

Physical Exercises as the Main Means of Physical Education

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Annotation: This article talks about physical exercises, which are the main means of physical education, its origin, meaning and essence.

Keywords: physical education, physical exercise, technique, education, science

Physical exercises are the main means of physical education, and historically they have been divided into groups in the form of gymnastics, games, sports and tourism, and used as a means of the educational process.

Physical exercise is understood as a variety of voluntary movement activities that meet the requirements of the laws of physical education and are performed consciously. Such movement activities as gymnastics, games, sports, tourism exercises were historically systematized, methodically collected and supplemented.

Historically, the emergence of physical exercise is shown in a number of textbooks (A.D. Novikov, B.A. Ashmarin, etc., 1966, 1979) to the period of the primitive collective system. The objective reason for the emergence of physical exercise was considered to be the primitive man's hunting for food, and the formation of consciousness as the subjective reason.

Primitive man, who did not know how to use primitive weapons, pursued his prey until exhaustion. With this, the hunter's organism felt the need for great physical training. Those who did not have sufficient physical training were themselves prey. Accordingly, with the passage of time, primitive people began to go hunting in groups.

Hunters began to use primitive weapons: a stone, a spear enriched with a dirty stone, wells sealed with a name, etc., social consciousness began to form. The elders of the tribe, who could not participate in the hunt, began to train the youth to throw a stone at a target, to strengthen its impact, and with this, the elements of the education process, which was the basis of education, began to be formed. Later, throwing, running, jumping to chase or escape began to be practiced. And this is physical exercises and elements of physical education were considered as the period of emergence and formation. To this day, these exercises are used as the main means for the physical education process in modern athletics, gymnastics, sports games, individual wrestling, tourism and other types of sports. The increase in types of physical exercises was also influenced by human labor. It is known that work requires a certain level of preparation and development of human body (movement) qualities such as physical strength, endurance, quickness, agility.

In educational practice, mainly, a person practices more the actions that he uses in his work. In the development of physical exercise, religious ceremonies, games on holidays, dances, voluntary actions performed consciously in military activities and art serve as tools.

Natural laws of the nature of physical exercise I.M. Sechenov and I.P. Pavlov. It is revealed in Pavlov's scientific outlook. Voluntary action, according to Sechenov, is controlled by consciousness and reason and is directed to a goal. Pavlov discovered the physiological mechanism of movements and scientifically proved that the movements are related to the collecting properties of the cortex of the brain, and that they arise with the active participation of the first and second signal systems, conditioned and unconditioned reflexes.

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Content and form of physical exercises. Physical exercises, like all events and processes, have their own content and form. The set of mechanical, biological, psychological processes that take place during physical exercise creates the content of physical exercise, and the ability for movement activity develops due to their influence. Also, the content of the exercise includes a set of its parts, for example, speeding up the body in the long jump, jumping in the air, landing links, and the tasks to be solved during the exercise, as well as theoretical knowledge and practical movement skills about the functional changes that occur in the body as a result of the exercise. All these elements make up the overall content of physical exercise. The form of physical exercise is seen in the compatibility of their internal and external structure. The internal structure of the exercise includes the skeletal muscles involved in this activity, their contraction, stretching, twisting, etc., biomechanical and biochemical connections - energy consumption, cardiovascular, respiratory, nervous control and other organ processes, their interdependence, their own includes The connection and coordination of biological, mechanical, psychological and other processes during exercise is different in running exercises, but different in lifting weights, that is, the internal structure is different.

The external form and external structure of the exercise is characterized by the external appearance of the exercise, the amount of time or effort required to perform the exercise, and the intensity of the movement.

The form and content of physical exercises are interrelated and complement each other. A change in content leads to a change in form. Content plays a key role over form. For example, the manifestation of the quality of speed at different distances causes the running technique to be different (step size, frequency, body position, etc.). Form influences content. The physical qualities displayed for a particular movement affect the competence in performing that physical exercise. Therefore, the strength of the swimmer and the strength of the gymnast and the weightlifter differ from each other. Achieving the rational consistency of the form and

content of physical exercise is one of the main problems of the theory and practice of physical education. This problem is partly related to movement skills and abilities, as well as physical qualities.

The technique of physical exercise includes two things from the composition of any movement activity:

- a) the action being performed, the purpose resulting from its performance;
- b) it is necessary to distinguish the method of solving the action task.

Often, the same movement is performed in different ways, for example, in the high jump, you can run straight to the plank, from the left, right sides, and land with the foot close to or away from the plank. In fact, there is a different, easier, less energy-consuming method of doing this exercise than the one mentioned above. To easily and effectively solve the action task it is accepted to call the selected movement act (activity) a physical exercise technique.

Technique is a Greek word meaning "the art of performing". Exercise techniques are always changing and improving. Improved movement technique is the guarantee of high performance, which is achieved by athletes' continuous sweating. Increasing physical fitness of an athlete or the structure (anatomy) of his body, in other words, the variety of indicators that indicate physical development (shortness or length of the femur, different size of the shoulder bone, etc.) type of sport - the basis of the technique of physical exercises is its links or may cause the details to be changed or exchanged.

The technique is divided into parts such as its basis, links and details.

The basis of the technique is the core part of the movement activity system, which is necessary for the performance of the assigned task through movement. The used methods are used to improve the physical qualities of the body parts (strength, quickness, agility, muscle flexibility and joint mobility) without breaking the system of the sequence of the act of movement. ensures proper manifestation of If the method is effective, it can be effectively used in practice and will retain its viability and practicality for a long time. For example, although the "Fosbury-flop" method of high jump is effective, most athletes still use the "perekidnoy" method. For new learners, the use of the "jumping step by step" method until now gives the desired effect in mastering the jumping technique.

The technical link refers to the parts of the movement activity that help to perform the main mechanism of the performed movement - landing in jumps, final effort in throws. Mastering the mechanism of the main link of the exercise in the pedagogical process is considered the basis of teaching. Mastering technique means learning the basics of exercise technique.

The detail of the technique is the additional movements that are part of the movement, but do not damage its basis, links, or the smallest part of the mechanism of this movement. It doesn't matter if the movement structure 1a does it or not. For example, in the long jump, someone accelerates the body with a sudden acceleration, someone begins the acceleration gradually; A sprinter — both hurdlers and hurdlers — can move quickly on a treadmill. The installation of the starting block for the start is different for both distances, they differ from each other in some details, but this detail does not harm the basic or link of the exercise technique.

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