



IMPORTANCE OF PHYSICAL EDUCATION AND SPORTS IN AESTHETIC EDUCATION OF STUDENTS

Makulov Shukhratjon

Associate Professor, Namangan Engineering Construction Institute
Street I.Karimov 12, 716003, Namangan, Uzbekistan

Physical education, physical education is an integral part of general education aimed at strengthening health and harmonious development of the human body. It is one of the indicators indicating the state of physical culture in society. The main means of physical education: physical training, physical training, work and life hygiene. Physical education is combined with intellectual, moral, work and aesthetic education.

Physical education and sports, along with opportunities for physical development of students, also serve as an important factor in the formation of moral and aesthetic characteristics. Physical education and sports science, while satisfying the need for physical self-improvement of teenagers, are also important in shaping their aesthetic education.

Aesthetic education, like other forms of education, focuses on the individual and the social group. Aesthetic education also serves to determine universal and national values. It is clear that education has the goal and task of influencing the human mind, emotions, imagination, beliefs, worldview, actions, and behavior. Aesthetic education also acts as a component of this general goal and task, and represents a historically and socially significant phenomenon. It should be noted that in the ancient world, the goal of education in general was manifested on an aesthetic basis. For example, in the ancient Greeks, the goal of aesthetic education was aimed at the all-round development of citizens, the establishment of the harmony of "spirit and body". In the teachings of great thinkers such as Plato and Aristotle, the system of aesthetic education, while having different aspects, also has a commonality, which served to resolve a single aesthetic dream, to form a single moral behavior and civil qualities. In the Middle Ages in the East and Europe, aesthetic education had the goal of instilling faith in God, the source of divine power, and the transitory insignificance of "this world" into the human personality. The desire to strengthen the divine and worldly essence of the ideas of aesthetic education has not lost its importance, because in aesthetic education, divinity was closely connected with people's work and household life, that is, it was combined with worldliness. Only when social contradictions weaken in a certain society, social equality and social justice are established, certain socio-political and moral conditions necessary for people to receive aesthetic education will be created, material-economic and general spiritual opportunities will expand, and poverty and illiteracy will be completely eliminated. , aesthetic education serves as an important factor in the life of society.

The aesthetic essence of physical education and sports also goes back to a long history. In the early stages of human history, physical actions appeared as a struggle for survival, and later competitions, tournaments, and games led to its development as a culture and sport. From the modern types of sports, which were formed on the basis of ancient games, wrestling, boxing, weight lifting, javelin, swimming, equestrian sports, football, etc., have been passed from generation to generation and improved for hundreds of years. Each of them can be considered as a combination of beauty and perfection of movement, a general aesthetic example of one or another type of sport. Later, sports equipment appeared: balls, balls, sticks, etc. Sports facilities, special buildings were built. They were

equipped with appropriate equipment and supplies. Championships, tournaments, competitions dedicated to various sports have become an integral part of sports.

If we pay attention, any organized sports competitions, events, Olympic Games, tournaments will be enriched with national elements along with the traditional standards of sports. Fields, sports halls, competition grounds will be decorated in the national spirit. These aspects increase a person's aesthetic pleasure and have a significant impact on the formation and development of aesthetic taste.

At all times, aesthetics has been one of the criteria for evaluating achievements in sports. An athlete's body is physically fit and well-proportioned, which is the main sign of athletic beauty.

The athlete's dexterity, agility, gentle work with sports equipment, merging with them, performing sports elements and exercises with high technique and skill represent the athlete's aesthetic attitude to sports.

Physical perfection is the highest level of human physical quality and ability development. One of the characteristics of the harmonious development of a person is a certain understanding of the beauty, elegant movement and secrets of the body formed in the process of physical education. However, a person is beautiful when physically matured in harmony with his spiritual wealth and moral purity, creative self-expression and social activity. So the natural beauty of sports is first of all the beauty of the body, especially its symmetry and proportion.

Artistic depiction of sports and glorification of its aesthetics are common in the cultural heritage of ancient civilizations. The history of sports in the examples of ancient sculpture, ceramics and mosaics, gives the first images of sports competitions that existed in different countries in ancient times, and through them, historical imaginations. Especially in the works of sculpture, there are impressive moments that express the essence of movements characteristic of one or another type of sports, and using them as a material of aesthetic education has an important educational value. , it is correct to say.

The human body is beautiful with its symmetry, for example, when a person runs, the shape of the body becomes asymmetrical. To understand this, let's look at the classical Greek statue "Doriphorus". (Fig. 1) It shows the symmetry of asymmetric movement in sports.

Sculptor - Polycletus, in his art, studies the human figure in a calm state or in a balance of slow walking. "Dorifor" is a statue named after a young man carrying a spear. This statue was removed from the original bronze copy and came down to our time in a stone copy. In this image, the physical and inner worlds are aligned, this is not just a sculpture, but a law of art. The sculptor revealed his inner world and self-confidence through the athlete's body. Polycletus devoted his entire creative life to determining the ideal proportions of the human body. According to the calculation of Polycletus, the length of a person is 7.7 parts of the head, 1.10 parts of the face and palm, and 1.6 parts of the foot. So, they managed to show that the beauty of the human body is in the mutual proportion of the body parts.

The great sculptor Miron lived and worked in Athens in the middle of the 5th century BC. The sculpture he created had a great influence on the development of visual art. This is a statue of "Discoball" made of bronze. Unfortunately, a copy made of marble has reached us. "Discoball" (discus thrower) (Fig. 2) he created a sculpture of an athlete ready to throw a heavy disc into a long distance. His muscles are taut, his body is arched, but his face is calm. Maybe he would lose his noble image when he was stern-faced.

In this work, movement and tranquility are combined with each other. It depicts a person walking lightly and without haste holding a spear in his hand. His strong shoulder, stomach and leg muscles represent his physical strength. This statue became a model for imitation of the Greeks as a work that glorified the ideal of human beauty.

If we pay attention, sport arouses interest and pleasure in people. Champions create amazing combinations in front of millions of fans. At the same time, they evoke aesthetic pleasure. Aesthetic types of sports are figure skating, artistic gymnastics, synchronized swimming, equestrian sports, fencing, etc.

These sports are essentially performed at the level of art. From this point of view, physical education and sports are important in the formation of aesthetic education in young people.



Figure 1



Figure 2

In the process of physical education and sports, special tasks of aesthetic education are solved and implemented. They can be described as follows:

1. Educating the aesthetics of treatment. Gymnastics, sports, games, tourism, as described above, show all the private aspects of a person. The fact that athletes are humble and treat others with respect increases the envy of others.

2. The appearance of the human body, its shape and its proportions are the result of regular physical training. The beauty of a physically harmoniously developed human body is a sign of good health and vital abilities. Chernyshevsky: "The beauty of the human body makes a great impression on us. "Life is manifested in it, we understand it," he said.

V.V. And Gorinevsky said: "Beauty is not opposed to happiness and health, and illness, on the contrary, violates the concept of beauty by deviating from the norm."

3. Cultivating the ability to perceive beauty, the ability to feel the hidden beauty in the expression of sports technique, elegance of movements. The technique of movement is beautiful, the elegance of movement, the expression of its meaning is also beautiful.

Movement activities used in the process of physical education are not similar to each other. But each of them has the beauty of running, high jump, technique of lifting record weight, "working skills" in gymnastic shells - everything is beautiful.

Evaluation of the game on the football field: "it was a beautiful game", "the game turned out to be very interesting", "the team beautifully demonstrated the art of handling the ball during the attack" and so on.

Understanding the beauty of movement in sports is rewarding for the viewer or the athlete. If we can see beauty and beauty in sports, it shows our aesthetic taste and level.

REFERENCES:

1. Мирзиёев Ш.М. Буюк келажигимизни мард ва олижаноб халқимиз билан бирга кураимиз. — Тошкент: «Ўзбекистон», 2017.
2. Мирзиёев Ш.М. Миллий тараққиёт йўлимизни қатъият билан давом эттириб, янги босқичга кўтарамиз. — Т., Ўзбекистон, 2017.
3. 2017-2021 йилларда Ўзбекистон Республикасини ривожлантиришнинг бешта устувор йўналиши бўйича ҳаракатлар стратегияси. 2017 йил, 7 февраль.
4. Ўзбекистон Республикаси «Жисмоний тарбия ва спорт тўғрисида» ги қонун. 2015 йил. 04. 09.
5. Ўзбекистон Республикаси Олий таълим муассасаларида жисмоний тарбия ва спортни ривожлантириш контсепцияси. ОЎМТВ коллегиясининг 1999 йил мартдаги қарори.
6. Айрапетянц Л.Р. Волейбол. Дарслик. Т.: 2006.
7. Акрамов Ж.А. Гандбол. Т.: 2008. Латипов Р.И. ва бошқалар. Жисмоний тарбия фанидан услубий қўлланма (бакалавр таълим йўналиши учун). Т.: ТДПУ. 2008.
8. Нормуродов А.Н. Енгил атлетика. Ўқув-услубий қўлланма. Т.: 2002.
9. Нормуродов А.Н., Моргунова И.И., Жисмоний тарбия фанидан намунавий дастур (бакалавр йўналиши учун), Т.: Фан ва технологиялар. 2004.
10. Нормуродов А.Н. Жисмоний тарбия. Дарслик. Т.: 2011.
11. Нуримов Р.И. Кичик футбол. Т.: 2005.
12. Мирзақулов И. М. ва бошқалар. Валеология. ўқув услубий қўлланма. Т. 2008.
13. Умаров Д. Х. Средства и методы профессионально-прикладной физической подготовки студентов и учащейся молодежи. Ўқув методик қўлланма. Т. 2010.
14. Сараева Л. Р. Физическая культура и спорт в программе учебнх занятий студентов несптсализированих вузов. Дарслик. Х. 2008.
15. Матухно. Э. В. Профессионально-прекладная физическая подготовка. Дарслик. К: 2013
16. Шарипова Д. Д. Формированиэ здорового образа жизни. Дарслик. Т: 2005.
17. Винулов А. Д. Плаваниэ. М: 2003.
18. Кўшбахтиэв И. А. Информационноэ обеспечениэ образователного процесса по физическому воспитанию студентов. Дарслик. Т. 2004.



19. Эрдонов О. Л. Оздоровительная физическая культура в системе образовательного процесса по физическому воспитанию студентов. Дарслик. Т. 2012.
20. Т. Т. Юнусов., Юнусова. Ю. М., «Алпомиш ва Барчиной» махсус тестлари бўйича услубий қўлланма. Т. 2004.
21. Юнусова. Ю. М. Теоритический основы физической культуры и спорта. Т. 2005
22. Ортиқов. У., Ниёзматов Э. Ўқув ва мустақил таълим машғулотида фойдаланиш, жисмоний сифатларни ривожлантириш машқлари. Услубий қўлланма. НамМҚИ. 2018 й.9. Ортиқов. У., Ниёзматов Э. Волейбол ўйини. Услубий қўлланма. НамМҚИ. 2018 й.
23. Ортиқов. У., Ниёзматов Э. Футбол ўйин қоидалари. Услубий қўлланма. НамМҚИ. 2018 й.
24. Ортиқов. У., Ниёзматов Э. Енгил атлетика спорт тури ва характеристикаси. Услубий қўлланма. 2018 й.
25. Жўраев Э., Мақулов Ш. Қисқа масофага югуриш техникасини ўргатиш. Услубий қўлланма. НамМҚИ. 2017 й.
26. Жўраев Э., Холиқова М. Ганбол ва уни ўқитиш методикаси. Услубий қўлланма. НамМҚИ. 2018 й.
27. Жўраев Э., Махмудов. Н. Ганбол анд ҳис теачинг метҳодолоғй. Услубий қўлланма. НамМҚИ. 2018 й.
28. Жўраев Э., Махмудов. Н. Сузиш. Услубий қўлланма. НамМҚИ. 2018 й.