

## INFLUENCE OF PHYSICAL CULTURE ON THE FORMATION OF PERSONAL CHARACTERISTICS AND QUALITIES

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| <i><b>ABSTRACT</b></i>  | <i><b>KEYWORDS</b></i>  |
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| <p>The physical culture of a person is inextricably linked with his general culture, since the characteristics characteristic of a physically cultured person are formed and developed on the basis of the same psychophysical (natural) tendencies and psychophysical processes, such as moral, aesthetic and psychophysical processes. other types of human culture. Therefore, when performing physical exercises, a person not only develops and improves his physical abilities, but also forms other personal qualities - moral, aesthetic, as well as courage, will, initiative, tolerance, etc. This article highlights the impact of physical education on the formation of traits and personality traits.</p> | <p>Physical education, spiritual culture, personality traits, spiritual spheres, all-round development.</p> |

When it comes to a person's physical culture, it is gained in the exercise process and improves a person's physical nature (body) in every way and in harmony, the set of human characteristics expressed in his active desire to lead. As you engage in physical education, a person learns about himself, others, etc. in the world. He actively develops entrepreneurship, independence and creativity, his own worldview and thought methods, individual characteristics, the movements of other people and his own actions forms a critical attitude. ( Galatians 5:22, 23) Jehovah's Witnesses would be pleased to discuss these answers with you. as a holistic person who reflects the high level of culture. Physical education helps to keep an aging attitude to bad habits, such as smoking, alcohol consumption, and so on.

"The perfect, comprehensive development of the human body's functions should be the overall goal of discipline and education, and their functions differ only separately: discipline is a person's encompasses their moral qualities and their willful visions in their field; so it helps to perfect an individual's moral qualities, and discipline refers to systematic mental, aesthetic and physical development; it's the feelings and feelings that a young person feels and to distinguish their impressions, to compare them with each other, and to develop abstract concepts from ideas, to identify events they encounter based on the truths studied, and finally should be taught to act with maximum purpose.

**The main qname.** Physical education is one of the components of the education system, aimed at improving human health and its proper physical development. In consisting of mental upbringing, moral, aesthetic, upbringing, and upbringing, physical education helps to perfect a person in every way.

Physical education in schools and schools is being carried out under a government program.

The program consists of holding three hours of voluntary training a week, including an hour. In addition, daily recreation activities (morning exercises, physical education breaks, etc.), public physical education and sports in extracurricular times it is planned to hold their work (sports departments, general physical training, sports events and leisure events), health days, sports and wellness camps classes). The program covers classes (theory, practice), sports (gymnastics, lightweight athletics, skiing h, swimming, tourism and sports) and the academic year. A sample thematic plan for physical education classes shown in the hours account is recommended. . . . The content of topics related to the concept of physical education, as well as the amount of knowledge and skills that students need to acquire in the development of sports technology, is provided. The program defines curriculum control exercises and standards for their implementation, the basis of which are the standards and requirements of the TRP's Union Physical Education Complex determines hygiene rules, a reasonable reading regime, requirements for rest, eating, physical education, sports events and participate intelligently and actively in recreational activities. activity, j continuously improve name preparation.

The main tasks of physical education for the younger generation include strengthening and improving the body's health, proper physical development, and the necessary tool skills for children and young people to convey, to improve their physical abilities, to promote the development of the most important moral qualities. and willful qualities. Physical education helps to develop and develop moral and willful qualities in addition to physical abilities: muscle strength, physical endurance, agility, reaction speed, speed of movement.

"Physical education classes were held every day. Their program includes gymnastics, games, swords, konkida flying, physical labor (carpentry). The results of these events were surprising. In a year, weak, pale, lethargic girls turned into strong, energetic, resilient and resistant people.

Courage, courage, determination, initiative, poverty, willfulness, collective abilities, organization, intelligent discipline, friendship and friendship in the process of physical education. Moral and willful qualities, such as feelings, precision in labor, orderliness, and so on. . . . is raised. To do this, it is of great importance to organize training sessions, sports competitions and the entire life of the physical education team correctly in a pedagogical way.

The effectiveness of mastering the experience of a tool in sports is due to the method and level of psychological structure of the motor movement (exercise). The process of forming intelligent motor movement is a self-guided movement that is accompanied by important intellectual activity, which is deliberately provided and directed in the learning process you need it. The information that gets into the minds of the participants is complex and multi-step processing.

Physical education classes are developed against the background of communication, in the congregation, under the direction of a teacher. The same communication is the strongest factor in shaping students' moral qualities, and they begin to understand their participation in the community from the beginning of the lesson and in accordance with the rules and orders they learn to control

their movements. Connect them with the actions of others. Thus, the will is strengthened, discipline develops, the habit of adhering to ethical standards of behavior is formed.

The humanitarian importance of physical culture is to achieve the integrity of human knowledge, to understand the meaning of human values in the modern world, to understand its place in culture, understanding involves developing the ability and capabilities to change cultural activities. He is a member of the Governing Body of Jehovah's Witnesses, a member of the Governing Body of Jehovah's Witnesses, a member of the Governing Body of Jehovah's Witnesses, a member of the Governing Body of Jehovah's Witnesses by forming values. the person, his abilities and his readiness to fully realize his vital forces in a healthy and productive lifestyle; in creating the necessary socio-cultural comfortable environment of professional activities.

Since physical culture is part of the culture of society, it is primarily characterized by general cultural social functions. These include education, education, regulatory, transformative, cognitive, value-oriented, communication, economic, and empty.

Exercise provides opportunities for the upbringing of will, righteousness, courage, and work qualities; developing humanitarian beliefs, a sense of respect for an opponent; formation of social activity (team leader, fizorg, groupagi senior, sports referee). During the course, an individual learns from legal ethics. Patriotism in athletes and athletes, loyalty to their work, struggle for sports, construction and maintenance of industrious playgrounds, t killing conki grounds, is manifested in the cleaning of workplaces.

In the process of physical education, a person learns a lot of new things, learns motor skills, looks for new sports facilities and ways to improve performance. FC classes provide opportunities for the development of creativity to foster work and cognitive activity.

Systemic exercise helps to prevent diseases. Therapeutic physical culture tools are used to rehabilitate patients. Flexible physical culture is a new direction of physical education and wellness work with the disabled. As an independent part of society's culture, physical culture performs its own social functions. The second is incompatible with the generalities, but in a more accurate way, they are based on the social nature of physical culture as a social necessity, represents the ability to meet their requirements .

Physical culture affects a person's physical nature and helps him develop his vitality and overall abilities. This, in turn, will help to elevate spirituality and lead to the perfect development of piracy in all respects. Therefore, the role of physical culture in shaping a person's g basic qualities and properties is enormous. A person should be able to think abstractly, develop general rules and act according to those rules. But it is not enough to be able to think only and draw conclusions —it is necessary to be able to apply them in life, to achieve their goal, and to overcome obstacles along the way . This can only be achieved with proper physical education.

"This is due to the interconnected, indispensable link between physical and mental discipline, resulting in their functions being inseparable, and with the full harmony between them , we we can expect the full development of a person's moral character."

The role of physical culture in shaping g personal qualities depends on its social nature, of course, humanitarian functions, the possibilities of developing a number of basics of human spirituality It intensifies. High emotional background for performing various exercises, especially in the form of emotionally colored competitions, empathy, mutual assistance, general goals in performing friendly team movements to help develop a mutual liability trend to achieve. All of this is increasing

significantly against the backdrop of social s firsts, profound socio-economic changes in our society, and changes in its composition. A healthy lifestyle that is incompatible with the concepts of general culture, universal values, spirituality, achieving physical perfection, many qualities of man physical cultural tools that determine development. The regularity of physical culture is determined by a person's will, his personal attitude toward this activity, they are strengthened in their minds and habits, to personal qualities.

## List of Available Publications

1. <file:///C:/Users/borajabboyev/Downloads/jismoniy-madaniyatning-inson-hayotidagi-o-rni.pdf>
2. [https://uz.wikipedia.org/wiki/Jismoniy\\_tarbiya](https://uz.wikipedia.org/wiki/Jismoniy_tarbiya)
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