



PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

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Abstract: youth physical-the combination of the development of intellectual resources, especially, physical culture, physical education and physical development based on the use of capabilities is one of the important tasks. In this article, physical culture, physical education and physical mutually dependent aspects of active study.

Keywords: culture, physical culture, education, physical education, talents, sports, physical training coach.

Historically hperiod amma hat education in the society-the most pressing issues the issue of education bo'and today did it hone of the main issues this issue at hisoblanadi. Because society'education zolari-tk arbiyo'the fall of the society rga o'z a whole m in the period ofavjudligini, i.e. taraqlies, welfare, moral and spiritual state, iqbar tisodiyqarorligini, a society'of zolari o'zaro hamkorligini, peace in the world saqthe pros, toe to the human factorG'liq would have to find different solutions together towards the problem of hal b the executive powero'become hisoblanadi. SoqIyoz the structural system of qb in the nameo'the present of physical culture society, a member of her perfection and our activity is supported in o'service worthy of a typical qis ilar. Considering taking it holda physical culture in the country alahida e'tibor qaratilmoqat.

In our society, the formation of healthy lifestyle of the population, especially of the young generation to be engaged regularly in physical education and sports of the times, the requirements to create conditions, through the will of their young sports competitions, the power and the opportunities that reflect real confidence, feelings of loyalty and patriotism to the motherland find the courage to explain identities, as well as the selection of talented athletes from systematic organization of work among young people and the further development of mass physical culture and sports aimed at a wide range of work is being undertaken.

H men'sstyle, ayo, sanitary on their bilimdonligi this knowledge in daily living support and q receive himat'iyany they follow their body, conscious relationships, their health and the health of the relationship to saqh the most important conditions in the prosisoblanadi. These elements of health, physical and ruhiy active international cooperation, long to live a life of life factors uzaytiruvchi hisoblanadi. Say we have different players, her a certain person first and foremost the health of his hayo to style these elements is related to lifestyle-conscious approach. All bog'liq holda I should say-or healthy-tuon the basis of the style th rmush aroundall of the effects you can apply to the body of the factors that have itda haki to be able to the data in from the side for the benefit of their health, and these factors may take the effective use of important importance.



Indeed, in many ways, the health of the people depends on its self. His life for it he reasonably be established, follow the requirements of a culture to live a healthy lifestyle and prevent any disease rollers should be. The world health organization to maintain, according to the definition: "Health – this disease, the absence of any defects but not physical, cognitive (mental) and social calm". How much mablag'evaziga health and material wealth will not buy. Can man live happily be able to robust health.

Physical culture, personality and the realization of the practice of "technique" to work out and either sh generation of physical culture and education, it's time to realize a decisive understanding, deep knowledge and beliefs based on the formation and strengthening of the minds targeted and continually need to care. Iboratki that specific feature of physical education as a social phenomenon, this is mainly in the society that human develops physical abilities, spiritual and at the same time serve as a tool to get far too strong to take effect its fullness. This feature applies to all times of the general physical training for a private sign. Konkret out from society, but in real life, which is the general historical conditions do not have physical education.

The essence of education is different in each period, the social purpose of its content arises. Differently expressed in the idea of education, but at one accord feature of bilateral relations and object according to the expression.

Education for the improvement of the person that was organized in a pedagogical process in accordance with the purpose, nurturing allows you to regular and systematic effects to the person. From the pedagogical aspects of life and activity in the process of education organized is important to readers. **Physical education** is the process of teaching of the human body, from improving the morphological and functional aspects of his life that are important to the basic movement skills, skills, knowledge associated with them is directed to the formation and improvement.

Physical culture is the property of the people of society, spiritual wealth, moral purity, and physical perfection combination is an important tool for bringing up a new man. Social and labour of the people of this activity is to increase the economic efficiency of production, in the field of physical culture and sport physical movement of the multilateral activities of the organization of the state and the church relies. Is a part of its history of physical culture of the people.

Physical activity. Active movement with bog'liq yeseithert forgive, structure, and engage in physical education and sports - the important factors of a healthy lifestyle is from one of, iforgive healthy living nsonning active in the movement, that is the main hardening o'rin will not take.

Riv sports in the country in order ojlantirish decrees and decisions Irun the hose out, physical culture and sport affairs of the development, at the same time, the formation of a healthy generation to create a large ground. Every a person in physical education and sports drinkr to wake up from the family begins. Most importantly, a healthy lifestyle, physical education and sports of his youth as one of the potential opportunity and the basis of their physical and spiritual in a way that serves to increase the fullness. On a continuous basis deal with constant physical education and sports also children

physically, psychologically, will trigger both, were found in the lists of the identities of his whole body.

Physical downloads or actively accelerates blood circulation in the body naturally, this in turn wash the germs of an infectious disease hidden from the place of night, the fast flowing blood to the other organs in the composition of spreads. The occurrence of new disease foci can bring. And finally, the Ukrainian defense of his body against disease diseases of energy during energy to work those muscles for spending paid at the time of the exercise you perform on the functional condition of the organism will cause spending to decline coming. Through the deal with the occurrence of health effects arising as a result of physical exercise may not be may not happen. Such cases will be certain to harm the health of your lifestyle. In some cases, heart, kidney, gallbladder , and other organs, which is formed in the hidden diseases of the diseases that night I happened to deal with the reception and through the exercise of physical exercise is stopped. Accordingly, any functional deterioration requires control is the medical profile cases.

Based on the idea above, it can be noted that the jeducation and sports ismoniy – cooperation between people, is a tool for the strengthening of peace and friendship.

Conclusion.

Qonuniyat by the method of physical culture on the basis of the lens of future generations in the spirit of nurturing baynalminal – the development is carried out using the national kinds of sport. International sports relations, respect for representatives of other nations, their traditionsto get acquainted with the habit of the nurture feelings of friendship and cooperation between nations. Thus, physical culture and sports, the ones that can combine the consolidation of peace, between the people of the situation and to understand each other will serve as an important tool in the creation of.

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