



Tadqiqot UZ



**ЎЗБЕКИСТОН  
ОЛИМЛАРИ ВА  
ЁШЛАРИНИНГ  
ИННОВАЦИОН  
ИЛМИЙ-АМАЛИЙ  
ТАДҚИҚОТЛАРИ  
МАВЗУСИДАГИ КОНФЕРЕНЦИЯ  
МАТЕРИАЛЛАРИ**

**2021**

- » Ҳуқуқий тадқиқотлар
- » Фалсафа ва ҳаёт соҳасидаги қарашлар
- » Тарих саҳифаларидаги изланишлар
- » Социология ва политологиянинг жамиятимизда тутган ўрни
- » Иқтисодиётда инновацияларнинг тутган ўрни
- » Филология фанларини ривожлантириш йўлидаги тадқиқотлар
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- » Маданият ва санъат соҳаларини ривожланиши
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## THE MAIN VALUES OF PHYSICAL EDUCATION AND SPORT

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**Annotation:** In this article examined the essence of physical culture in its value aspect, as well as the role of sport in human life. And having touched upon the general cultural component of the values of sports culture, the author of the article raises the question of the social process of the legal, economic, political, informational and educational fields of the social space.

**Key words:** physical culture, physical education, sport, sports culture, sport exercise, sports activity.

## ЦЕННОСТИ ФИЗИЧЕСКОЙ КУЛЬТУРЫ И СПОРТА

**Аннотация:** В данной статье рассматривается сущность физической культуры в её ценностном аспекте, а также роли спорта в жизни человека. Затронув общекультурный компонент ценностей спортивной культуры, автор статьи поднимает вопрос социального процесса правового, экономического, политического, информационного и образовательного полей социального пространства.

**Ключевые слова:** физическая культура, физическая воспитания, спорт, спортивная культура, упражнение, спортивная деятельность.

Considering physical culture in the value aspect, the following groups of values should be distinguished: intellectual (knowledge about the methods and means of developing a person's physical potential), motor (the best examples of motor activity achieved in the process of physical education and sports training), technological (complexes of methodological guidelines, practical recommendations, methods of health and sports training, forms of organization of physical activity, its resource provision); intentional (the formation of public opinion, the prestige of physical culture in society) and mobilization (the ability to rational organization of the time budget).

Physical culture and sports educate students in the need to organize a healthy lifestyle, which is closely related to the development of their value attitude to the subject through the development of club activities (uniting students according to their interests), contributing to the activation of their creative activity in mastering the skills of productive independent work. This provides for the creation of a physical culture space (infrastructure of physical culture), contributing to the unification of the student asset, attracting volunteers from the student environment who participate in the organization of mass physical culture events (sports evenings, mass competitions), in general, ensuring the strengthening of the role of various forms of student self-government, the development of democratic foundations of creative self-realization of student youth.

Sport, which creates the values of sports culture, has always been a powerful social phenomenon and a means of successful socialization. This is evidenced by both scientific data and examples of the life of many outstanding athletes. According to sociological surveys of modern youth, athletes, it becomes clear that it was sport that had a significant impact on their understanding of public life and the world in general.

With the correct organization of sports activity, it can become a serious and effective means of forming social activity and a healthy lifestyle and style of children and youth. However, the modern system of physical education, with all its often chaotic variety of forms, has not been able to attract the bulk of children and young people to engage in various exercises. This did not allow using the most important achievement of sports culture as the main means of physical education.

It was revealed that the consumer attitude towards life is not uncommon among coaches. Every





third of them, according to opinion polls, indicated that he is ready to leave his job for the sake of such work, which, first of all, would solve material and economic problems, would provide for his everyday needs. The coach's approach to an athlete as a means of achieving his own success is one of the factors that negatively affect the morality and personality of an athlete.

For athletes, an orientation is characteristic, first of all, on the opinion of the microgroup (team) and the sports corporation. Negative tendencies in the value orientations of athletes are largely due to the social and psychological atmosphere, which the coach is forced to cultivate, the goal of whose professional activity is the production of a sports and technical result.

Among athletes, one in five believes that in sports the end justifies the means. 29.7% admit for themselves the opportunity to break the rules of competition, the rules of “fair play” in order to achieve the victory of the team in the competition. In a situation unrelated to sports, only less than 25% of the athletes surveyed did not allow themselves the opportunity to decide on a dishonest act. In the spiritual sphere of athletes, norms of group behavior prevail.

So, it is known from sociological data that the overwhelming majority of schoolchildren and students would like to go in for sports, but their desire is artificially constrained by organizational, managerial, programmatic and methodological flaws and underestimation of sport as an effective tool for developing the personality of a growing person who enters social life.

People who have gone through the school of sports are convinced that sports helped them to develop faith in their strengths and capabilities, and also to skillfully use them. Sport teaches you to make reasonable sacrifices in order to achieve a goal. The lessons learned by young athletes on the sports field tend to help them in life. Many of the athletes claim that sport has made them a person capable of being a person. Through sport, the principle of modern life is realized - “rely on yourself”. This means that the achievement of success in any kind of activity depends, first of all, on personal individual qualities: ambition, initiative, hard work, patience, strong-willed qualities and a sober assessment of one's capabilities. These qualities can be successfully developed, first of all, in sports activities. However, the effectiveness of personality socialization in sports largely depends on what values of sports culture are mastered by a person, how the process of sports education is organized.

Sport has grown into a socially significant phenomenon, since its value potential ensures the progress of development of both society and the individual. Considering sport as a part of the general culture, we distinguish three most important components in the structure of its values:

- general cultural;
- socio-psychological;
- specific.

The general cultural component of the values of sports culture is made up of the social processes of the legal, economic, political, informational and educational fields of the social space.

The socio-psychological component of the values of sports culture is provided by the level of public consciousness, public opinion, interests, motives, value orientations of people, as well as the level of relationships that are built in the field of sports (“coach-athlete” and “athlete-sports collective”, etc.). etc.).

The specific component of the value potential of sports culture is expressed in the ability of sports to meet human needs in physical improvement, socialization, health formation, self-realization and increasing the social prestige of an individual in society by achieving a high result, victory, record. This group of values is mastered through sports development and education.

In general, the development of the values of sports culture is possible only in the process of organizing a person's activity in the field of sports.

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