



FUNCTIONS AND FORMS OF PHYSICAL CULTURE IN SOCIETY

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Annotation: Physical culture in society encompasses a wide range of activities and serves several essential functions, contributing significantly to individual and community well-being. It includes health and well-being benefits by preventing chronic diseases and enhancing mental health, fosters social integration and community building, and supports personal development through physical education and character building. Physical culture also preserves cultural identity through traditional sports and games, influences the economy through job creation and sports tourism, and provides entertainment via professional sports and other physical activities. Various forms of physical culture, such as recreational activities, competitive sports, traditional and folk sports, educational programs, public health initiatives, professional and elite sports, and the fitness and wellness industry, all play a vital role in promoting an active and healthy society.

Key words: Physical culture, health and well-being, social integration, personal development, cultural identity, economic impact, entertainment, recreational activities, competitive sports, traditional sports, educational programs, public health initiatives, professional sports, fitness and wellness industry

Physical culture in Uzbekistan is characterized by a blend of traditional sports, Soviet-era influences, and modern athletic activities. Here are some key aspects:

1. **Traditional Sports:** Uzbekistan has a rich heritage of traditional sports, such as Kurash (a form of wrestling), which is a national sport. Horse riding games like Ulak-kupkari (a type of polo with a goat carcass) are also popular and have deep historical roots.
2. **Soviet Legacy:** During the Soviet era, a strong emphasis was placed on physical education and sports. This legacy persists, with widespread facilities and programs encouraging mass participation in sports and physical activities.
3. **Modern Sports:** Football (soccer) is the most popular sport, with significant public and governmental support. The country also excels in sports like boxing, judo, and gymnastics, with athletes achieving success on the international stage.
4. **Education and Training:** Physical education is a mandatory part of the school curriculum, and there are numerous sports schools and clubs fostering young talent. The Institute of Physical Culture in Tashkent plays a pivotal role in training sports professionals and coaches.
5. **Infrastructure:** Uzbekistan boasts several modern sports facilities, including stadiums, swimming pools, and gyms. The government's investment in infrastructure supports both grassroots participation and the hosting of international events.



6. National Programs and Initiatives: There are various initiatives to promote a healthy lifestyle among citizens, including public fitness programs and events. These initiatives aim to increase physical activity levels and improve overall public health.

In summary, physical culture in Uzbekistan is a mix of traditional and modern practices, supported by a strong educational framework and robust infrastructure, fostering both recreational and competitive sports.

Certainly! Here's a deeper look into the physical culture in Uzbekistan, exploring more facets of its traditional and modern practices:

Traditional Sports and Activities

1. Kurash: This traditional wrestling form has been practiced in Uzbekistan for over 3,500 years. Kurash is not only a sport but also a cultural expression, often showcased during national holidays and festivals. The International Kurash Association, founded in Tashkent, helps promote the sport globally.

2. Ulak-Kupkari: Also known as Buzkashi in neighboring countries, this game involves riders on horseback competing to grab a goat carcass and deposit it in a goal. It is physically demanding and highlights the riders' skills and bravery.

3. Lazgi Dance: While not a sport, the traditional Lazgi dance requires significant physical agility and stamina, reflecting the physical culture and traditional practices of the region.

Soviet Influence on Physical Culture

1. Emphasis on Physical Education: During the Soviet era, physical education was compulsory in schools, and this legacy continues. Students engage in various physical activities, including gymnastics, athletics, and team sports, as part of their curriculum.

2. Sports Clubs and Societies: The Soviet system established numerous sports clubs and societies that continue to operate today. These clubs offer training in a range of sports and often serve as the breeding grounds for future athletes.

Modern Sports and Achievements

1. Football: Uzbekistan's most popular sport, with the national team and local clubs like FC Bunyodkor and Pakhtakor Tashkent garnering significant support. The Uzbek League is competitive, and the country regularly participates in international tournaments.

2. Boxing: Uzbekistan has produced world-class boxers who have won medals at the Olympics and World Championships. Notable boxers include Hasanboy Dusmatov and Shakhobidin Zoirov, who have brought significant pride to the nation.

3. Judo and Wrestling: Both sports have strong followings and have produced Olympic medalists. Athletes like Rishod Sobirov in judo have made a mark internationally.

4. Gymnastics: Rhythmic and artistic gymnastics are also prominent, with Uzbek gymnasts often performing well in international competitions.

Sports Education and Training

1. Institute of Physical Culture in Tashkent: This institution is central to the training of sports professionals, including coaches, sports scientists, and physical education teachers. It offers specialized programs and collaborates with various sports federations.

2. Youth Sports Schools: Numerous sports schools across Uzbekistan focus on nurturing young talent from an early age. These schools provide specialized training and support to budding athletes.



Infrastructure and Facilities

1. **Stadiums and Arenas:** Uzbekistan has invested in modern sports facilities. The Bunyodkor Stadium and Pakhtakor Central Stadium in Tashkent are major venues for football. The Humo Arena, a multi-purpose arena, hosts ice hockey and other events.
2. **Swimming Pools and Gyms:** There are several public and private swimming pools and gyms across the country, supporting both recreational and competitive sports.

National Programs and Initiatives

1. **Healthy Lifestyle Campaigns:** The government promotes physical fitness through various public campaigns encouraging regular exercise and healthy living. Events like mass runs and fitness challenges are common.
2. **Support for Athletes:** The government and private sector provide support for elite athletes, including scholarships, training facilities, and financial incentives to excel in their sports.
3. **International Events:** Uzbekistan has hosted several international sports events, including the Asian Games and World Judo Championships, which help boost the country's sports profile and encourage local participation.

Physical culture in society serves numerous functions and manifests in various forms, each contributing to the overall well-being and development of individuals and communities. Here's an exploration of these functions and forms:

Functions of Physical Culture

1. **Health and Well-being:**
 - **Physical Health:** Regular physical activity helps prevent chronic diseases, improves cardiovascular health, strengthens muscles and bones, and enhances flexibility and balance.
 - **Mental Health:** Engaging in physical activities reduces stress, anxiety, and depression. It also improves mood and cognitive function.
2. **Social Integration:**
 - **Community Building:** Sports and physical activities bring people together, fostering a sense of community and belonging.
 - **Social Skills:** Participating in team sports and group activities enhances communication, cooperation, and leadership skills.
3. **Education and Personal Development:**
 - **Physical Education:** Schools incorporate physical education to promote physical fitness, teach motor skills, and instill the value of healthy living.
 - **Character Building:** Sports teach discipline, perseverance, teamwork, and fair play, contributing to overall character development.
4. **Cultural Identity:**
 - **Preservation of Traditions:** Traditional sports and physical activities preserve cultural heritage and reinforce national identity.
 - **Cultural Exchange:** International sports events promote cultural exchange and understanding among different nations.
5. **Economic Impact:**
 - **Job Creation:** The sports industry creates jobs in areas like coaching, sports management, facility maintenance, and event organization.
 - **Tourism:** Hosting major sports events attracts tourists, boosting the local economy.



6. Entertainment:

- Spectatorship: Sports and physical activities provide entertainment for spectators, fostering a sense of excitement and community spirit.

Forms of Physical Culture

1. Recreational Activities:

- Outdoor Activities: Hiking, cycling, swimming, and running are popular forms of recreational physical culture.

- Fitness Classes: Yoga, aerobics, and dance classes are common in gyms and community centers.

2. Competitive Sports:

- Team Sports: Football, basketball, volleyball, and other team sports are widely played at amateur and professional levels.

- Individual Sports: Tennis, athletics, martial arts, and swimming are popular individual sports.

3. Traditional and Folk Sports:

- Cultural Games: Activities like Kurash (traditional wrestling) in Uzbekistan, sumo in Japan, and Gaelic football in Ireland are integral to cultural heritage.

- Festivals and Celebrations: Many cultures have physical activities associated with festivals, such as tug-of-war, races, and strength competitions.

4. Educational Programs:

- School Curriculum: Physical education is a standard part of the school curriculum, promoting regular physical activity among students.

- Extracurricular Activities: Schools and colleges often offer sports teams and clubs, encouraging students to engage in physical culture beyond the classroom.

5. Public Health Initiatives:

- Community Programs: Government and non-profit organizations run programs to encourage physical activity among all age groups.

- Public Campaigns: Awareness campaigns promote the benefits of an active lifestyle and provide information on accessible physical activities.

6. Professional and Elite Sports:

- Professional Leagues: Professional sports leagues provide entertainment and foster national pride.

- Olympic and International Competitions: Athletes representing their countries in events like the Olympics showcase peak physical performance and bring nations together.

7. Fitness and Wellness Industry:

- Gyms and Fitness Centers: These facilities offer a range of equipment and classes to support physical fitness.

- Personal Training: Personalized fitness programs help individuals achieve specific health and fitness goals.

Physical culture encompasses a broad spectrum of activities and serves numerous functions that are vital to individual and societal well-being. It promotes health, fosters social connections, educates and develops character, preserves cultural heritage, boosts the economy, and provides entertainment. The diverse forms it takes—from recreational activities and competitive sports to traditional games and professional athletics—reflect its integral role in human life.

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