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## Scientific and Theoretical Basis of Physical Education and Sports Development in Uzbekistan

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**Abstract:** In this thesis, scientific conclusions about the role of physical education and sports as a social institution in society are presented, it is formed as one of the main means of socialization of the individual and the scientific and theoretical foundations of the development of the field are discussed.

**Key words:** physical culture, education, culture, sport, education, socialization, social institution

### Introduction

One of the important factors in human health is physical education and sports. In the further development of physical education and sports in our country, the adoption of the new version of the Law "On Physical Education and Sports" on September 4, 2015, and the fact that this law covers all aspects of physical education and sports, along with determining the development of the legal foundations of the field, encourages young people to participate in sports. active involvement in sports activities has become an important factor in the training of highly qualified, professional personnel for children's sports facilities. At the same time, due to the fact that the world community attaches special importance to physical education and sports as a means of ensuring human health, the issue of ensuring socio-economic development is becoming more and more important.

### Literature Review

Since physical education and sports are one of the main means of ensuring human health, it is necessary to implement all necessary tasks for its comprehensive development and popularization. In particular, the implementation of a comprehensive approach to the development of physical education and sports, that is, the formation and mobilization of the integration of all disciplines on the basis of these actions, creates an opportunity to comprehensively study the problems in the system. Studying the attitude of our people to physical education and sports and attracting them cannot be achieved only by improving the training process of physical education and sports or by building sports facilities. Perhaps today it is important to study the role and influence of all factors in the development of physical education and sports. Also, it is becoming necessary to mobilize all means, to develop and implement systematic and continuous measures in the popularization of physical education and sports. Therefore, in the development of physical education and sports, it is important to study the problems related to all disciplines in mutual cooperation or to develop the sciences that study these problems. In this case, the organization of scientific-research works aimed



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at studying such problems will be effective in getting into the essence of the problems in the field of science and in learning.

## Research Methodology And Empirical Analysis

We know that in our society, studying the attitude of the population to physical education and sports and attracting them can not be achieved only by improving the training process of physical education and sports. Perhaps today, the role and importance of qualified pedagogic personnel is also important. In this respect, an approach to the training of scientific and pedagogical personnel in the field based on modern requirements is considered a guarantee of training qualified personnel. Of course, the issue of healthy upbringing of the young generation serves to further increase attention to physical education and sports. In this regard, one of the main problems is to manage physical education and sports activities, to train mature personnel for this field, to improve their skills based on the requirements of the times.

Approaching physical education and sports as one of the means of education is important in solving these problems. In this regard, the following comments of the President are worthy of praise: "It is known that education of the young generation has always been important and relevant. But in the 21st century we live in, this issue is really becoming a matter of life and death. "The more perfect the education, the happier the people live," say the sages. In order for education to be perfect, it is absolutely impossible to allow a gap to appear in this matter." That is, the issue of raising a mature generation will always be in the center of attention of our state and society. It is education, national pride, being proud of the Motherland, honor, and honor of the country that are the basis of formation. Although all regulatory documents in the field of physical education and sports have been adopted in this regard, practice shows that there are a number of problems in this field. The need for scientific research arising in physical education and sports can be explained by the tendencies to strengthen the scientific approach by combining physical education and sports - science, education and innovation. The pace of today's modern development is accelerating, which requires further development of the integration of the physical education and sports system with other areas. In particular, the increasing importance of socio-cultural problems in physical education and sports, the introduction of innovative technologies and modern technical means, the formation of the social image of athletes, the need to research the characteristics of existing problems through the prism of culture, science, and education.

The integration of a number of branches of science is showing its effectiveness in the research carried out in the field of physical education and sports. The large-scale conducting of scientific research in the field of physical education and sports is of great practical importance in providing an opportunity to research problems in the system and to show their solution. Arming emerging specialists in the field of physical education and sports with such knowledge, educating them as experts in their field, and developing the qualities of full understanding of the processes taking place is also important.

## Conclusion And Discussion

Also, it is becoming necessary to improve the system of training of highly educated personnel for the field of physical education and sports and raise it to a new level in terms of quality.

At the same time, establishing a system of training, retraining and upgrading the qualifications of highly educated specialists based on international standards in the field of physical education and



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sports, increasing the scientific and pedagogical potential, inextricably linking the educational process with scientific and research activities it is necessary to strengthen the independence, improve educational and methodological and information provision, in particular:

- taking into account the experience of advanced foreign higher education institutions, introducing modern sciences into the curricula, applying innovative and science-based technologies;
- to ensure the principles of integrity and continuity of the sports education system, the proportionality of specializations prepared in higher and secondary special educational institutions in the field;
- organization of educational and scientific laboratories to conduct scientific research works in the field of physical education and sports, to ensure their reliability and effectiveness;
- integration of science, education and production in the field of physical education and sports, establishment of cooperative relations with relevant institutions and organizations that are personnel customers.

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