

THE ROLE OF PHYSICAL EDUCATION IN THE EDUCATIONAL PROCESS OF HIGHER EDUCATIONAL INSTITUTIONS

Abdukarimov Nurmakhan Amirkhanovich

is an associate professor of Jizzakh State Pedagogical University named after Abdulla Kadiriy

Annotation: This paper presents a review of recent scientific research on the role of physical culture in higher education (in higher educational institutions), analyzes the importance of physical culture in the educational process, as the implementation of the goals of the state. The emphasis is on the preservation and maintenance, and strengthening of health by students in the process of studying at the university.

Keywords: physical culture, system of higher education, higher education, universities, high schools, physical education in high school.

Physical culture is acquiring particular importance in modern conditions, and especially in the structure of higher educational institutions, since a large amount of time students are forced to sit in lectures and practical (perform some task while sitting).

And during the session, students devote a large amount of time to preparing for exams and tests, which is why their daily routine, food intake are often disrupted, and physical activity is reduced to a minimum. Such a situation can lead to physical inactivity, which in turn can lead to death in 10% of cases. Currently, young people are increasingly affected by this disease[1].

On the other hand, in the curricula of higher education institutions of the Republic of Uzbekistan there is such a discipline as "Physical Culture" as a compulsory academic discipline. It is important to note that physical education occupies a central place in military training, and internal affairs officers, in accordance with this, the requirements for the physical training of students in these universities are higher. In these conditions, assessing the role of physical culture in the higher education system is very important.

In recent years, special attention has been paid to the analysis of scientific approaches to the study of physical culture in various sciences: sociology, pedagogy, economics, marketing.

From the point of view of sociology, the issue is highlighted that affects the social meaning of physical culture, the possibility and attempts of its integration into various social structures. In accordance with this point of view, the role of physical education at a university is to organize leisure and recreational activities, realize creative potential, and develop the essential strengths of students[2].

From a pedagogical point of view, attention is paid to the methods and forms of physical exercise and their impact on the student's adaptation.

From an economic point of view, physical culture is considered as something that provides benefits in the form of health, harmonious development of a person and the preparation of his life, leisure, etc. - which has a clearly defined social character.

The historical aspect of the role of physical culture for the harmonious development of a person and a future specialist is considered, and disorders resulting from a sedentary lifestyle are described. In addition, students are often passionate about fast food, irrational and excessive nutrition in terms of volume, energy value and the number of chemical additives. And then other problems appear - obesity and overweight, which are becoming universal, including in the education system. Thus, according to the World Health Organization: the total number of obese

people worldwide has already reached 1.7 billion people; One in three adults in the world is overweight, and one in ten is obese.

An important fact is that about 80% of citizens, including 50% of children, adolescents and young people do not systematically engage in physical culture and sports. Thus, for university students and graduates, physical education and sports can become effective tools that allow them to: reduce excess weight, relieve stress; reduction of negative experiences, increased performance. Which requires a systematic increase in the physical fitness of university students. The expansion of physical education work will help increase the mass participation of physical culture and sports in the Republic of Uzbekistan.

The question of training professional teachers or trainers in the field of physical education arises when considering the role of physical education in the system of higher professional education, since physical education is a mandatory discipline in the process of training students of all directions and profiles.

The main emphasis is on the fact that university physical culture should be considered as a sociocultural phenomenon; in this case, physical culture in the system of higher professional education includes various areas of physical education activities of students: educational and developmental, general applied, sports, recreational, professional. applied and corrective".

It can be concluded that the role of physical education in the higher education system is currently underestimated, since, on the one hand, the state and society understand and declare good physical fitness and human health, as well as the training of specialists in the higher education system as a significant benefit and value, and, on the other hand, the mechanisms for stimulating and maintaining physical fitness and health during the process of studying at a university are not sufficiently developed[2].

Again, great emphasis is placed on preserving and strengthening the health of students, as discussed earlier, he also sees interest in this and great importance for society. In addition, physical education, as a subject in a higher educational institution, is subject to requirements aimed at popularizing physical education and sports in society: to direct participation in the sports life of the university; interest students and motivate them to take part in sporting events taking place at the university[3]. This is already an expansion of physical culture as a socially significant unit, and not just as a discipline at a university.

Thus, physical education in educational institutions of higher professional education contributes to the formation of such personal qualities of students as hard work, striving for their goals, active participation in public life, and teaches them to take responsibility and control themselves.

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