start of day start of this special attention to physical culture and sports nDi. The health of the population, to ensure the physical and intellectual aspects of harmoniously developed generation as a means of priority directions of the state policy of guarantee was brought out into the circle.*

Physical education and sports be an integral part of the general culture of the citizens of the country it is necessary. At the modern stage of development of the humane society of readers in the field of physical education and sports to increase the level of general physical preparedness, the issues associated with the development of their talent plays an important role.

Keywords: physical education, sports, patriotism, healthy lifestyle, innovation.

Today, the country is paid to the content of all the reforms in the development of the human factor. Preserve all the riches of man, which is takomillashtiuvchi and imaginative. Therefore, comprehensive human development to expand its capabilities, the conditions to achieve the ultimate goal of creating a guarantee of achievement remains.

21 September 2018 the president of the republic of uzbekistan the year "in the years 2019-2021 strategy of innovative development of the republic of uzbekistan" on approval of up-5544-decree of the level of competitiveness and innovation in the international arena in the number of the country which had been the main determining factor from the aspect of human capital development as was noted in particular that is the main aim of the strategy.

Since the development of human capital is the main factor in this way all the tools of modern development, factors affecting the mobilization of resources and structures you will need to. In particular, special attention to human health, to provide the factors which make the development of health services, development of measures and the problems it is necessary to study.

The cabinet of ministers of the republic of uzbekistan "the age of military-kontsepsiyasini educate in the spirit of patriotism" on approval of in the year 2018 on February 23, 140-execution of the resolution within the framework of the national idea of nurturing young people and their devotion to the motherland, in the spirit of protecting the homeland is a holy duty to their mind and soul and deep absorption of glorious, ancient history and our culture, the independence and prosperity of our motherland minion in the way of selfless struggle going to be proud of our national hero, likely the sense of them being the formation of the national army to strengthen confidence in the power and potential of our national army, physically strong and spiritually mature age the necessity of the fact that military service is a sacred duty for every citizen of uzbekistan in this area to strengthen theoretical and practical understanding and skills to a young side-around underway and proceeding from our national interests in the world of political and social skills to approach to the process, the formation of ideological immunity against various internal and external threats, and quick to make independent decisions in complex situations any modern military-technical means able to use your

skills effectively educate young people, not only the interests of uzbekistan in the military sphere, but also in all aspects of life stand ready to protect, to be selfless to country — impressive examples of this today and that is required to implant into the minds of young people by means of vital as the issues have been identified. Military physical training in the current period and therefore are able to youth and sports physical training, it is necessary to deal with on a regular basis [1,2,3,4,5,6,7].

Young youthful actual physical military physical training in order to prepare to take the doctrine. The quality of such high spiritual and political combat military physical training of youth, to educate, to teach discipline strictly necessary to possess knowledge of the military and technical, physically perfect the armed forces at the disposal of weapons, military and special equipment and introduce the practical use of it will help.

In the age of military physical training is an important task to focus attention to the following issues:

- combat classes in the development and implementation of innovative information technologies;
- military-feel the spirit of patriotism may;
- masculinity, agility, quality and strong durability of the factors which the development of physical preparation to be able to;
- military physical training on the advanced experience of foreign countries of the positive characteristics of the study be introduced on a permanent basis;
- be able to practical knowledge on the technical and practical types of sport;
- high citizenship the position of feeling proud with the formation of the armed forces of the republic of Uzbekistan and others [8,9,10,11,12,13,14,].

Therefore, in the current period the motherland to protect its national security, to ensure the territorial integrity and sovereignty continually focusing stand, in the field of physical culture and sport physical and military training to the level of knowledge and skills, who has a young demand is increasingly growing.

Sport harmoniously developed generation in the country has been the most important tool in the future and so be inevitable. Because sports - generation healthy, healthy mean a future. Consequently, only healthy people, a healthy nation will only be able to work great. Also, the mass of sport and youth to blab to be engaged on the basis of their character was strong, courageous and brave will find it growing to be served, perseverance, the courage of the men was able to surpass the nurturing of life tests and challenges. For example, the development of physical preparation of conception we have observed that, with the combination of technical and tactical skills in sport to days close the case, the level of preparation is very important. At the present time living in the future while the case with the health of the combination of a preparation is important [15,16,17,18,19,20].

Therefore, the physical education model "in relation to the activities of the human nurturing the body as" specialists are required to operate in two directions from: physical education – physical education while teaching them valuable and directed the affairs of the body– the formation of the body and its functions. Regular physical exercise also next life I was that age, even a person's body could not guarantee the ability to work.

In youth our experts in the field of sports, physical and moral qualities, in the place of bringing up the particular sports training coach will go out of scientific units, along with the role of training thathmade a ill. Sports scientists in the field of technical and tactical preparation methods in every

sport, workout standardization downloads the deal individual features, options, their functional, physical and mental development is defined from the analysis of the theoretical aspects were given come out as desired. In all sports, physical education and health of young people, the structure of the basis of sports and other physical exercises along with techniques to take their spiritual qualities of discipline and diligence in bringing up, instead of those who also drew wide attention. Along with the formation of spiritual and moral interest to the type of sport aroused to sharpen their position every coach should take a good showing can stand keeping constant expert scientists that have passed [21,22,23,24,25,26,27].

The country's large-scale socio - economic reforms have been also created opportunities for the development of the military industry. Turn this mature with professionals in physical training in the field of defense and military institutions to have full-fledged requires providing. Today, the military military physical training direction-in the spirit of patriotism in the heart of the educational work of the young servicemen devotion to the motherland, the land and the noble traditions of our people with respect to the history of the formation of sense to look to them and the unconditional validity of the constitution and laws of the republic of Uzbekistan of physical education and sports to strengthen not only the health of the nation, but also to introduce to the whole world in the spirit of nurturing, as well as to promote the traditions of the land between them, with respect to military service look, a high moral quality, the place of military application of the requirements and regulations combined with the responsibility to approach the statement qualities, is not discipline, courage, enthusiastic and in the end to protect the quality of the motherland is established and the aim of nurturing is conducted [28,29,30,31,32,33,34].

To conclude it can be noted that, the youth devotion to the motherland, the land and the noble traditions of our people with respect to the history of the formation of sense to look to them and the unconditional validity of the constitution and laws of the republic of Uzbekistan of physical education and sports to strengthen not only the health of the nation, but also to introduce to the whole world in the spirit of nurturing, as well as will contribute to protect the homeland for the purposes of nurturing the quality of the end [35,36,37,38,39,40].

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