

THE SOCIAL SIGNIFICANCE OF SPORT AND THE ROLE OF SPORTS IN PEOPLE'S LIFE

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Physical education, as an integral part of general culture, has more practical significance. Physical education is a pedagogical process that includes important processes such as comprehensive education, health and job preparation. This article discusses about the social significance of sport in our life. Sport has always been associated with a particular cultural element. Competitions, Olympics, championships all these are cultural events, the main component of which is sports. It is no secret that sports have a positive effect on the general physical condition of the body. For many years, scientists from different countries have been conducting research showing how the condition of the body improves after exercise. In recent times, sports in human life have become particularly relevant. On the streets (especially in the morning) you can meet people who are getting sad from work. Often these are office workers, and for most of them, waking up with an alarm clock is a real torture and they don't stop during the day. They don't understand what happens when a person wakes up. Sports events will be very useful for them. Physical activity improves a person's performance and keeps the body in good shape. Exercise improves sleep quality, which means waking up in the morning is much easier. Also, playing sports can boost self-confidence, which will undoubtedly lead to beneficial changes in all areas of life. Exercise increases blood circulation, thereby strengthening the cardiovascular system. Exercise strengthens the muscles in the gut, which improves digestion. Exercise and sports are becoming more and more popular in Uzbekistan, nationalizing and adapting to international standards. This is due to the growing interest of the population, especially schoolchildren and students, in sports; The social significance of physical education includes the following relationships and responsibilities:

A brief look at the relationship between physical education and mental, aesthetic, and occupational education.

Mental education. Physical education, depending on the content and direction of each field or process, contributes to the development of mental education. For example, in sports or in ballet, the ability to know the directions and the number of turns is figuratively controlled.

Labor education. The social significance of physical education is an increase in the ability to work. This includes industrial gymnastics, various exercises during breaks, weekend sports, travel and other direct services.

The role of physical education in the implementation of aesthetic education has its own characteristics. It is expressed in dances, ballet, circus, gatekeeping. Exercise is also widely used in the art of singing to deepen breathing and to clear the throat with fresh air.

Rhythmic, rhythmic (aerobic) gymnastics, trampoline jumping, swimming, scuba diving (synchronized swimming), ice skating and other fields of art, aesthetics are related to physical education and sports.

The health-promoting forces of nature (water, air, sun) and hygienic requirements are fully observed in the use of physical culture and sports for health purposes. That is why the socio-educational features of physical culture and sports are a combination of natural and special processes associated with human activity. Health promotion is an important socio-pedagogical process in the socio-educational features of physical education and sports. On this basis, the training of specialists in the field of physical culture and sports is an important

process of national importance. This, in turn, is related to meeting the needs of physical culture and sports, improving the socio-cultural conditions of the population. The measures taken by the President and the Government of the Republic in this direction are bearing fruit. As a result, the number of people engaged in physical culture and sports in all segments of the population is growing. This is the essence of the socio-educational features of physical education and sports.

The conclusion is that the development of society depends on the social environment and conditions. Social work, social economy, social policy, social culture and social relations play a key role in this. Human health, ability to work, and longevity are also important in social development and the culture of life. One of the most important sources of health is exercise (physical education and sports) as a means of promoting a culture of social life and a healthy lifestyle. Physical education and sports are of state importance. The great success of Uzbek athletes on the international sports arena serves to spread the glory of our country to the world. It is time for students to be physically healthy in order to get a job, train specialists, and improve their working and living conditions.

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