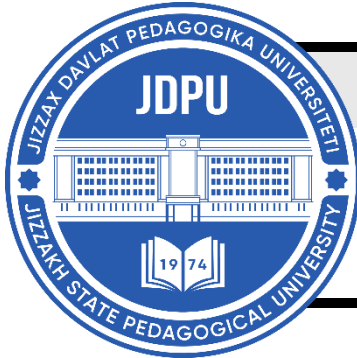


**MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**PROBLEMS AND SOLUTIONS OF FURTHER DEVELOPMENT OF
PHYSICAL EDUCATION IN THE PROCESS OF GLOBALIZATION***Akhmedov Furkat Kuldashevich**Dean of the Faculty of Physical Culture and Education**Professor of Jizzakh State Pedagogical University**E-mail address: akhmedov@mail.ru***ABOUT ARTICLE**

Key words: globalization, physical culture, sport, national sports, physical education, physical activity, physical education, physical education and sports system.

Abstract: This article aims to provide analytical scientific information on the process of globalization and its consequences, the necessity and importance of physical education in the process.

Received: 20.05.23

Accepted: 30.05.23

Published: 05.06.23

INTRODUCTION

Today, the concept of globalization, which is widely used in the social, political, cultural and spiritual spheres of our life, is of interest to many scientists. The French philosopher René Descartes (1591-1650) said, "Clarify the meaning of concepts, and half of humanity will be understood." State politicians, philosophers, social scientists, pedagogues, commentators and journalists describe this era in different ways and call it by different names. Someone interprets it as a time of high technologies and innovations, someone as a way of thinking, and another as a modern information age. Of course, there is some truth in all these opinions. Because it is natural for each of them to reflect some sign of today's colorful life. However, in the minds of many people, this era is still under the influence of globalization. This definition accurately expresses the essence of the matter in many ways. Researcher of Rust, Doctor of

Pedagogical Sciences Professor Svetlana Nikolayevna Chestyakova (1939-2019) reveals the specific features of the definition of globalization. In particular, it says:- "globalization, firstly, it is characterized by objective and historical processes aimed at meeting the requirements of modern civilization; secondly, it is the integration of processes that take precedence over the independence of the state in the process of improving and complicating social factors. First of all, it creates the activity of economy, politics, law, technique, technology, information and other management areas with the structure of an international organization.

MATERIALS AND METHODS

Thirdly, as a result of these processes, the social foundations of ensuring the existence of humanity will be changed. This, in turn, affects the change in the spiritual image of the human society." In addition, the following three dimensions of the globalization process were cited from the French researcher B. Banditomon:

- globalization is a continuous historical process;
- globalization is the process of homogenization and universalization of the world;
- it is also noted that globalization is a process of washing away national borders⁴.

The famous English scholar Arnold Joseph Toynbee (1889-1975) explained, we are living in the time when modern humanity, "common life", "common desire" and "common concern" are beginning to grow together, in a word, the processes of globalization are taking place.

In such a situation, people have independent thoughts, life-national values learned through the test of time,

If you don't have a worldview formed on a healthy basis and strong morale, you have to endure all kinds of spiritual threats and their violent and sometimes violent effects. The national sports and folk songs of the Uzbek people, which have passed through the ages, have been polished, are youth, bravery, patriotism, and humanism. It is very important to preserve the gene pool of our people while educating them fully and fully. Because today, physical education and sports have become globalized and common. World sports organizations are organized from the national sports of representatives of different countries in the world sport

(IOC, sports associations and federations) organize various international sports competitions.

If the sports mentioned in the program of the Olympic Games in the world sports world are clarified for the representatives of some nations and countries. Undoubtedly, the main sports belong to the representatives of underdeveloped countries. Therefore, the process of globalization in sports in all fields is seriously affected by the developed countries. This may lead to the gradual disappearance of physical culture and national sports of small nations and countries. "However, the current era of globalization, with its many rapidly changing and dangerous threats, presents us with extremely complex tasks that cannot be delayed."

The main one of these tasks is the education of young people. However, only young people who have perfect education and modern knowledge will be able to preserve national values and ensure the role of our country and nation in the world community.

Organization of quality education is of course important in educating such young people. From this point of view, the announcement of the "Year of Quality in 2023" in our country and the adoption of the related state program will serve to fulfill the task set before us. One of the main means of youth education is physical education and sports. After all, the physical training sport has proven its effectiveness in training young people. As mentioned above, the concepts and their use are considered important. Therefore, we will dwell on the main concepts used in the field (physical training and sports) in our country today. In particular, we will discuss the history of the origin of physical culture and physical instruction.

According to many relevant literatures (I.S. Barchukovo's study guide "KnoRus" 2021), the concept of physical culture first appeared in England at the end of the 19th century, and its author was the professional athlete Yevgeny Sandov. It first appeared in England at the end of the century, and its author was professional athlete Yevgeny Sandov, who later opened the "Physical Culture" school in London. However, the concept of "physical education" entered the life of the country, unlike in England. In the United States, Germany and France, the concept of "physical culture" appeared in

the form of the terms physical education, physical training, physical exercises, and sports. In Russia, physical culture was introduced as a separate system of physical exercises or as a physical value, the concept of improving the structure and beautification. According to Russian scientists, the concept of "physical culture" was used for the first time at the All-Union Council of Physical Culture in 1919. According to some scientists, it was used in 1924. At that time, in fact, the terms "sportization nasilenia" were used to attract the population to sports, and "Fizicheskoezдорovlenie" - physical health improvement.

RESULTS AND DISCUSSIONS

Later, the concept of physical culture became popular in the former USSR and was directly translated into the languages of representatives of the nations of other allied republics. The term physical culture was widely used, including in Uzbekistan. Buata is still used frequently. So, how was the activity or understanding of the Uzbek language until then? When studying the relevant sciences, the term "education" has been widely used in the Uzbek language.

Today, in our activities, the principles of physical education, physical education and sports, and physical culture are used. The least used method is considered to be physical education. However, physical education is considered valuable as it forms the main part of our activity.

Physical education is a set of knowledge aimed at the development of physical activity, health and physical abilities aimed at positively influencing the organization of a person's lifestyle in accordance with the goal. Physical education is considered to have a direct effect on the development of moral, communicative, creative, critical thinking and aesthetic views of a person.

In Europe and the United States, as well as in the developed countries of Asia, physical education is considered an integral part of human life.

For example, in the United States (Shape America), it is generally recognized that physical education is an indispensable part of the life of US citizens.

The content of these requirements takes into account the knowledge of physical education and sports and its importance, and the delivery of knowledge about physical

education. In our opinion, the content of this can be calculated by arming the individual with "physical education". It is worth noting that the concept of "physically literate person" is omitted in paragraph K12-1 of the above program.

In Germany, examples of the importance of physical education have been noted in the studies of scientists. The results of the experiments of some scientists have shown that physical education in Germany is integrally connected to the management of education.

According to him, physical education in Germany, first of all in schools and kindergartens, is taught to children not just as a game or exercise, but as an integral part of life. As a result, according to the latest data of the World Health Organization (WHO), Germany ranks highest among the countries in the world whose population is engaged in physical activity.

In this regard, the Chinese experience is unique. Chinese physical education is connected with preschool education, school and higher education.

According to a number of Chinese scholars' views on physical education and their scientific researches, Chinese national physical education is primarily focused on personal development. This activity does not consist of a set of exercises or physical actions, but is considered a means of observing the development of human abilities.

The annual report of the World Health Organization (WHO) on the indicators of physical activity of the world's population in 2022 is particularly impressive. According to these sources, it is possible to satisfy the human need for physical activity through physical education. At the same time, along with the prevention of various diseases, psychological and moral qualities of a person, as well as increasing the ability to think, learn and reason.

The World Health Organization's report on physical activity until 2030 shows the need to increase physical activity worldwide and explain the importance of physical education to people. Of course, it directly refers to the provision of "physical education" to people. Therefore, the implementation of physical education, physical training and other activities of the sports sphere will be in accordance with the goal.

CONCLUSION

Physical education is the most important and the most important form of education" even today. Therefore, the need to constantly develop physical education, which is the basis of physical education, does not lose its importance.

Today, in the era of competition, there is a need to further improve physical education in order to popularize physical education in sports and to use it effectively in the education of young people.

There is a need to enrich physical education curricula and scientific and technical support of the educational system with new knowledge based on modern, national and international experiences.

Taking into account the importance of physical education, it is necessary to ensure the continuity of physical education at all stages of the educational system, starting from pre-school education.

In the organization of physical education, it is necessary to speed up the principles based on national and universal human values.

In all educational institutions (MTT, UUTM, PT, OTM, MOQT) it is necessary to focus mainly on physical education and non-physical training. However, no matter how many hours are allocated for learning in educational institutions, it is not enough to ensure the physical activity of students. (except for sports-oriented educational organizations). Because a person who has sufficient physical education will fully understand and apply the principles and requirements of physical education throughout his life.

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