



SPORT ACTIVITY, EDUCATION AND ITS CHARACTERISTICS

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Abstract: The role and importance of physical education and sports in the formation of the young generation is studied in the article. Education and its features are discussed in sports activities.

Key words: Physical culture, physical education and sports, adult generation, health, agility, initiative, activity, development, education.

The educational possibilities of physical education and sports are enormous. These types of activities of emotional, physical and social importance make it possible to form positive experiences of the people, valuable character traits, personality traits. Adolescents, teenagers, girls, young men experience great physical and mental stress while playing sports. Overcoming the difficulties that arise at such times creates conditions for training the will. The process of sports training, aimed at the goal and properly managed by the teacher-trainer, teaches to overcome difficulties, requires hard work, determination, friendly support. Participation in sports activities is a good school of initiative, independence, organizational skills, social activity, community education in the young generation. Physical education and sports activists participate in socially useful labor process, learn the art of management, and cultivate personality traits that meet the requirements of the moral code of the builder of a new democratic society.

The role of physical education and sports teams in ideological and moral education of athletes is great. If physical education and sports organizations carry out goal-oriented educational activities regularly, then participation in physical education and sports activities will help attract young people to social work and socially useful work.

It is difficult to combine sports with studies and work. That's why organization, training of discipline, training in strict order take an important place in the educational work carried out with athletes.

However, negative events can also occur in sports. This situation occurs when education, work, and social responsibility remain secondary, and sport becomes the only goal. In such cases, the importance of sports decreases dramatically. If the educational influence in sports activities is reduced and the necessary requirements are not imposed on the athletes, in such conditions, athletes will have a lack of conscience, violation of the norms of sports ethics, rudeness, indiscipline in life and sports training, arrogance, living behind someone's back. If the trainer and the team do not carry out daily educational work aimed at the goal, if the athlete is not demanding and attentive, it is impossible to achieve significant success in the development of ideological and spiritual qualities in the athlete.

The meetings of the athletes with the industrial pioneers, highly respected people of the city, labor and sports veterans, their direct participation in socially useful and productive work will have a great effect in



familiarizing them with the environment and the practice of community building. Organizing and conducting meetings of the Olympic and national teams with production teams is of great educational value. Being in close contact with the working life of the country inculcates in the athletes their responsibility towards the Motherland and the people. In recent years, the movement of mentoring in sports, such as the mentorship of experienced athletes, masters of sports to teenagers, helping them not only to play sports, but also to organize their lives today, has become widespread.

Participation of young people, children and teenagers in sports life, in competitions, holidays, Olympics, in public works related to sports helps them to approach life, to establish contacts with other people, communities, to expand the sphere of communication, to join the system of social relations.

Based on the requirement that education is related to life, it is necessary to emphasize the educational importance of direct training activities. In the course of sports training, young athletes learn to love work, overcome difficulties, and provide friendly support. During the training, they are taught socially useful work skills. For this purpose, it is necessary to look at the training process, competitions, and various sports events as a responsibility and duty, because this direction ensures the comprehensive development of the athlete's personality, in which he forms an active life situation and high civic qualities. Having achieved the unity of mind and behavior, it is necessary to educate the athlete in the spirit of Uzbek sports ethics both in words and in work. It is necessary to turn the requirements of sports ethics into firm beliefs, moral habits, and be manifested in concrete actions. For this purpose, it is necessary to look at the training process, competitions, and various sports events as a responsibility and duty, because this direction ensures the comprehensive development of the athlete's personality, in which he forms an active life situation and high civic qualities. Having achieved the unity of mind and behavior, it is necessary to educate the athlete in the spirit of Uzbek sports ethics both in words and in work.

It is necessary to turn the requirements of sports ethics into firm beliefs, moral habits, and be manifested in concrete actions. Mutual support and hard work during training, pure sports fighting in competitions, sports team and social activities outside of it all ensure the effectiveness of education.

The education of patriotism and international community in sports is also very important, and when doing educational work with athletes, an important place should be allocated to explaining that sports activities are related to the tasks of improving society, its culture, and people's lifestyle.

Doing sports has a social purpose, these are: readiness for productive work and defense of the Motherland; it is to provide conditions for comprehensive development of physical, voluntary and moral qualities, organization of full free time, formation of team activity skills. In the multinational sports movement in the Republic of Uzbekistan, socially important tasks such as the development and strengthening of international commonwealth relations among representatives of different nationalities and peoples are solved. The peculiarity of multinational sports teams is that interpersonal character relations are connected with the expression of inter-ethnic relations in them. This is a characteristic of our multi-ethnic state, our new legal democratic society. The multinational community is characterized by the fact that its members actively adopt ideological, political, and moral values in the field of international community relations. After all, our society is full of such opportunities, which will help in many ways to form a new historical attitude of the people of the new society - the people of Uzbekistan.

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Under the guidance of the coach, during training and social-useful activities, the athletes deepen their knowledge of the essence of international friendly relations acquired in general education schools, and learn about the importance of sports movement on an international scale.

Political information, reports and conversations serve this purpose. These are conducted by trainers, specially invited speakers, and finally, by the athletes themselves.

Such lectures often use the following topics: ideological-political and educational direction of "Alpomish and Barchinoy" integrated exercises, "Competitions of different stages", "Olympic activities of the present time" and others. Such educational activities are complemented by the organization of practical activities related to the creation of exhibitions on the topic, normative test competitions held on the basis of "Alpomish and Barchinoy" holistic exercises - in the service of youth education, "Sport - the ambassador of the world" and others. The choice of materials for exhibitions and their preparation expands the scope of the concept of patriotism and international friendship education of sports.

In this work, little space is given to the conversations that reflect the international ethics and relations of athletes of different nationalities during training and competition. Conversations with famous sportsmen, who are examples of patriotism and international ethics, are especially effective here. Interviews are used in order to eliminate and prevent inappropriate behavior of athletes of different nationalities directly during sports training and competitions.

The educator should try to practice various behaviors continuously in order to develop good habits. The main task of the trainer should be to create conditions for the accumulation of experiences of international ethics and human relations.

If the arguments given in purpose-oriented lectures and conversations are strengthened by practical activities, human and international relations will accumulate in young athletes. Such experience is provided by the use of various pedagogical training methods, specific forms of coaching in sports, special pedagogical situations and tasks performed by athletes together. Mentoring in sports consists of assigning someone from the team to help the athlete who is new to the sport or has little experience in acquiring some form of sports technique, making a training plan, sports training agenda, and so on. In conditions where the composition of the team is multi-ethnic, when children are united in pairs or threes, they should consist of representatives of different nationalities. This method helps to solve tasks other than net sports training, i.e. education of international friendship, friendship, mutual assistance and care.

Coaches organize mentoring in sports first in groups, and later athletes themselves take on such parenting independently.

In the example of the friendship of sportsmen of different nationalities, a consensus is found in the groups, team activities bring them closer and unite them, and by this time nationality will not be a reason for making friends, but demand for a friend and respect for him will be an expression of true friendship. As one of the pedagogic methods of international common education in multi-ethnic communities, performing a joint task is based on the principles of common education of bringing together children of different



nationalities and different levels. As one of the pedagogic methods of international common education in multi-ethnic communities, performing a joint task is based on the principles of common education of bringing together children of different nationalities and different levels. When the coach gives a task to the young athletes, the children focus on the fact that this work is of great and important importance for the whole team, and the success of the whole team and each comrade depends on how meaningful it is. The quality of the performance of public tasks is discussed with the whole team. The task is given taking into account the strengths and capabilities of the athletes. During the execution of the task, the trainer monitors the behavior of the teenagers and corrects the shortcomings. During the execution of the task, the trainer monitors the movement of the teenagers and corrects the shortcomings.

Such tasks include preparation of sports equipment and equipment for training, publication of wall newspapers, duty in the gym, preparation and cross-checking of individual diaries of athletes, preparation of exhibition manuals for learning physical exercise techniques, development of tactical options for the game before the competition, and others.

When using such methods of education, the trainer focuses on the social nature of the given task, connecting them with the goals of the main activity of the sports team, achieving high sports results, improving the training process, etc. While assigning tasks, the trainer should take into account the individual characteristics, inclinations and abilities of the trainees.

In the process of re-educating teenagers who are negative in their opinions and actions, sometimes national selfishness, it is necessary to pay special attention to identifying the causes of such behavior. When the reasons are determined, one or another method of pedagogical influence is chosen accordingly.

In leading the process of self-education, attention should be paid to the ability of athletes to be self-controlled and not to lose themselves, to be able to hold their negative emotions when they fail and lose in sports, to be able to correctly analyze the reasons for failure, to be humble when they win in sports, and in other words, it focuses on teaching how to behave politely and gracefully in all situations.

A certain place is allocated to such forms of socially useful activities as letters of friendship, friendship night, tourism, debates, reading and discussing literature, participation in Saturdays, solidarity rallies, and demonstrations.

Trainers strengthen the informational part of the work with the practical participation of athletes in one or another event, and achieve unity in the formation of faith, international feeling and behavior in them.

For example, the knowledge of international friendly relations in the field of sports acquired through lectures and conversations is combined with the correspondence of young athletes with famous athletes of different nationalities, their peers and young athletes of other countries and CIS republics.

Thus, education is a complex and multifaceted process. That every pedagogue-trainer understands the socially created goals of education; to be able to determine these goals according to the age and education level of students; It requires determining the tasks and content of education and choosing some reasonable methods of solving educational tasks: regular analysis of the results of one's educational activities and timely prevention of negative events.

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