



## **THE IMPORTANCE OF PHYSICAL CULTURE IN MODERN UNIVERSITY EDUCATION**

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| <b>ABSTRACT</b>   | <b>KEYWORDS</b>  |
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| The article contains comments on the development of physical culture and sports, students' skills of high physical activity are formed for many years. Physical education also helps to develop moral, strong-willed qualities, providing physical preparation of the younger generation for life and educating the need for health as a vital value. | Physical culture and sports, universities, students, physical development, physical education of students. |

### **INTRODUCTION**

Physical culture and sports are an important element in the educational process of Uzbek universities. At the present stage, the issues of promoting physical culture and a healthy lifestyle in order to prevent diseases and strengthen the health of students are acute. The problem of introducing new technologies of physical education into university education is becoming urgent.

Physical culture and sports form students' skill of high physical activity for many years. Physical development also helps to develop moral, strong-willed qualities, providing physical preparation of the younger generation for life and educating the need for health as a vital value.

Higher educational institutions in Uzbekistan should turn into educational centers in which physical education and sports would be equivalent in importance to classes in specialized disciplines. In the educational process of the university, in order to form a harmoniously developed and creatively active personality, it is necessary to use the possibilities of forming a sports lifestyle of young people. Improving the level of physical fitness contributes to the modernization of physical education of students, taking into account the optimal organization of sports activities.

The concept of the development of physical culture and mass sports has been taken under state control. Implementation of the State Concept No. 118 dated February 23, 2019 "On approval of the concept of development of physical culture and mass sports in the Republic of Uzbekistan for 2019-2023".

The Department of Physical Education of this university has created favorable conditions for recreational work and mass sports activities during school hours and extracurricular leisure. At the University, mass sports and sports events are held according to the points of the approved activity plan, regulations on competitions, and the calendar of mass sports events.

In modern conditions, in the Kakand branch of the Tashkent State Technical University, students have the opportunity to engage in football, table tennis, boxing, national wrestling "Kurash", chess, judo, sambo, athletics, volleyball (men, women), basketball (men).

University students improve their sports skills on the basis of the university, travel as part of national teams to competitions of national and foreign scale. During each year, the department, together with the sports club, implements numerous mass sports and physical culture and wellness events. More than a thousand students from all faculties of the university take part in them. The young people are highly interested in the branch's championships among the faculties. It is interesting to hold spring and autumn athletics crosses, festivals of national games and other events. Members of the national team of employees and teachers of all faculties of the university become participants in sports competitions and sports events.

Sports sections are organized in the educational institution in order to increase the sports level, attract students to physical education and sports. The sports club actively promotes a healthy lifestyle among students. On the territory of the university there is a stadium with a football field and a running track 400 meters long. There are gyms and gyms in the leisure rooms of the university dormitories. Some university students, thanks to their sporting achievements, are prize-winners of the championship of Uzbekistan and even the world.

Thus, modern educational physical culture technologies are being introduced into the practice of the educational process at the university, increasing the role of physical culture and sports among students. Physical education and sports foster the need to organize a healthy lifestyle, develop physical abilities and physical fitness of students.

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