

The Practical State of Teaching Physical Education in Higher Education Institutions

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Abstract:

This paper investigates major points of The practical state of teaching physical education in higher education institutions. Moreover, research has pointed out teaching physical education in higher education institutions. Finally, research has concluded with outcomes and shortcomings as the whole.

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Introduction

The Law of the Republic of Uzbekistan "On Education" and the "National Program for Personnel Training" also reflect the basics of upbringing a harmoniously developed generation. The combination of national and universal values in education and upbringing has yielded good results in the upbringing of a harmoniously developed generation. Sport and values are one of the important factors in raising a healthy generation.

The first President of our country, I.A.Karimov, paid special attention to the development in our country of a harmoniously developed generation and youth with comprehensive maturity and intellectual potential. The Law on Education, the National Program for Personnel Training, and a number of important documents were gradually being implemented, which became a strong factor in the sustainable development of the sphere, increasing the effectiveness of education. The National Program of Personnel Training of the Republic of Uzbekistan states that effective organizational and

pedagogical forms and tools based on the rich cultural and historical traditions, customs and universal values of the people should be developed and put into practice in the spiritual and moral education of the younger generation. As a result of large-scale reforms in the education system of our country, our youth is developing no worse than others. In response to such high attention and care, young people must show their talent through science olympiads, various contests and sports competitions. It is no secret that the main priority of today's education system is to bring up a comprehensively developed generation. The fact that this glorious task is based on national traditions, customs and values, first of all, is reflected in the decisions of the government. The role of physical culture and sports, in particular, national sports, in educating a generation with high spiritual, creative and intellectual potential is invaluable. In recent years, many new types of educational institutions are being built, the existing ones are being repaired and re-equipped, on the basis of which the priority areas of

physical education are being organized, in which boys and girls who are the future of our country are being educated. The exemplary way of life and multifaceted activity of our ancestors in the past is an invaluable treasure that has truly enriched our national values. Significant work has been done in the education system of our country to bring education to the level of world standards by combining it with national and universal values, and this process continues apace.

Main part

Kurash is invaluable in educating a healthy generation, strengthening the country's defense capabilities and improving the martial arts. In other words, kurash is one of the historical values that form a united nation and a united people. Kurash is not only a skill of physical competition between two athletes, but also a means of educating young people in the spirit of national and universal values. The content of kurash includes the ideas of sports ethics and humanity, such as courage, honesty, accuracy, purity, recognition of victory and defeat, respect for the opponent, coaches, spectators, referees. Kurash helps to educate every young person in the spirit of human qualities such as love and devotion to their Motherland, selflessness. Love for the country, the place of birth of a person, and attitude, social and spiritual-moral qualities are formed in the process of preparing for the competition, and are reflected during the competition. Uzbek wrestlers who have never lost today clearly demonstrate this, showing young people the same examples of patriotism and humanity. Indeed, our people saw kurash as one of the main means of physical training. Of course, the reason for the development of kurash is, first of all, because wrestling is our national value, but also wrestling forms a philosophy of wrestling in every young athlete, sports fan. Since the idea of kurash is fair, it raises a person's feelings to a high level. Due to the fact that the kurash is embodied in the blood and heritage of our people, spiritual education is developing in a unique way. It should be noted that traditions are an invaluable wealth created in the

process of historical formation and development of the nation and passed down from generation to generation as a sacred heritage. It is the sacred duty of every generation to preserve and perfect the traditions, which are one of the main features of the nation. For the traditions of our ancestors to live, first of all, it must be stabilized in the minds of young people who are the creators of our future, otherwise the disregard for ancestral traditions by young people will create a spiritual gap between generations. Although the traditions of the people, which have been passed down from generation to generation, faced serious obstacles during the former regime, they were revived after the independence. The centuries-old history of our national sport indicates that in the eyes of our ancestors, kurash was primarily noted as an example of the comprehensive maturity of wrestlers. A special place is occupied by physical strength, growth, struggle, dexterity and behavior of wrestlers, as well as morality, spiritual image, attitude to the opponent, to the carpet, to judges, spectators, the environment, etc. Kurash at weddings was judged fairly by the bakovul (judges) and the following words were often used during the fight:

- "Wrestler get up, come on, you're not done",
- "Wrestler your fight was on the side",
- "Wrestler stop, don't grab foot, don't cheat, fight honestly",
- "Reward the wrestler, he honestly won"

Uzbek traditions, values, customs and art are becoming world famous through the sport of kurash. The kurash that was once considered a national value has today become a universal value. The tradition of kurash is a symbol of the pride and strength of our people, and is an incomparable value in educating our young men and women to be agile, brave, courageous, strong, humble, hardworking and patriotic. Because today the peoples of the world have accepted kurash as a modern sport and are using it effectively in educating young people. Kurash is not just a sport, but a means of achieving physical and spiritual maturity. Our great ancestors called kurash a school of education. The students of

this school that saw the fight can be described as follows:

- Wrestlers do not swear, but never betray their country.
- Wrestlers stay away from filth, adultery, deceit, drugs, and fight against such vices.
- Wrestlers are people of will, so they don't follow what anyone says.
- The wrestlers protect the weak and helpless, distributing a portion of the prize given to their honest victory to the needy.
- Wrestlers are distinguished by their nobility, humanity, deep respect for their opponent.
- The wrestlers will have their own firm opinion.

In the above descriptions given to the wrestlers, it can be seen that the philosophy of Kurash, formed over the centuries, is embodied.

They are:

- Forming an independent worldview and free thinking.
- To bring up a determined man who is free-thinking, free from muteness and cowardice, and who lives with confidence in his own knowledge and power.
- Creating a spiritual environment that serves to strengthen the will of people, especially young people, to strengthen their faith.
- Awareness of identity in human thinking, preservation of sacred values, development of a sense of love.

Enhancing the qualities of faith, honesty, integrity, generosity, honesty, kindness, which are characteristic of noble people. It is safe to say that kurash that tempers the will encourages people to strive for honesty, teaches them to overcome difficulties with endurance and perseverance, serves to build a sense of confidence, pride in victory in the human heart, the struggle makes a unique contribution to the well-being of creative youth, people, which can satisfy the demands of a busy life. After all, the philosophy of kurash leads a person to perfection. So, kurash is "an honest way to achieve a goal"!

Legends about the wrestlers have long been composed. Wrestling, kurash is a great heritage of our people from ancient times, from our distant ancestors. Today, this national value is still cherished in the hands of generations. Throughout history, wrestlers have been highly valued by the people. Our time has always been rich in wrestlers and heroes, who are our heroic defenders, and our people have been lovingly caring for them. "How are you, wrestler? ", "You are welcome wrestler", "Did you become as a wolf from yesterday's competition, wrestler?" look, even the word "polvon" (wrestler) is seen more than the beautiful name that the parents gave it. Because the wrestler is strong, courageous, courageous, whose ancestors, the Alps, who did not spare their lives for the glory of the Motherland.

An important direction in the education system is the priority of national and universal values. This is to leave a rich cultural heritage to future generations, to educate them on the basis of traditions formed over thousands of years. Young people, who make up the majority of the population of our country, determine the future of our country.

Introducing young people to the customs and traditions of our people, folklore, works of great thinkers, as well as brave wrestlers and their patriotism, heroism and bravery will lead them to historical shrines, which will increase their interest in the heritage of our ancestors. Consistent use of national values in the educational process gives great results, and only then the expected goal can be achieved.

The national tradition of any nation, the vital need of that nation, is born as a result of the necessity of life. The tradition of wrestling, which is the pride of the nation, is a unique art that embodies many traditions and customs of our people. The tradition of wrestling has been passed down from generation to generation by the Uzbek people. Its existence does not depend on individual persons. The tradition of wrestling is a symbol of the pride and strength of our people, and is an incomparable value in educating our young people to be agile, brave, courageous, strong, humble, hardworking, patriotic. In the "Shohnama"

of the great sage Abulkasim Firdavsi, in the “Laws of Medicine” Abu Ali Ibn Sino, “The Rules of Temur” by the great commander Amir Temur, “Hamsa” of the Sultan of Eastern poetry Alisher Navoi, and in the teachings in the field of education and folklore symbolized the heroes of the kurash.

In light of the foregoing, we recommend the following work on the spiritual education of youth:

- Carrying out explanatory work on our national and universal values to future specialists in the field of physical culture.
- Conducting open dialogues with leading honorary wrestlers, athletes.
- Conducting conferences and competitions dedicated to national values.
- Conducting scientific and practical seminars on the problems of values.
- Involvement of talented student-athletes in research work.
- Organization of scientific conferences dedicated to national and universal values in the country.
- Improving the methods of teaching knowledge of national values and traditions to students of the Faculty of Physical Education.
- Conducting roundtables on the great figures and great commanders in our history (Tomaris, Shirak, Spitamen, Pahlavon Mahmud, Mahmud Tarobi, Jaloliddin Manguberdi, Amir Temur, Zahiriddin Muhammad Babur, etc.).
- Studying deeper the educational aspects of wrestling.
- Taking into account national characteristics in the educational process, setting up, using national traditions in this regard.
- Further improvement of sports training.
- Restoration and development of traditions and values, their enjoyment by members of society and the widespread use of universal values.
- To determine the ways of implementation of educational work and the connection of national and universal values, traditions with the problems of the new era and independence, etc.

In conclusion, it should be noted that the current stage in the development of education requires the

organization of student learning and, on this basis, the advanced training of our teachers on the basis of national and universal values. This, in turn, along with the improvement of knowledge and skills in students, will undoubtedly have an effect on the education of feelings and moral qualities, such as patriotism, respect for nationalist values. As the first President said, sport means a healthy generation, a healthy future.

Conclusion

Consequently, only a healthy people, a healthy nation will be able to do great things. The development of wrestling at this level, not only among young people, but also among the elderly, leads to the formation of a spiritually healthy lifestyle among the practitioners. Kurash coaches are gradually shaping the spirit of kurash among young people, not only because of the pursuit of results, but also because kurash is an integral part of our morale and values.

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