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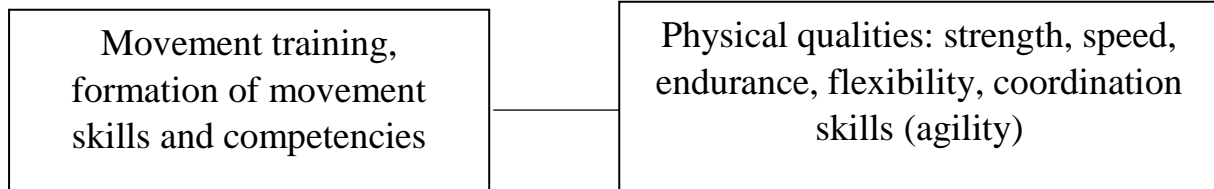


**RELATIONSHIP OF THE THEORY AND METHOD OF PHYSICAL EDUCATION WITH OTHER
SCIENCES*****Razzoqova Mushtariy****Master's student at Faculty of Taekwondo and Sports Activities at National University of Uzbekistan
named after Mirzo Ulugbek, Uzbekistan*

ABOUT ARTICLE**Key words:** Sport, pedagogy, physical education, Scientific factors, methodical factors, hygienic factors, purpose, physical exercise, society, social, culture, moral qualities, teacher, students.**Received:** 01.07.2024**Accepted:** 06.07.2024**Published:** 11.07.2024**Abstract:** In this work, the relationship between the theory and methodology of physical education with other disciplines and the factors that can determine the effective effect of physical exercises in the educational process, the method used to manage the pedagogical process, during the teaching of physical exercise or to solve other pedagogical tasks.

INTRODUCTION

The theory and methodology of physical education is closely related to a number of scientific disciplines. Each branch of science studies some aspect of physical education, a specific aspect of this science. But no matter how deep and important the facts obtained by some disciplines are, none of them can give a perfect answer to the question of how physical education should be influenced by pedagogy in order to successfully implement social ideals. This task can be fulfilled only by the science of pedagogy, which collects the information obtained in some subjects and turns it into a whole subject. This scientific science is the theory and methodology of physical education, which was created as a result of their classification in the system of pedagogical sciences. It is an integral science that summarizes and synthesizes the total information obtained by some sciences that are directly or indirectly related to physical education within the framework of physical education.



A systematic approach to the purpose and tasks of the principles of physical education

The purpose of physical education is that it corresponds to the vital interests of the people, to the interests of work and preparation for the defense of the Motherland. Secondly, from a regular and consistent mass involvement of children in gymnastics classes, games, sports, and tourism from a young age; From the penetration of physical culture and sports into everyone's life; Thirdly, physical exercises, which are common among the majority of the people, consist of the wide use of physical education tools, along with the tools of national sports and games.

The purpose of physical culture, as a part of the culture of society, is the objective necessity of people's active participation in the construction of society, comprehensive development of their physical abilities that meet its requirements.

The goal of physical education is equally relevant for all institutions and organizations that implement physical culture in the republic.

Factors determining the effect of physical exercises It has been proven in practice that the effect of different physical exercises is different or that different types of physical exercises have the same educational effect. So, this is proof that physical exercises do not have the same effect.

Knowing the factors that can determine the effective effect of physical exercises in the educational process makes it easier to manage the pedagogical process. These factors are grouped as follows:

1. The factor of personal description of the teacher and students. The educational process is two-way - students study, teacher teaches. Therefore, the effect of physical training depends to a large extent on who is teaching and who is being taught, moral qualities and talent (intellect), physical development and readiness level, as well as primary performance skills, interest, motor activity, etc. .

2. Scientific factors - characterize the norm of understanding the laws of physical education. The deeper the pedagogical, psychological and physiological features of physical exercises are developed, the more effectively they can be used to solve pedagogical tasks.

3. Methodological factors - summarize a very broad group of requirements that apply to the use of physical exercises.

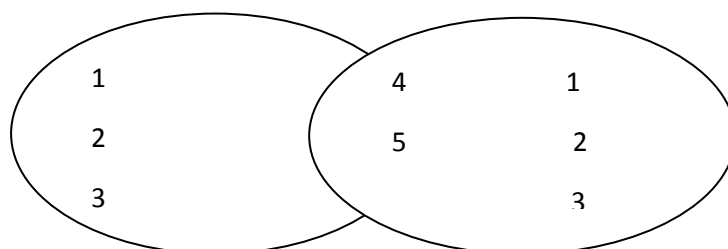
Annex 1

Blish survey questions.

1. What are the content and main features of the physical education tool?
2. Origin and essence of physical exercises.
3. Physical exercises are free movements.
4. Factors determining the effect of physical exercises.
5. Define the healing forces of nature and show its main functions.
6. How hygienic factors are the basis of hygiene principles and norms.

Annex 2

Venn diagram.



Annex 3.

"INSERT METHOD"

Insert is an interactive marking system for effective reading and thinking, which helps in independent reading and learning. Lecture topics, books and other materials are assigned to the student in advance. After reading it, "v;t-?" expresses his opinion through signs.

Text markup system.

(v)- confirms what I know.

(t)- new information.

(-)- contrary to what I know.

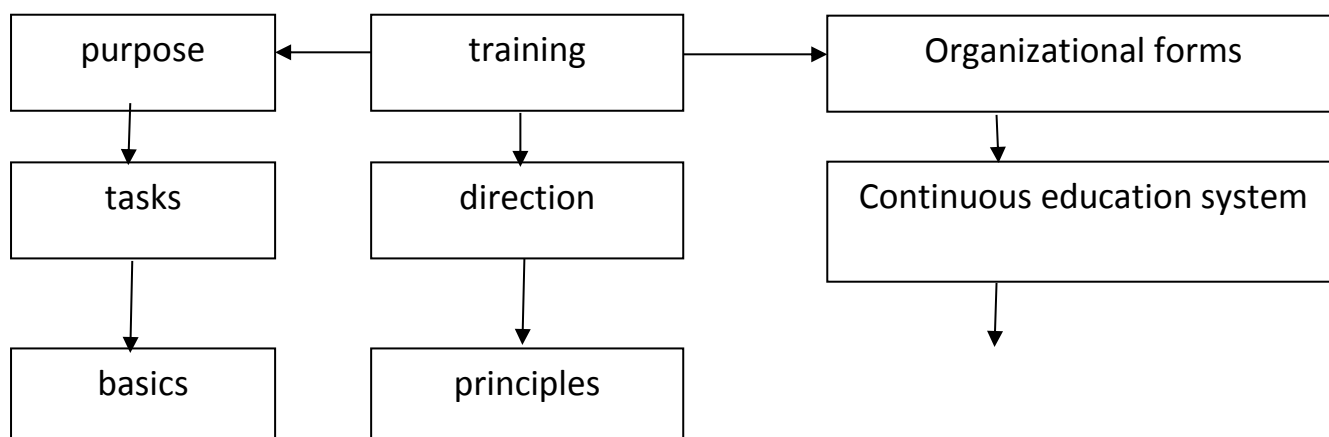
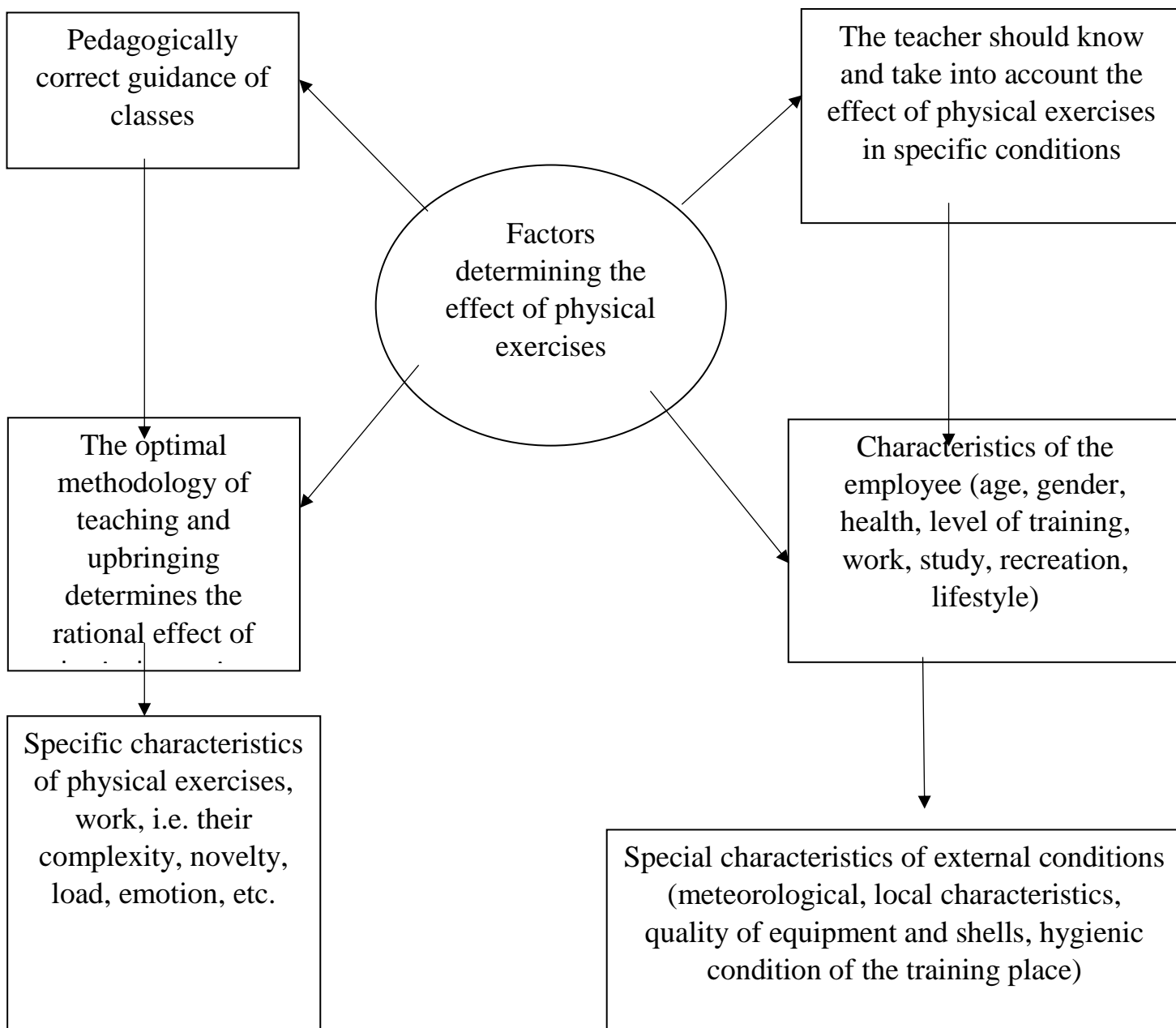
(?)- makes me think. I need more information on this.

Insert table.

Concepts	v	t	-	?
The origin of exercise				
Specially designed and analytic exercises				
Physical exercises are free movements.				
Factors determining the effect of physical exercises				
Content and form of physical exercises				

Annex 6

Important and common symptoms of physical exercise
<ul style="list-style-type: none"> • As a means of physical education, physical exercises are aimed at the active movement of the student • Physical exercises were initially closely related to work activities • Physical exercises help to improve a person's mental characteristics, improve his understanding. • Physical exercises develop a person's interests and feelings, will and character. • Physical exercises are closely connected with social practice, material life conditions of society and serve to prepare people for work, develop them physically and spiritually.



1. Purpose - the factors of the educational system are important, and a system without a purpose loses the meaning of the concept. The goal is determined at different levels of indicators of the effectiveness of physical education.
2. Task: ensuring the implementation of the goal. (educational, educational, health improvement)
3. The basis - creates a direction to achieve the goal. These are the foundations of social economy, economic, scientific-methodical, program standard organizational management.
4. Principles: determining the direction of the system (personality formation, health direction, connection with life and practice).
5. The direction is the practical side of the system (basics, physical training, vocational training, sports training, rehabilitation and treatment).

The method used during the teaching of physical exercise or to solve another pedagogical task (opens physical ability, facilitates its acquisition), for example, in the development of physical abilities, the following are taken into account, firstly, the expected effect of physical exercise, that is, what tasks are performed with this exercise (educate, educate, or heal) resolve; secondly, the structure of the physical exercise, whether it is static or dynamic exercise, cyclic, acyclic or otherwise; thirdly, possible methods of repetition (whether it is appropriate to train in parts or by performing the exercise in full, whether it is necessary to apply active rest between repetitions or whether passive rest can be provided, etc.).

After physical exercise, a special functional change occurs in the body, and it leaves a mark in the body and is preserved for a certain period of time. The effect of the next exercise may be even more different in the form of the change that has occurred. Training efficiency may increase or decrease during the initial and post-exercise sessions. For example, while difficult coordination in the sequence of attention exercises makes it easier to perform movements that require hip flexion, it can be difficult to master balance exercises after hip flexion exercises. The degree of impact depends on its depth and duration, the condition of the student, his physical and mental preparation, etc. The development of a complex of exercise effects provides an opportunity to take into account the effect of the main effect of movement activity.

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