

HISTORY OF THE DEVELOPMENT OF PHYSICAL EDUCATION AND SPORTS

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Abstract

The article pays special attention to the importance of physical education in the education system, the role of sports in the formation of a healthy lifestyle and the role of sports in educating the younger generation. The global development of physical education and sports, the emergence of international competitions and their impact on society are also analyzed. This work, through an in-depth study of the historical processes in the field of physical education and sports, creates a basis for innovations and proposals that can be implemented in this area in the future. The article serves to further increase the importance of physical education and sports in the life of a person and society.

Keywords: Physical education, sports games, gymnastics, agonistics, Olympic Games, sports history.

Introduction

Raising young people and improving the quality of providing them with modern knowledge and forming a well-rounded individual for our society are among the main goals of the education system. All measures taken in the process of continuous education are aimed at implementing the goal of training qualified personnel. Today's educational and upbringing processes provide for the growth of the intellectual potential of learners, using their capabilities in line with the requirements of the times as a priority. In this regard, a lot of practical work is being done in our country to harmoniously direct reforms in the education and sports system towards the goal of educating physically healthy, intelligent and educated young people. In particular, studying the problem of researching methods for organizing and conducting physical education classes can serve as a basis for a deeper understanding of educational issues and clarifying this problem scientifically and practically.

The Law of the Republic of Uzbekistan No. 394 “On Physical Education and Sports” dated September 5, 2015[1] and the Resolution of the President of the Republic of Uzbekistan No. PQ-3031 “On Measures for the Further Development of Physical Education and Mass Sports” dated June 3, 2017[2] have become a great impetus for the further development of physical education and sports in our country and their increasing popularity. Also, the Cabinet of Ministers' Resolution No. 118 dated February 13, 2019, on the Concept of the Development of Physical Culture and Mass Sports in the Republic of Uzbekistan for 2019-2023[3], and the new interpretation of the Law of the Republic of Uzbekistan "On Education" dated September 23, 2020[4], which served as regulatory legal documents that greatly contributed to the development of this sector, were approved.

The issue of the origin of physical education is one of the most important problems in the history of physical education and is of fundamental methodological importance. The history of physical education studies the history of physical education and sports of the peoples of the world, the history of international sports and the Olympic movement from ancient times to the present day. The history of physical education and the Olympic movement is engaged in identifying and analyzing the general patterns of the emergence, development and progress of physical education in different periods.

In studying the history of physical education and sports, textbooks and popular scientific treatises by specialist scientists, H.A.Botirov[6], L.A.Djalilova[7], B.B.Ma'murov, G'.M.Salimov and others are used. Based on their works, one can study the development paths of the history of physical education from the earliest periods of human development to the present day.

It is important to explain the essence of physical education and sports, to promote them, to acquaint with the history of all types of sports, the history of national games of the people. In Uzbekistan, there are few textbooks and manuals designed to deeply study the scientific and theoretical foundations of the subject “History of Physical Education and the Olympic Movement”. During the former Soviet Union, R. Ismoilov and Yu. Sholomitsky first (1969) created the manual “History of Physical Education in Uzbekistan”. It did not provide information about the physical education of the peoples of ancient Central Asia, including those living on the territory of Uzbekistan. During the years of independence of the Republic of Uzbekistan, the history of physical education of our ancestors was briefly and generally covered in the manuals “History of Physical Education

and Sports” by X. A. Botirov (1993) and A. K. Akramov (1997). R. Abdumalikov, J. Eshnazarov “Issues of studying the history of physical education of our ancestors” (1993) textbook covers some topics of the subject. J. Eshnazarov 8 “History of physical education and management” (2008) textbook for the first time comprehensively and comprehensively describes the history of physical education and the foundations of physical education and sports management. E. Ernazarov’s popular science book “Olympics - a holiday of world sports” (2008) provides extensive information on the history of the international Olympic movement and the development of modern sports in Uzbekistan based on material evidence from the Olympic Museum.

The origins of physical education date back to ancient Greece, Athens. During this period, the pedagogical and scientific theory of physical education emerged. The works of ancient philosophers - Plato, Aristotle and others highly appreciated physical education in the educational system.

Plato (427-347 BC) was a representative of the Athenian nobility, a philosopher-idealist, the founder of the theory of the spiritual and physical qualities of man. He was inclined to the Spartan system and envisaged combining military-physical training with intellectual training and education. Plato said in his work: “Good gymnastics can be simple, but first of all, it should be military gymnastics.”

Aristotle (384-322 BC). A great scientist and philosopher, a student of Plato and a teacher of Alexander the Great. Aristotle put forward the idea of the unity of form and content. At the same time, he proved the development of being. He explained that the human soul and body are inextricably linked. He emphasized the harmony of physical training with intellectual training[9]. Aristotle advocated raising boys to be physically strong. Unlike Plato, he recommended giving more importance to education and training in upbringing and reducing the amount of gymnastic exercises.

Because gymnastics was more about military physical training and education and considered it a very difficult process for children.

Democritus (460-370 BC) taught that physical exercise plays an important role in the formation of a person, that is, it is superior to the development of the natural state. Socrates (469-399 BC) said that good health is a guarantee of protection from many diseases. According to the interpretation and teachings of the ancient Greek physician Hippocrates (460-375 BC), physical exercise is important for the prevention and treatment of various diseases[8].

Due to the mutual relations between ancient Greece and Rome, physical education tools also entered Rome. In the 2nd century BC, some Roman activists tried to apply the types and methods of the Greek physical education system to themselves.

In ancient Greece, physical education mainly consisted of gymnastics and agonistics. Gymnastics was used in general physical education. The agonistic system provided for special training and participation in other competitions. Gymnastics as a special system included palestrika (wrestling), orchestrika (dance), and games. Palestrika consisted of the pentathlon (five competitions: running, long jump, javelin and javelin throwing, wrestling) and pankration (wrestling and hand-to-hand combat). Swimming, boxing, horseback riding, archery, and other exercises were also included[5]. Orchestrika consisted mainly of dances accompanied by music. Games consisted of gymnastics with sticks, wheels, a horse, a ball, and balls. These types were most often used at the Olympic festivals (agones). Olympic festivals and other gymnastic games - agons. The Olympic Games and gymnastics played a special role in the glory of ancient Greece.

They were held in the Olympic village of Elis, located on the Peloponnese peninsula in the valley of the Alpheus River. According to tradition, the Olympic torch is now lit in Olympia at the foot of Mount Kronos and carried to the cities where the Olympic Games are held. According to Homer's Iliad, in memory of Patroclus, who died in the Trojan War, his friend Achilles held chariot races, boxing, wrestling, running, archery, javelin and discus throwing competitions[7]. The Olympic village became a center for important cultural events. In the second half of the 7th century BC, a temple dedicated to the goddess Hera was built here, and a large temple dedicated to Mother Earth was built. Later, in 200 BC, a large exhibition center was built in honor of the god Zeus, dedicated to the victory of the Greeks over the Iranians from the Olympic village. The building of the Supreme Council of the Elis state was located here. The Olympic village has many temples, in which there are countless statues, dedicated to various gods, mythical heroes, winners of the Olympic Games, kings, and generals. Along with other cultural and construction sites, a complex of sports facilities was also located here. There were stadiums, hippodromes, and palestras. Initially, the first organization of the Olympic Games was associated with the large traditional

celebrations of the Greeks' main god Zeus in honor of his victory over his father Kronos, and they were called the Olympic Games[6].

According to other legends, the games were dedicated to the mythical hero Hercules. The Heracles Games were organized in honor of his victory over the Elis king Avdiy. Heracles measured the distances for the games with his footprints. 600 of Heracles' footprints made up one stadia, or 192 m 27 cm.[10] This running distance was called the stadiodrome. In the earliest competitions, the winners were determined by this race. Heracles participated in the pankration competition and won. Later, it became customary to award the winners of the games the title of "Second Heracles". The games were dedicated to the heroes of the fighting, brave and valiant commanders.

Thus, by deeply studying the historical processes in the field of physical education and sports, we create a basis for innovations and proposals that can be implemented in this area in the future. The article serves to further increase the importance of physical education and sports in human life.

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