

# SOCIO-PEDAGOGICAL FUNCTIONS OF PHYSICAL EDUCATION AND SPORT IN THE MODERN EDUCATIONAL SYSTEM

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## Abstract

This article provides a scientific analysis of the socio-pedagogical significance of physical education and sport in the development of society, as well as their role in the physical, moral, and intellectual development of the individual. The study highlights the integral relationship between physical education, sport, and national culture, their importance in promoting a healthy lifestyle among the younger generation, and their functions in strengthening social cohesion within society. In addition, the historical stages of the formation of the physical education system, the effectiveness of modern health-improving systems, and the impact of physical activity on the psycho-emotional state of individuals are substantiated. The article also scientifically reveals the relevance of training highly qualified specialists in the field of physical education and sport.

**Keywords:** Physical education, physical culture, sport, healthy lifestyle, younger generation, moral education, national sports, social development, pedagogical system, health-improving technologies.

## Introduction

The sustainable development and socio-economic progress of the state largely depend on the health status of the younger generation. Therefore, creating favorable pedagogical and social conditions to ensure the physical, intellectual, and moral development of children and adolescents, who determine the future of the country, is of paramount importance.

Physical culture is recognized as an integral component of the national cultural heritage of society. It plays a significant role in the comprehensive development of the individual and contributes not only to physical and moral growth but also to strengthening social solidarity, fostering friendship, and promoting cooperation among nations.

Research indicates that physical culture and sport have historically been essential components of social life, and their development has been closely linked to the socio-economic progress of the state [4]. Throughout history, physical education and sport have often served as instruments for expressing the interests of dominant social groups and consolidating their social status.



The comprehensive development of physical education and sport represents a complex and multifaceted socio-pedagogical task that occupies a special place in societal development. This process is closely interconnected not only with physical development but also with the moral formation of the individual [9]. Therefore, physical education should be implemented in harmony with moral education.

The study of the history of physical education should begin with an analysis of its origins and its role within educational systems in ancient times. Information about ancient customs, rituals, social relations, and the daily life and activities of ancestors has been transmitted through myths, legends, and folklore, reflecting the earliest forms of physical education and sport [1]. In our country, particular attention is given to preserving and consistently developing national sports. International sports relations promote mutual respect among representatives of different nations and facilitate familiarity with their customs and cultural traditions. Moreover, sports activities foster feelings of friendship and cooperation among peoples. These aspects highlight the significant social importance of physical education and sport in uniting people, strengthening peace, and creating an environment of mutual understanding [8].

Our analysis demonstrates that physical exercises and sports activities serve as an important pedagogical foundation for the development of emotional and sensorimotor skills. Physical activity plays a crucial role in improving muscle movements, vision, sensory perception, and cognitive processes [7]. In work with young children, various movement-based games contribute to their overall physical development. For middle-aged children, running and obstacle exercises are widely used to develop agility and endurance. For older children and adolescents, more complex physical activities – such as strength training, wrestling, boxing, mountaineering, and intensive running - are recommended [7].

Modern health-improving systems, including stretching, sports gymnastics, aerobics, and shaping, are primarily based on physical exercises and active movement. Scientific studies confirm the practical effectiveness of each of these systems. Regular engagement in health-improving programs leads to the harmonization of physical and mental states. As a result, the functioning of internal organs normalizes, key functional systems of the body strengthen, emotional well-being improves, concentration increases, and self-confidence grows. Thus, physical activity and health-oriented physical culture play a vital role in maintaining the functional stability of the human body throughout life [5].

Scientific research shows that individuals who adhere to a healthy lifestyle demonstrate higher adaptability to stress factors, better tolerance to psycho-emotional strain, and more effective resistance to negative environmental influences. Consequently, the risk of developing mental disorders is significantly reduced, which positively affects the preservation and strengthening of overall physical health [2].

It is essential to scientifically explain the essence of physical education and sport, promote them widely, and systematically familiarize students with the history of the formation and development of various sports, including national games. This approach enriches the content of physical education and fosters a stable interest and positive attitude toward sport among students.



At the same time, physical education should be organized from the perspective of the rich cultural, educational, and scientific heritage of our ancestors and implemented based on historical traditions. Organizing physical education on a historical foundation contributes to the development of national self-awareness, respect for moral values, and a conscious attitude toward physical culture.

The effective development of physical education and sport in our country can be regarded as a logical result of ongoing political, economic, and social reforms. These reforms create a solid foundation for the improvement of the physical education and sport system, as they do for all spheres of social life.

One of the main factors determining the strength of the state is the level of development of its education system. It is within the educational process that physically fit, mentally healthy, comprehensively developed, and socially active individuals are formed. Therefore, the socially oriented use of physical culture not only contributes to economic development and strengthening national defense capacity but also serves as an important means of satisfying the spiritual needs of the population, ensuring the harmonious development of individuals and society, and promoting a healthy lifestyle [8].

The primary task of the physical education and sport system is to educate a generation that is physically healthy, morally mature, intellectually capable, modern, independent-minded, and self-confident. The successful implementation of these tasks places great responsibility on specialists working in the field of physical education and sport.

In this regard, special attention must be paid to training highly qualified and competitive professionals, as professional personnel training is one of the key factors ensuring the sustainable and effective development of the physical education and sport system.

In conclusion, physical education and sport are among the most important socio-pedagogical factors ensuring the sustainable development of society. Research findings indicate that physical education not only strengthens physical health but also contributes to moral development, psychological stability, and social activity. Organizing physical education and sport while considering historical, national, and cultural aspects fosters respect for national values and a conscious attitude toward a healthy lifestyle among the younger generation.

At the same time, the effectiveness of the physical education and sport system largely depends on the professional competence and pedagogical skills of specialists working in this field. Therefore, training qualified professionals equipped with modern knowledge and skills remains an urgent task. A scientifically grounded, systematic, and comprehensive approach serves to further enhance the effectiveness of physical education and sport in societal life.

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