

**PECULIARITIES OF ADAPTIVE PHYSICAL EDUCATION, ITS ROLE IN SOCIETY, IMPORTANCE**

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**Annotation.** This article clearly and scientifically explains the peculiarities of adaptive physical education, its role in society, its importance. Also, on the basis of instructions on the content, structural and organizational aspects of adaptive physical rehabilitation, instructions for improving the quality of life and health of human adaptation (adaptation), adaptive (adaptive) physical activity, adaptive physical culture, adaptive physical education and adaptive sports sensorimotor and intellectual disabilities are expressed.

**Keywords:** phenomenon of adaptive physical rehabilitation, rehabilitator, eco-system, reabilitator-pedagogue, "norm", concept of independent life, compensatory, ecosystem, clinical methods.

In terms of the content, structural and organizational aspects of adaptive physical rehabilitation, the following are considered and presented:

-in the system of compensatory biopsychosocial adaptation, the process and result of increasing the adaptive reserves of the body of the rehabilitator (regenerative person) on the basis of the interaction and interaction of people and the environment, the formation of psycho-emotional stability and the "regulatory norm" of the rehabilitator (regenerative person), sufficient elimination of material and socio-psychological barriers of the individual,;

-the multi-factor system of socio-economic, biomedical, psychological and pedagogical and other measures aimed at the targeted activation of the behavior and muscle activity of the rehabilitator (restorative person), helps to form and improve knowledge and skills in changing the psychomotor regulation of activity. Focusing on the eco-system structure of the life of a public organization, the principles of the formation of motivational relations in the bimodal (system of relations"person-society"), compensating for missing functions and using mainly drug-free means and Adapted Physical Education and sports methods;

- an integral part of rehabilitation activities is the pedagogical correction of spiritual, moral, legal, socio-cultural, professional education and improvement of the nation in the entire world public system.

The phenomenon of adaptive physical rehabilitation (AJR) is a systemic phenomenon and a socio-pedagogical process.

The concept of independent life - ensuring the conditions of an "equal person" - considers a person with physical and mental disabilities not from the point of view of his pathology, but mainly from the point of view of ensuring his civil rights and pays attention to the characteristics of the ecosystem, its paths.

At the end of the socio-cultural organization of life and adequate elimination of the material and socio-psychological barriers of the environment, researchers found psychomotor complications

- disorders are increasingly inclined to believe that they are not only a consequence of disability, but are often caused by the peculiarities of the social organization of life.

Adaptation (adaptation) is defined as a dynamic, continuous process of multifaceted interaction of an individual with the environment as a result of the interaction of people in a system of socio-economic, cultural, moral and historical processes.

By introducing oneself (by its individual characteristics) into the ecosystem and adapting, a person not only adapts to conditions, but also "adapts" the environment for himself - changes the

dynamics and potential of the biological and moral components of a dynamic ecosystem. Rehabilitation refers to a set of biopsychosocial measures to recover and improve knowledge, motivational attitudes and skills (in the case of acquired disorders of the psychomotor sphere) or to learn and acquire (Abilitation - in the case of congenital defects in development) to compensate for missing functions.

Adaptive physical reabilitation are objects of study: ecosystems with Psychomotor characteristics, physical activity, Services, "empowerment" - legislative activity and legal assistance. At the same time, an ecosystem is understood as a group of individuals in the process of interaction (social and physical) with the environment and includes individual and internal differences and other components of real life that affect abilities and psychomotor characteristics.

The studied aspects of adaptive physical reabilitation are: human adaptation (adaptation), adaptive (adaptive) physical activity, adaptive physical culture, adaptive physical education and adaptive sports sensorimotor and as a means of improving the quality of life and health of people with intellectual disabilities.

The category "rehabilitator (regenerator, adaptor) " includes: disabled people of Group I, II and III, which are noted in the legislation; people who have recovered from injuries and diseases; elderly people with stable deviations in the state of Health - in general, all children and adults with developmental disabilities, individuals who are shown to purposefully correct the psychomotor sphere and the functional state of the body using

The subject of adaptive physical activity" field "is a much broader concept than "skill-based and well-prepared", which is the field of activity and subject of interest in traditional sports disciplines.

Moving muscle sensations-lie on the basis of the perception of the surrounding reality, with the help of which the spatial and quantitative characteristics of the object are reflected in the human mind.

The main elements of the activity of the rehabilitator-pedagogue:

- a goal that represents the result of future ideal ideas;
- a motive that reveals the socially and personally significant reasons for the activities of the subject of rehabilitation;
- as a necessary and sufficient pedagogical tool for the implementation of activities;
- direct professional and pedagogical actions and functions;
- planned and actual result of the activity;
- evaluate the actual result and, if necessary, correct the activity accordingly.

The task of a rehabilitator-educator is not to immediately correct the actions of children and adults with disabilities, but to activate the disclosure of the potential capabilities and rehabilitation activities of the individual, to cover him with the methods of carrying out such activities and give him a chance. The free, independent and conscious choice of a disabled person is to give motivation to become a subject of his own relationships and life.

The basic principles of adaptive physical activity are as follows:

- perhaps early diagnosis, taking into account the physical qualities of the rehabilitator, deviations in the development of sensory analyzers or intelligence, medical indications and its contraindications to flexible physical exercises and flexible sports;
- perhaps the early onset and purposefulness of rehabilitation, a combination of motor and intellectual development of the rehabilitator;
- the complex nature of rehabilitation, as well as the joint activities of the family, which accompany the rehabilitation specialists and rehabilitators-educators who teach and contribute to the development of training and rehabilitation and adaptation skills;
- individuality and purposefulness of the system of rehabilitation measures;

- independence of the activity of a regenerative person (disabled person) - the whole system, all skills and abilities, each exercise and movement is carried out with the rehabilitator and rehabilitator himself;

-motivational aspects for the individual and society, mitigating the contradictions between the renewable individual and society;

- household (self-service), professionally oriented, reproductive and other types and directions of personality education.

The formation of a system of comprehensive improvement of the standard of living and health of our mamalakat, it is recommended to single out the following rating structure of the directions of education and rehabilitation: spiritual and moral, legal, health, socio-cultural and professional orientation.

The block of the direction of recovery of education and rehabilitation consists of:

a) mainly clinical methods and drugs;

b) mainly active-motor psychological-pedagogical and socio-cultural means without drugs and methods of adaptation and rehabilitation - muscle Gymnastics and breathing exercises, hygiene and hardening procedures, rational nutrition and herbal supplements, household regulation, vocational guidance, etc.

The world experience in adaptive physical education and rehabilitation convincingly confirms: the more the needs of people with disabilities and health problems are satisfied, the more important and significant the product of their material and intellectual work, their contribution to development and improvement. It is also a necessary need for public and state structures and educational institutions - the economy and the social sphere, science, technology and art, education and culture.

The external structure of the Constitution describes its relationship with other sources of law, the totality of relations, its place and role in the legal system and its significance in the system of social and normative regulation in society.

The article presents the role of family, forming system of upbringing, traditional-educational system and traditions in Uzbekistan.

In an article consistently revealing the principles of the Bologna process for measuring the quality of education, the dynamics of internationalization and the logic of integration in European higher education and in Eurasia.

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