

THE ROLE OF PHYSICAL EDUCATION IN THE UNIVERSAL AND PROFESSIONAL TRAINING OF CADETS

Kdirova Mukhabbat Allaniyazovna

Senior lecturer of the Department

Combat and Physical Training (PhD) Associate Professor

Ministry of Internal Affairs of the Academy of the

Republic of Uzbekistan

e-mail: akrom.mir1988@gmail.com

Annotation: In our Country, serious attention is paid to the issue of expanding the worldview of young people, the formation of a spiritual and spiritual image. By the perfect generation we are both spiritually and physically healthy humannwhich we bring before us. Therefore, along with the formation of physical perfection in young people, Wide Opportunities are being created for the development of moral qualities in them, the formation of aesthetic duos. In recent years, many works have been carried out to strengthen the legislative framework for the development of physical education and sports.

Keywords: *physical education, sports, cadet, physical qualities, technical training, general training, special training, training.*

The decision of the Cabinet of Ministers of the Republic of Uzbekistan “on approval of the concept of the development of physical education and mass sports in the Republic of Uzbekistan for the period 2019 — 2023”, adopted on February 13, 2019, can also be said as a logical continuation of the work carried out in this regard. The main goal of this decision is to actively develop physical education and sports in the Republic, to attract all segments of the population, especially young people, to regularly engage in physical education and mass sports, to widely promote the benefits and advantages of a healthy lifestyle in society, to ensure the full and effective use of physical education-wellness and sports infrastructure created in

The purpose of physical education and sports wellness activities will be to teach students the requirements for the physical development of their organism and the survival of a healthy lifestyle. At the same time, sports and wellness activities of physical education greatly contribute to the positive assimilation of specialist training.

Student physical education events take the forms of morning badantarbia, physical education classes, sports club training, sports wellness competitions and holidays. Morning badantarbia classes are performed independently in the student dormitory in public hall, living quarters and family.

Morning badantarbia training can consist of training for the muscles of the arms, legs and torso, breathing exercises. Physical education classes are organized according to the student curriculum. In physical education classes, the technique of football, basketball, volleyball, handball games of students is formed. The skills and skills of athletics, gymnastics, wrestling and swimming are also taught and formulated.

Agenda sports holidays and competitions can include hiking, water treatments admission, swimming and diving training, group competitions and competitions. In the training of sports clubs, they acquire a specialty in sports. Students demonstrate physical, technical and tactical training during sports competitions and sports celebrations.

Also, in the tourism training of students, the methods of adopting temperance treatments influenced by the factors of nature water, sun and air were studied. In the processes of participation of students in physical education and sports, wellness work, medical supervision of their physical development and assessment of the level of physical fitness with practical tests were organized.

Students are incomparable with morning badantarbia classes organized in educational institutions and places of residence, physical education classes, Sports Club Activities, sports holidays and competitions, tourist walks and tourism classes organized on weekends, socially useful cocktail processes carried out in the family and the positive effects of a healthy lifestyle on the body.

Physical education and sports, wellness activities organized in educational institutions are organized on the basis of the physical education program. Physical education programs are improved in accordance with the age and gender indicators of students and the levels of physical development of their organism. In physical education programs, the materials of physical education classes of students and the content of extracurricular activities from physical education are formed on the basis of modern requirements. At the same time, students receive theoretical information on the positive effects of physical education and sports activities on the body in the processes of physical education and sports, wellness activities, as well as on the basis of the rules and requirements for independent practice of physical activities, temperance treatments with the help of natural factors water, sun and air. The effective organization of educational institutions and places of residence of students and the work of physical education and sports, wellness in the family ensures that the future of our country will educate the younger generation as a physically competent and spiritually mature person and become an active member of our society.

Physical education-changing the physical condition of a person with a specific goal is the main task of physical education. Physical education, a pedagogical process, is aimed at improving the human body, forming the skills and skills of movement, skills. The conditions of public betrayal, hunting were the main reason for the

emergence of physical education. From the time of the primitive community of Man, physical actions were involved in the struggle for survival, finding their place in the community, as well as hunting. Although unconsciously, people have tried to develop the qualities of their physical quality of agility, strength, endurance, agility, immersion. It turns out that physical education arose along with the formation of human society.

The imaginary activity of a person is conscious, in his actions there is a meaning, a purpose. The new generation has learned activities from the previous generation, between which communication and continuity are established, consisting in the teaching of knowledge, skills and competencies. Physical education can be divided into two groups that are embedded in each other in terms of self-esteem.

Physical education-to influence physical maturity, acquire physical qualities and improve them in order to strengthen health.

Physical education is education that provides special skills, skills and knowledge. The specific peculiarity of physical education is that it serves as a tool for the development of physical abilities, while also strongly affecting spiritual maturity.

Physical perfection is a high level of all-round development, readiness for Actions, provides the possibility of adaptation to production and military and living conditions, high working capacity. The concept of physical perfection can be further explained as the ability of a person to perform heavy physical burdens in any conditions, along with the ability to embody moral qualities, humanism, awareness and public qualities. Physical perfection is necessary to be a concept that every person dreams of and strives for. Therefore, the definition and interpretation of this concept has an infinite character.

Physical culture is an integral part of the general culture, as well as the sum of the successes achieved by society in the creation and use of the means of physical education. The achievements of the nation in the field of Physical Culture and sports, the involvement of the population in mass physical education and sports, the means of ensuring the participation of the population in physical education and sports of all segments of the population in the country, as well as the sufficiency of specialist personnel who organize and manage the process of sports facilities, equipment,

Physical culture takes shape over long historical periods. While the first manifestations of physical culture arose during the period of human self-defense, the struggle for survival, and later developed in the form of military art, the formation of a powerful army in the defense of the country, in the development of society, a person is formed as a means of an ambassador of peace, in addition to ensuring the

Sport is a means of ensuring human physical perfection and is a set of physical exercises and movements of the same shape. Such is an activity aimed at achieving high qualifications in a kind of physical activity, as well as high Natja. The purpose and function of the sport is to formulate the technique and tactics of movement of

athletes in accordance with the sport, to ensure general and special readiness, sports training, physical and theoretical training, and to train a highly qualified athlete in the sport.

Physical exercises-a set of physical activities aimed at physical development, the formation of movement skills and skills, training in specialist movements in the sport. Actions taken according to need physical development, action does not help to acquire qualifications and skills, but rather physical actions planned and performed on the basis of the program-regulated, that is, physical exercises that are brought into one form and performed for a certain period of time serve as a means of physical development, wellness and the formation of skills and skills of Exercise is divided into general developmental, special and auxiliary exercises.

General developmental exercises are considered to be Exercises That Heal the body in the morning physical training sessions and prepare it for physical loads in the preparatory part of physical training sessions.

Special exercises are movements that consist of movements specific to the sport, running, jumping, throwing, carrying a ball, kicking or kicking the ball, etc.k. or some part of these actions.

Auxiliary actions-a sentence of exercises that help to master the techniques and tactics of performing special exercises, artificially organized, or with a modified form.

Principles of physical education. There are a number of principles in the theory and practice of physical education. From them it is possible to indicate the general principles of physical education, methodological principles, private principles of sports. The general principles of the physical education system include: the relationship of physical education with Labor and military practice.

Foydalanilgan adabiyotlar:

1. Mirzakulov Akrom Gafurzhonovich,.(2022). DYNAMIC ALTERATIONS IN THE STRUCTURE OF PHYSICAL TRAINING OF CADETS OF THE ACADEMY OF THE MINISTRY OF INTERNAL AFFAIRS OF THE REPUBLIC OF UZBEKISTAN. *CURRENT RESEARCH JOURNAL OF PEDAGOGICS*, 3(04), 124–128. <https://doi.org/10.37547/pedagogics-crjp-03-04-22>
2. Mirzakulov Akrom Gafurjanovich. (2024). CROSSFIT AS AN INNOVATIVE SYSTEM OF PHYSICAL EDUCATION OF CADETS OF THE MINISTRY OF INTERNAL AFFAIRS OF THE ACADEMY OF THE REPUBLIC OF UZBEKISTAN. *PEDAGOGS*, 58(2), 200–204. Retrieved from <https://pedagogs.uz/index.php/ped/article/view/1374>
3. Mirzakulov Akrom Gafurjanovich. (2024). THE USE OF CROSSFIT IN THE PHYSICAL TRAINING OF LAW ENFORCEMENT OFFICERS. *PEDAGOGS*, 58(2), 205–207. Retrieved from <https://pedagogs.uz/index.php/ped/article/view/1375>

4. Mirzakulov Akrom Gafurjanovich. (2024). THE EFFECT OF CROSSFIT ON HEART FUNCTION. *PEDAGOGS*, 58(1), 173–176. Retrieved from <https://pedagogs.uz/index.php/ped/article/view/1331>
5. Gafurjanovich, M. A. . . (2024). Crossfit as a Direction for Improving the Process of Physical Education in the Internal Affairs Bodies of the Republic of Uzbekistan. *Miasto Przyszłości*, 110–112. Retrieved from <http://miastoprzyszlosci.com.pl/index.php/mp/article/view/3333>
6. Mirzakulov Akrom Gafurjanovich, IMPROVING THE PHYSICAL FITNESS OF CADETS OF THE ACADEMY OF THE REPUBLIC OF UZBEKISTAN WITH THE HELP OF CROSSFIT TOOLS AND METHODS , *Proximus Journal of Sports Science and Physical Education: Vol. 1 No. 3* (2024)
7. Mirzakulov Akrom Gafurjanovich. (2024). CROSSFIT EXERCISES AS THE MAIN MEANS OF PHYSICAL EDUCATION. *PEDAGOGS*, 54(2), 4–6. Retrieved from <https://pedagogs.uz/index.php/ped/article/view/986>
8. Mirzakulov Akrom Gafurjanovich. (2024). IMPROVING THE GENERAL AND SPECIAL PHYSICAL TRAINING OF FEMALE CADETS BY MEANS AND METHODS OF CROSSFIT. *PEDAGOGS*, 54(2), 7–9. Retrieved from <https://pedagogs.uz/index.php/ped/article/view/987>
9. Mirzakulov Akrom Gafurjanovich. (2024). METHODS FOR THE DEVELOPMENT OF POWER QUALITIES OF CADET GIRLS THROUGH CROSSFIT TOOLS AND METHODS. *PEDAGOGS*, 54(2), 10–12. Retrieved from <https://pedagogs.uz/index.php/ped/article/view/988>
10. IMPROVING THE PHYSICAL FITNESS OF CADETS OF THE ACADEMY OF THE REPUBLIC OF UZBEKISTAN WITH THE HELP OF CROSSFIT TOOLS AND METHODS. (2024). *Proximus Journal of Sports Science and Physical Education*, 1(3), 83-85. <https://proximusjournal.com/index.php/PJSSPE/article/view/32>
11. Мирзакулов Акром Гафуржанович. (2024). РАЗВИТИЕ ФИЗИЧЕСКИХ КАЧЕСТВ КУРСАНТОК АКАДЕМИИ МИНИСТЕРСТВА ВНУТРЕННИХ ДЕЛ РЕСПУБЛИКИ УЗБЕКИСТАН С ПОМОЩЬЮ КРОССФИТ. *ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ*, 40(5), 92–93. Retrieved from <https://newjournal.org/index.php/01/article/view/11923>
12. Мирзакулов Акром Гафуржанович. (2024). ОСНОВНЫЕ ПРОБЛЕМЫ МЕТОДИКИ КРОССФИТ. *ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ*, 40(5), 82–84. Retrieved from <https://newjournal.org/index.php/01/article/view/11919>