

FROM PHYSICAL CULTURE IN DIFFERENT PERIODS OF A PERSON'S LIFE SCIENTIFIC PRACTICAL BASICS OF USE

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Annotation: In this section, the question of the purposeful application of Physical Culture is seen “in terms of age”. At the same time associated with a change in the conditions of a person during his activity characteristics of which are characterized.

Keywords: physical training, sport, development, strength, physical maturity, loading, power, endurance, physical qualities, functional training, physical training, organism, sports training, character.

Thus, the course on the theory of Physical Education is extended, which includes specialists in Physical Culture and sports as part of the basis of Professional Teaching includes a body of knowledge. It provides an opportunity for a specialist in the field of future physical culture to fully understand the content of professional activity, expands the view of the world, connects other workers in the field of physical culture with their common work, and at the same time it is necessary to master a specialist the wider profession-oriented world that is, will help shape vision.

The owners of one profession or another use certain concepts and phrases related to their profession and profession during communication. The study of a certain area of Science and its assimilation into the content of these leading concepts

related. Without determining the wahajmi of their content, it becomes difficult to correctly understand many phenomena and issues of the theory and practice of Physical Education, successfully master the science of physical education theory becomes more complicated.

Leading concepts used in the theory and usulia of physical education include: physical development, physical fitness, physical education, physical culture, sports, physical maturity, physical culture character. Why are the concepts listed above called basic concepts, while others, such as physical exercise, physical qualities, concepts of physical knowledge, are not considered basic concepts? All concepts that correctly reflect the relevant activity are equally important in terms of their significance, about which we will dwell in the relevant chapters of the textbook. We are we touched on the

concepts of the main, most important qualities of the education of the human body, which are summarized.

Physical development-the gradual formation of the human body in natural conditions – changes in its appearance and activity of character is the process.

The period of development is divided into three phases: its high level, relatively stabilized (stability) and a gradual decrease in the capabilities of the human body. He is guided by the objective laws of nature – the organism, its living conditions obeys the law of unity, the law of the assumption of changes in service, structure, the law of gradual quantitative and qualitative changes in the body and other laws. In other words, physical development consists of a complex of objective and biological laws. The most important of these is the law of the environment and the whole of the development of the organism.

When we apply the above to students, the conditions of study, work and independent work, rest, which we have to take into account. All this affects the physical development of children.

The natural vital forces that are passed down from generation to generation, the abilities of the human body are also an important ground of physical development, as well as the achievement of high results are destined for any engaged (individ) not to mention the fact that any person is regularly physical, in accordance with the systematic purpose of uniting on the physical development of his organism it should be emphasized that it is able to have a positive effect by practicing exercises.

The period of intense (acute) physical development corresponds to the period of preschool and junior school age, and the period of the entire school age continues throughout.

The direction, character, level of physical development, as well as the qualities and abilities that a person matures in himself largely depend on living conditions and upbringing. The possession of the laws of physical development, their use for the purposes of self – education-is an important task of the theory and practice of physical education.

Social conditions in society are a decisive factor in their physical development. Among the factors, the role of the process of training with Labor is important, especially the role of physical education.

To achieve physical development, the so-called "Physical Education" began to use specially oriented and organized activities.

Physical education is a pedagogical process that is important for the morphological and functional improvement of the human body, for its life the main action is aimed at the formation and improvement of qualifications, skills, knowledge

associated with them. This definition emphasizes the specificity of physical education as an independent type of human upbringing.

In the structure of the identity of physical education lies the concept of “physical knowledge (teaching, explaining, showing, repeating, strengthening)” and “the development of physical qualities (strength, agility, endurance, flexibility, agility)”, which have two separate maonos.

The term "physical knowledge" is found in the earliest systems of physical education in the new era. For example, Fit is physical for the purpose of “nurturing one's own body he was talking about the need for exercises.

Physical knowledge is a special theoretical concept regarding the performance of physical exercises and the skill to apply them in marriage when necessary and includes skills.

P.F. Lesgaft states that in the process of physical education, children can "distinguish certain actions and compare them among themselves, consciously control them, adapt them to obstacles, pass (overcome) these obstacles with as much agility and determination as possible, in other words, consciously do the most physical work, with as little effort as possible he believed that they should learn to act in a showy and enthusiastic manner. Here we are talking, on the one hand, about the formation of the right movement skills, on the other hand, about a conscious attitude to the performance of actions, about the imagination of a life situation from skills and about the decision-making of skill.

The upbringing of physical qualities is carried out in the process of physical education. This concept includes strength, agility endurance, flexibility and agility includes the development of qualities.

These sides of one whole process are firmly connected with each other. For example, if students do running exercises many times, their if they repeat in order to master the technique of execution, at the same time both strength and endurance and, in some cases, speed are also brought up. On the other hand, if the same running exercises are repeated with great speed (to train speed), then the training technique is strengthened and improved, and at the same time the tasks of teaching, giving knowledge are also solved is made.

In the process of performing physical exercises, even the mental state of those involved, their emotionality(feeling), will, morality also affects the manifestation. At the expense of these, the necessary conditions for the solution of educational tasks arose. The presence of educational, educational tasks in the process of physical education leads to the view of it as a whole pedagogical process. Depending on the task set, each appears in a separate form.

The peculiarity of physical education as a social phenomenon is that it is mainly a tool that develops human physical abilities in society the fact that it can serve as and at the same time is also strong in its spiritual maturity is that it is able to influence.

Physical training is the result of physical training, which consists in influencing the achieved and unified performance, skills and competencies in practical action on the effectiveness of targeted activities.

In physical education, there are three main areas, on the basis of which human physical education is carried out. They are common physical preparation, Professional Physical Fitness, Sports are ready-garly.

General physical fitness is fundamental, which serves to strengthen health, to have a wide range of acting skills and skills, to be the basis for the further special training of its qualities development-oriented.

For the purpose of general physical fitness, all kinds of physical education tools, a variety of physical exercises, the Healing Forces of nature and hygienic factors are used. General physical fitness at all stages of physical education is more in the school physical education system, mass wellness work and physical exercise is carried out through the forms of individual engagement.

Vocational physical training is the practice of physical education is a specialized, specific type of Labor and a process aimed at preparing for defense activities. In this case, it is mainly the practice of physical exercises to the profession or profession closely related species are used. The application of professional-oriented physical training tools to master the formation of labor movement skills accelerates the process, increases labor productivity, improves resistance to harmful factors of the body, the influence of the external environment.

Physical culture means that members of society reach physical maturity special tools, methods and achieved in terms of creating conditions and their rational use is a complex of achievements.

Physical maturity is all-round physical fitness and harmony physically developed, able to meet the requirements in labor and other fields shows the highly developed individual talent, makes the person every with the law of lateral development and strengthening of long-term health there will be a compromise.

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