

## GENERAL CONCEPT OF PHYSICAL FITNESS

**Norkulov Shavkat Turgunmayevich**

*Gulistan State Pedagogical Institute*

*Dean of the Faculty of Pedagogy, associate professor*

*norqulovshovkat86@gmail.com*

**Annotation:** *The article contains opinions and comments on the general concept of physical fitness.*

**Key words:** *General physical fitness, swimming, football, sports games.*

All activities in the social work and health system are aimed at creating a healthy lifestyle of the population, increasing their working capacity and healthy living.

Due to human health, it is important that he can stay healthy for many years and maintain his work. For this reason, great attention is paid to physical education and sports in order to strengthen people's health, improve work skills and increase work efficiency.

The Resolution of the Cabinet of Ministers of the Republic of Uzbekistan "On measures for the further development of physical education and sports in Uzbekistan" (May 27, 1999) only focuses on the development of sports and related problems (improvement of sports facilities, personnel training, participating in international sports conferences and achieving victories, etc.) is limited to solving. It is also important to improve the health of the population, to ensure the physical fitness of pupils and students, to attract hard-working workers and intellectuals to regular physical education and sports.

The main goal of popularizing physical education and sports among the population in the country is to make people always healthy, to get used to physical education from childhood, to mobilize young people to sports, to have athletes participate in world sports arenas, and to achieve achievements. aimed at spreading the fame of Uzbekistan in the world.

On the other hand, as a result of the technological development of the present era, many people work while sitting down, making less effort to create is coming This, in turn, is the cause of an extreme weakening of the blood circulation system, that is, hypodynamia.

Thirdly, diseases are increasing through smoking, "tasting" various drugs and alcohol, various infectious diseases (types of flu) and similar negative situations.

Fourthly, the low level of physical education classes in pre-school educational institutions, all types of educational institutions, the unsatisfactory involvement of young people in public health physical education and sports activities, 60-70 percent of pupils and students are physically inactive. it is known that he cannot meet the requirements of the educational program and the norms of the "Alpomish" and "Barchinoy" special tests on time.

On the basis of the most important problems mentioned above, physical education, physical development, and physical training are not deeply embedded in the socio-educational processes. The concept of physical fitness is that every person, especially mental and physical workers and students fitness (ability) for any kind of work, being physically fit, trained, active

actions. Such practical activities are created and strengthened only through physical labor and physical exercises.

There is a saying among the people that "health cannot be bought with money". This is true. People with the disease understand this well.

The great scholar Abu Ali Ibn Sina health and it in strengthening, he prefers physical exercises (body training) to any medicine.

If we think about human health, it is always necessary to maintain it and develop it as much as possible. Physical in this preparation must be a top priority. Those engaged in physical training (students) first of all, age, gender and physical condition (sick or healthy) are taken into account. On this basis, the series, amount and methods of performing exercises are determined.

As noted, the age, gender and physical fitness of the participants

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There is a saying among the people that "health cannot be bought with money". This is true. People with the disease understand this well.

The great scholar Abu Ali Ibn Sina prefers physical exercise (badan tarbiya) to any medicine in maintaining and strengthening health.

If we think about human health, it is always necessary to maintain it and develop it as much as possible. In this case, physical training should be the most important activity.

The age, gender and physical condition (sick or healthy) of those engaged in physical training (students) are taken into account first of all. On this basis, the series, amount and methods of performing exercises are determined.

As noted, the scope of training is very wide depending on the age, gender and physical condition of the participants. Each of them is a separate topic. For this reason, we will focus only on the general features of physical training.

General physical fitness means the physical fitness of each participant, that is, the ability to move quickly, to perform various tasks easily, to be light, agile, strong, and to have other physical qualities. In order to have such qualities and physical qualities, it is always necessary to engage in physical education and sports. It is necessary to include physical training in the daily routine (morning, evening free time, day off, etc.).

General physical education classes in comprehensive secondary schools, academic lyceums, vocational colleges and higher educational institutions cannot give the full level of preparation. Because 1-2 hours of classes per week will not give full strength to the muscles and joints and ensure their mobility throughout the week. In order to have physical fitness, it is necessary to engage in one or another type of physical education and sports every day in the

morning and in the evening. It can be replaced only by sports circles and sports competitions. That is, the main way of physical training is daily physical training or sports clubs (2-3 times a week).

General physical in the theory and practice of physical education gymnastics, athletics, swimming, football, sports games, folk national movement games, trips (tourism) and other means are recognized as the main sources of training.

Pupils and students use the above-mentioned means of physical education (sports) through classes, trainings and competitions.

they have a good imagination. In addition, there is an increase in the number of educational and methodological manuals published in the state language for sports. For this reason, there is no need to dwell in detail on their essence in the education of general physical fitness.

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In short, a sign of general fitness and the results will be known in the following directions, that is:

1. Not getting tired and tiring quickly while doing physical work.

2. Tolerating hot and cold weather.

3. Avoid getting various diseases.

4. Physical exercises (hand pull-ups, lying elbows without bending and writing, lifting a stone, running fast) to be able to do it freely without bending and writing, life without bending and writing, lifting a stone, running fast) to be able to do it freely. Physical exercises (hand pullups, lying elbows without bending and writing, lifting a stone, running fast) to be able to do it freely.

5. In sports games such as football, basketball, volleyball, tennis

6. Constantly engage in the sport he loves.

7. Not getting tired when running medium and long distances, endurance, swimming a lot in water, etc.

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