



# PHILOSOPHICAL ANALYSIS OF THE EVOLUTION OF SPORTS AESTHETICS IN UZBEKISTAN

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## ANNOTATION

*Sport as a means of delicate education has a special place in the development of modern man. At present, the development of sports in our country has become a state policy. The main goal is to bring up the young generation to be physically strong, healthy and brave defenders of the homeland. Today, our country has developed many programs for the development of sports, and they are actively involved in public relations. In recent days, Uzbekistan has become a prominent figure in the world community as the host and host of many world sports competitions. All of this, in a sense, is aimed at improving the human outlook and thinking. The article provides a philosophical analysis of the fact that sport is an important means of delicate education and sports aesthetics.*

**KEYWORDS:** *Physical Education, Sports, Aesthetics, Elegance, Evolution, Mountaineering, Badminton, Kayaking, Biathlon, Bodybuilding, Freestyle, Wrestling, Radio Sports.*

Sports aesthetics is an integral part of the science of aesthetics and philosophy, which studies the aesthetic laws of sports, as well as the aesthetic content of sports, its place in the culture of society, the relationship between sports and art. "Sports aesthetics is the aesthetic perception of the beauty and grandeur of human movement." [1. 164] Sports shape a person through any difficulties, such as patience, strong will and aspiration, respect for others. A new look at the inner world of a sports person through sports, a new human feeling. Sport heals the will, teaches a person to strive for a specific goal, to overcome difficulties with endurance and perseverance.

Sport instills in the human heart a sense of confidence, pride and pride in victory. Nothing can make a nation and a country as world-famous as a sport by educating a person to be brave, resilient, raising a spiritually and physically harmoniously developed generation is not only a national need, but also a matter of national importance. In recent times, the emphasis on the beauty of sports, sports, organizational issues to adapt to human needs and the personal participation of people in it leads to the formation of the most attractive, beautiful and pleasurable feelings. Sport promotes the full development of people and strengthens their health. Sport transforms a person's spiritual and aesthetic existence by creating a healthy lifestyle in society.

The role of physical education and sports in educating young people with the means of aesthetic education is incomparable. Physical education is an important tool for people to grow up healthy, strong and strong-willed.

The famous Greek sage Plato commented on happiness: "The first happiness for man is his health, the second - his beauty" [2. 427], - he said. In fact, if you want to stay healthy, you have to do sports. Sport, regardless of age, strengthens a person, strengthens his body, strengthens people's health, increases their interest in work, and ensures longevity.

It is known through history that physical education is a folk culture. In particular, the ancient peoples of Uzbekistan knew at that time that physical culture enhances the spiritual and physical well-being of people. According to the Avesta, in ancient times, preparing children for military service consisted of physical training. By the way, during military training, children were required to be able to ride a horse, hunt, play fencing and defend themselves from an opponent on a shield, swim, run long distances, jump, throw a spear [3. 22]. The physical culture of the people is embedded in the way of life of our people, based on this heritage of our past, and encourages people to love the land where they grow up, to develop beautiful and delicate sports in their country.



In fact, in the process of marriage, "a man must first be materially and spiritually strong and physically strong in order to marry" [3. 26]. That's why our ancestors paid special attention to the physical culture of their children.

Archaeological monuments, historical monuments found in Uzbekistan, as well as the ideas put forward in the legend "Tomaris", "Alpomish", "Gorogly", "Forty Girls" and a number of other folk tales here physical training is evident from the time of the tribe and the tribe.

The great thinkers of the East, Farabi, Beruni, Ibn Sina, At-Termizi and others, made a great contribution to the development of physical education. In particular, Abu Nasr al-Farabi, in his political and philosophical views, said that it is necessary to engage in physical activity, which is a key factor in achieving human happiness. Abu Ali Ibn Sina has a special place in the development of physical education. In his works, he showed the importance of exercise in human development and health, keeping the body clean, active, travel is an important factor in human development. Ibn Sina emphasized that physical training should be suitable for everyone and should be done as much as possible.

Various national exercises, games and competitions: archery, javelin throwing, wrestling, fencing, horse racing, equestrian games, chess, chess is a traditional part of the life of the peoples of Uzbekistan [4 . 362-363].

Attitudes towards spiritual and physical culture developed in our country in the XIV-XV centuries, during which time Amir Temur made physical culture the main field of aesthetic education. In particular, special attention was paid to the physical training of the military, among which there were many competitions in wrestling, archery, equestrian sports. However, it is not surprising that Amir Temur's words "A strong country will be rich, a rich country will be strong" are based on the issue of physical education.

Our country has always been rich in national games. After all, the national games "Argymchok", "Bekinmachok", "Fencing", "White poplar, blue poplar?", "Chillik", "Tortishmachak" and others are the soul of children. These games play an important role in shaping the physical culture of young children.

Physical education as a means of aesthetic education plays an important role in educating the younger generation. It has a direct impact on a person's faith and devotion, endurance and unanimity, health and vigor. Physical education ensures the healthy growth of all organs of children and fosters their mental and physical development. The purpose of physical education is, first of all, to

bring up physically strong, sane, strong-willed, as well as alpine boys, beautiful and handsome girls.

Physical training always encourages vigilance and sensitivity. Being physically healthy is the result of one's own goal-oriented activities, exercise in nature or in beautiful gyms and fields - all of which affect a person's aesthetic feelings, ideals, attitudes. , cultivates the taste. Such sports games and a variety of exercises enrich the aesthetic experience and emotions. Sometimes it seems that exercise does not reflect aesthetic education, but if we look closely at these exercises, we can see the harmony of physical and aesthetic education. More students are paying attention to this. Because in physical education classes, students do beautiful physical exercises through their curiosity and aspirational qualities, and they enjoy it. The teacher not only educates the children physically, but also aesthetically. A person who has a deep understanding of the essence of physical education not only ensures that he is healthy, but also that he is always cheerful, open-minded, polite, beautiful and beautiful.

Bringing up the young generation to be physically strong and aesthetically beautiful has become a requirement of the time. The fruit of the future is the construction of sports facilities in Uzbekistan, which is becoming more beautiful every year. More and more of our young people are being brought up in such places, both physically, mentally and aesthetically. Just as the flowing water is beautiful and clear to the fields, so the Uzbek children are proud of their achievements in sports, their beauty, their morals, and the fame of our country in the world are making great strides.

Sport is important for a person's physical and spiritual development, and playing sports requires creative activity. Types of sports directly related to aesthetics - figure skating, rhythmic gymnastics, synchronized swimming, equestrian sports, fencing, sports acrobatics, gymnastics, diving, athletics and others is executed at the level of. Athletes are required to be creative in performing the exercises they perform in many sports, to develop new behaviors and exercise techniques that have never been used before, and to apply them creatively in the performance process. In sports such as figure skating, rhythmic gymnastics, sports acrobatics, gymnastics, the athlete takes a creative approach to his work, applying a new method, a new movement to a particular sport, and the movement is later called a creative athlete. Sport is constantly evolving in the development of society, new sports are emerging, various national sports are being adopted by other nations and gaining popularity in the international arena. Many sports are being developed at the Olympic Games and World Championships. The aesthetic aspects of sports are expanding and



improving. Sports aesthetics is the aesthetic perception of the beauty and splendor of human movement. The development of sports aesthetics is a reflection of the harmony of spiritual and physical maturity. There are stages of physical development, physical training, physical maturity, physical education, physical culture. Sport is a special activity aimed at achieving the highest results in a particular type of exercise, which is manifested during the competition. "... In any field, it involves the individual or group competition of young people, mostly young people with special training under the supervision of specialist coaches" [5. 243].

As sports are constantly evolving in connection with creative activities, so are the material resources in sports. Material resources in the field of sports include sports facilities, stadiums, gyms, swimming pools, courts, physical training equipment, special clothing, footwear, as well as achievements in sports, the level of maturity. Spiritual riches include physical education, art, literature, music, and more.

The purpose of physical culture and sports is to ensure the healthy growth of all organs of the human body, as well as to prepare it for mental and physical labor, as well as for the defense of the Motherland. According to Abdulla Avloni, it is necessary to train the body in order to have a sound mind, good morals and knowledge.

Physical education and sports have a great impact on people, strengthen their health, increase their ability to work, and help them live longer. Sport is a means of maintaining posture and strength at any age.

Sports are important for the harmonious development of the individual. Sport physically strengthens and educates a person, invites him to beauty and goodness. Athletes perform great exercises and movements, which give a great aesthetic pleasure to the fans and give them joy. Aesthetic sports include figure skating, rhythmic gymnastics, synchronized swimming, equestrian sports, fencing and others. These sports, by their very nature, are performed at the level of art. There are many types of sports, including Academic Rowing, Mountaineering, Aviation, Motor Sports, Rhythmic Gymnastics, Badminton, Basketball, Kayaking and Canoeing, Biathlon, Bodybuilding, Boxing, Judo, Freestyle Wrestling, Figure Skating, Freestyle, Football, Handball, Archery, Karate, Wrestling, Mini football, Motorsport, Weightlifting, Equestrian, Uzbek Martial Arts, Parachuting, Fencing, Radiosport, Rugby, Sambo, Checkers, Chess, Sports acrobatics, Gymnastics, Table Tennis, Water Polo, Swimming, Diving, Synchronized Swimming, Tennis, Skiing, Turan Single Wrestling, Taekwondo, Capricorn, Cycling, Volleyball, Hockey, Athletics, Greek Rum sports such as wrestling, checkers, chess,

field hockey. All kinds of sports have a positive effect on a person's physical and mental development.

Another aesthetic sport is figure skating, which is based on the movement of a skater on the ice, changing the direction of movement, rotations and jumps. Figure skating involves women and men dancing on the ice, individually and in pairs, to the sound of music. Figure skating has a number of exercises that must be performed, such as a combination of steps, lifting, individual and joint rotations, and jumps.

One of the winter sports, freestyle is alpine skiing, which includes mogul, ski ballet and ski acrobatics. Mogul is a quick descent from a low, high track, ski ballet is a performance of various shapes, steps, turns, turns, etc., while ski acrobatics is a somersault, pirouette and other acrobatic jumps. Freestyle is one of the most beautiful, graceful, and attractive sports, and at the time of its inception, it was a form of skiing recreation and was later incorporated into sports competitions. In freestyle, the artistic skills of the athletes are judged by the judges and included in the skiing events for the beauty and spectacle of the sport.

One of the most popular and exciting sports is football, which is known for its popularity and large number of fans. Football is a sport that meets the aesthetic tastes and needs of the fans as a result of the skill of the players, the organization of the game by the coach, the definition and demonstration of combinations. The skill of the players, the teamwork in the organization and conduct of the game, the beautiful performance of the players in scoring the goal and the support of the fans give a special interest and charm to football.

According to the rules, wrestling is a sport based on the individual wrestling of two athletes, and the art of wrestling has been developed and improved in many nations. Wrestling is one of the means of training a person to be strong, agile, resilient and strong-willed, and Greco-Roman wrestling, freestyle wrestling, judo, sambo, Uzbek wrestling and other sports are widely used in the international arena. Kurash has long been an integral part of the Uzbek people's way of life. Uzbek wrestling is distinguished not only by its aesthetic beauty, but also by its adherence to certain moral norms and principles. Among the martial arts of the East, Japanese karate, Chinese wushu, and Korean taekwondo have their own style and charm. Equestrian sport, which is one of the aesthetic sports, consists of performing various beautiful exercises with a horse. hunting, etc. The rider can perform various exercises with the horse, move forward, backward, rotate, and perform dance elements by



walking and jumping. This gives equestrian sport a special charm and charm.

Uzbek martial arts is a unique sport, which uses national costumes, uses both defensive and offensive methods, and plays an important role in educating young people in the spirit of military patriotism and high aesthetics. Uzbek martial arts include sports and fitness, handicrafts, Temurids' martial arts, such as knives, swords, sticks, spears and martial arts represent the unique aesthetic movements and techniques. Fencing is also a sport with a unique aesthetic value, with a variety of agile and engaging behaviors using sharp weapons such as the rapier, sword, and sword. The winner gets a lot of satisfaction from the sport and enjoys his achievement aesthetically.

One of the aesthetic forms of sports, acrobatics consists of exercises in the form of gymnastics, which is a set of exercises that show strength and agility, performed with or without balance, with or without sports equipment. Acrobatic exercises are divided into dynamic and static exercises, dynamic exercises such as squats, flips, somersaults It consists of performing various exercises.

Sports acrobatics are divided into strength acrobatics, jumping acrobatics, shoulder acrobatics, and comic acrobatics. Acrobatics is widely used in Uzbek circus and variety programs, as well as acrobatics on horseback, clowns and martial arts.

Gymnastics is one of the main sports, which includes competitions in women's and men's special gymnastic equipment, slingshot and freestyle. Gymnastics is a set of exercises that have great aesthetic value, requiring great physical strength, agility, fearlessness, accuracy in coordination of movements. In gymnastics, the exercises are performed among men on a wooden horse, in rings, in the form of pole vault, in double poles, in parallel poles, in solo. Women's gymnastics is divided into lean jumping, pole vault, high jump, and freestyle. Gymnastics is a sport in which athletes have the opportunity to perform the most beautiful, diverse, and highly aesthetic exercises.

Jumping is also one of the aesthetic forms of the sport. Jumping is divided into techniques such as jumping from a springboard and a tower, and diving involves a variety of rotations and movements. When diving, the athlete is required to perform the exercise by splashing less water with his head or feet. In diving, the athlete performs a forward, backward, twisting jump in the direction of rotation, standing in front, backwards, leaning on the hands in different positions, in which the exercise demonstrates a unique beauty and charm. The athlete moves lightly in the air and performs the exercise at a high aesthetic level using a variety of complex techniques.

Synchronized swimming is also known for its beauty and elegance. In synchronized swimming, women participate, and several athletes perform the same movements in harmony. The repetition of the same action by many with great precision creates a certain subtlety in the execution process.

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