



THE SPECIFIC FUNCTIONS OF PHYSICAL CULTURE, THE EXPRESSION OF ITS INTERNAL FEATURES AND CAPABILITIES

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The word "physicality" in the broadest sense refers to the physiological behavior of a person. But these physiological behaviors are diverse, and many of them are related to biological needs. Man makes certain actions to satisfy his eating, drinking, and other needs, which are necessary for his living being to be preserved as a species. Therefore, not all human behavior is part of physical culture. So, physical culture is a system of physiological exercises that is specially organized, rational, performed in a conscious way, different from the rest of the behavior. It is a special type of activity, exercises aimed at restoring this or that part of the body, strengthening health, developing physical capabilities, meeting psychophysiological needs. Physical culture is a system of behaviors that is organized separately and provides for the psychophysiological development of the organism, is rationally established and for this purpose special structures, means, methods are invented, measured by physiometric and sociometric norms. The most important feature of this system of behavior is that it is organized rationally, in accordance with the results of scientific tests, experiments. The above definitions and interpretations refer to the scientific features, methods of physical culture and education, the methodology itself focuses on the rational aspects of the activity and formulates its recommendations in a rational way. The second core of "physical culture" is the word "culture". It has more than 500 definitions, etymological interpretations, which are recognized by most scholars [7]. As the philosopher V.M. Rosin said, "the greater the culturologist, the more theories and concepts about culture" [22]. However, it should be noted that culture has aspects that express the following general and general social characteristics.

1. Culture is the sum of material and spiritual riches created in the process of long historical development.

2. Culture is a sign of social development that reflects the level of science, education, law, politics and consumer services.

3. Culture is a set of personal, national, universal values that people and society adhere to.

4. Culture is an expression of human qualities and creative qualities. At the heart of these signs is the relationship between man - society - the system of nature. In this system of relations, human activity is a key indicator." [7] If we apply these definitions and interpretations to the phenomenon of physical culture, it becomes clear that culture is a sign of quality, value, development of physicality. Hence, physicality and culture are sub-substantial realities that express the scientific, socio-philosophical essence of physical culture. Both physicality and culture form the cosubstantial basis of physical culture, which dialectically complements and harmonizes with each other. In social realities, the basis is not always one, sometimes it can be two bases, and sometimes it can be three. In physical culture, the substantial basis is twofold - physicality and culture. A. Abdullaev notes: "Under normal daily conditions, a person uses only a part of these possibilities (ie physiological and latent psychophysiological - emphasis is ours.) (one substance - emphasis is ours). This means that every organism has a reserve of the qualities of action that it uses in the course of life and throughout it, but uses only a very small part of it in its daily life. It is important to know the available energy reserves in the body and to have the information to make the most of its great potential" [1]. Physical behaviors are not limited to a single basis, their occurrence is influenced not only by physiological or biological needs, but also by psychological, cognitive motives. Cosmopolitanism complicates the object, it is difficult to analyze and reveal all its aspects, but it is impossible to forget the many factors of social realities. Before defining physical culture, it is also necessary to disclose its functional aspects, otherwise the definition will not be complete and objective. Experts recommend studying the functions of physical culture by classifying them into two groups.



1. Specific features.
2. General cultural functions.

Specific features include:

- physical education;
- recreational health function;
- competition function [3].

These functions are also described in various definitions and interpretations in other scientific literature. True, their burden and functions in the process of shaping physical culture are somewhat different from their general cultural functions. While some authors emphasize physical education, others tend to exaggerate the healing function. Such an approach is more common among medical practitioners, physiologists, and proponents of national medicine [4]. The function of the competition is supported by supporters of sports professionalism, specialists who prepare students for various competitions [14].

The specific functions of physical culture express its internal features and capabilities. Based on them, we differentiate physical culture from other types of activities and plan how we can rationalize physical behavior. Common cultural functions include:

- spiritual education;
- economy;
- watching recreation;
- enlightenment;
- communicative;
- information exchange;

• normative [3]. The peculiarities and aspects of these functions are widely covered in the works of specialists who support mass sports and physical education exercises [15].

The general cultural functions confirm that physical culture is widely connected with the life of society, the main directions of human activity. This means that physical culture is not limited to preparing the human body to become energetic and agile, a champion, it affects the socio-spiritual world of a person and prepares him for active living. Therefore, experts note that physical culture affects the general educational processes, activities, work, rest and leisure, health promotion and healthy lifestyle, resistance to external psychological pressures, adaptability [5]. Such a broad socio-philosophical approach helps to fully understand the role of physical culture in the life of the people, society, to find ways to effectively use its potential in educating a healthy generation. Because physical education is the foundation of physical culture. Experts call this a "basic component." Its feature is that, firstly, it forms in a person the social functions, behaviors, skills and abilities necessary to perform the main activity, and secondly, helps to

professionalize this or that sport [29]. In a broader system of social behavior, physical culture prepares a person for social life. The types of activities mastered in the process of physical education, normative behaviors rationalize the relationship between man and society, strengthen the adaptive properties of the person, resulting in the harmonization of natural biological factors with common cultural requirements. This means that a person's adaptation to social and cultural requirements does not happen by itself, they require certain exercises and skills. If they initially occur under the influence of natural biological needs, over time their adaptation to social and universal norms in phylogeny occurs. We can say that the phylogenetic development and formation of man is the product of this harmony.

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