

## THE ROLE AND IMPORTANCE OF PHYSICAL EDUCATION

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**Abstract:** This article discusses the role and importance of physical education in fostering physically healthy students. It also provides an understanding of the goals and objectives of physical education.

**Key words:** physical education, school, goal, objective, sport, club, activity, event.

### INTRODUCTION

As is known, attention is paid to strengthening and raising the younger generation as physically healthy individuals from school age. In this, of course, the role and importance of the physical education subject taught in schools is extremely high. Because only when the body is healthy, the mind will be healthy too. In the modern world, the issue of promoting a healthy lifestyle and increasing physical activity is becoming increasingly relevant. This further enhances the importance of physical education, which is necessary for the health, physical, and mental development of children and youth. This article provides a detailed analysis of the importance of teaching physical education, its impact on the human body, important aspects for different age groups, and the main factors for effective teaching. Physical education plays an important role not only in strengthening physical health, but also in ensuring intellectual development, social adaptability, and overall well-being.

Through physical education activities, students develop skills and abilities through essential life movements such as walking, running, jumping, throwing, climbing exercises. Positive changes occur and the body becomes healthier with the help of physical exercises, which are means of physical education, and the healing powers of nature. Student physical education is a pedagogical process organized to enable them to perform physical movements. Physical education activities in educational institutions are distinguished by a wide variety of forms that require amateurism, initiative, and organization from students. They help to cultivate organizational skills, activity, and resourcefulness in students.

Therefore, the purpose of student physical education in educational institutions is:

1. Health Improvement.
2. To foster comprehensively developed individuals.
3. To prepare for national defense and labor.

Physiological Impact of Physical Education.

Physical exercises have many positive effects on the human body:

### **LITERATURE REVIEW AND METHODOLOGY**

**Strengthening of the Cardiovascular System:** Regular physical activity strengthens the heart muscle, normalizes blood pressure, and improves blood circulation. This reduces the risk of cardiovascular diseases.

**Development of the Respiratory System:** Physical exercises increase breathing volume, improve lung capacity, and strengthen respiratory muscles.

**Strengthening of Bones and Muscles:** Physical activity increases bone density, reduces the risk of osteoporosis, and develops muscle strength and endurance.

### **RESULTS**

**Improved Metabolism:** Physical exercises accelerate metabolic processes, reducing the risk of obesity and diabetes.

**Strengthening of the Immune System:** Regular physical activity strengthens the immune system and increases resistance to infectious diseases.

#### **Psychological and Social Impact of Physical Education**

Physical education has a positive impact not only on physical but also on psychological and social development:

**Stress Reduction:** Physical exercises lower the levels of stress hormones and improve mental state.

**Increased Self-Confidence:** Achievements and successes strengthen self-confidence and increase belief in one's abilities.

**Socialization:** Group activities develop cooperation, communication, and team spirit among students.

**Discipline Improvement:** Physical education classes teach students discipline and responsibility.

**Development of Problem-Solving Skills:** In sports games, the skill of finding ways out of difficult situations and solving problems together as a team is developed.

#### **Important Aspects of Physical Education for Different Age Groups**

Physical education programs should be tailored to the needs of different age groups:

**Young Children:** Game-based activities, teaching coordination of movements and performing large movements.

**School-Aged Children:** Various sports, exercises aimed at developing muscle strength and endurance.

**Adolescents:** Exercises aimed at developing strength and endurance, sports competitions, and team games.

**Adults:** Exercises aimed at maintaining a healthy lifestyle and increasing physical activity.

### Factors for Effective Physical Education

The following factors are important to increase the effectiveness of physical education:

**Qualified Teachers:** The qualifications and experience of teachers directly affect the effectiveness of the learning process.

**Modern Equipment:** Modern sports equipment and comfortable conditions make the learning process even more effective.

**Interesting and Diverse Programs:** Offering a variety of exercises and games, taking into account the interests of students.

**Individual Approach:** Developing individual programs, taking into account the physical capabilities of each student.

**Regular Assessment and Monitoring:** Regularly assessing student achievements and providing them with the necessary support.

### **DISCUSSION**

The theory of physical education constantly develops and improves, relying on the practice of physical education. Its methodological basis is always enriched by assimilating the results of applied scientific research. Therefore, the subject of physical education cannot remain stagnant, it develops and improves. An important task of physical education is to raise the younger generation as conscious, nationally proud, highly cultured, i.e., healthy, strong, hardened, enterprising individuals who can manage their actions well, love physical education and sports activities, are able to behave in any situation and act independently, are active in life, and are capable of creative activity. Physical education is an important component in the comprehensive education of the individual, and at the same time, it addresses the tasks of intellectual, moral, aesthetic, and labor education in a complex manner.

### **CONCLUSION**

The teaching of physical education is very important for human health and development. It not only strengthens physical health but also has a positive impact on psychological and social development. Qualified teachers, modern equipment, engaging programs, and an individual approach are important for developing and implementing effective physical education programs. By increasing the importance of physical education, we can contribute to creating a healthy and strong society. In the future, research should continue to further improve physical education programs and make them accessible and effective for all age groups.

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