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АКТУАЛЬНЫЕ ПРОБЛЕМЫ
ФИЗИЧЕСКОЙ КУЛЬТУРЫ И СПОРТА
В СОВРЕМЕННЫХ
СОЦИАЛЬНО-ЭКОНОМИЧЕСКИХ
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**АКТУАЛЬНЫЕ ПРОБЛЕМЫ ФИЗИЧЕСКОЙ
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In view of the above, I consider it necessary to make the following recommendations:

- The organization of competitions aimed at creating a culture of healthy living among young people, the development of social projects and ensuring the active participation of students in them will also be effective.

- I think it is necessary to take into account the role of psychological services in the formation of ideological immunity and explanatory work in young people.

- It is extremely important to promote health among young people as the highest value, to convey to them the essence of a healthy lifestyle.

- The screening of videos and films of an educational nature in the prevention of drug addiction and various harmful vices calls young people to awareness.

- Ensuring the cooperation of the family, community and community in the formation of a culture of healthy living among young people, increasing the responsibility of state and public organizations;

- Achieving the use of folk pedagogy, folk crafts, applied arts, music and theater in the formation of a culture of healthy living among young people;

-It allows the formation of the foundations of ideological immunity in the hearts and minds of the younger generation.

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INTEGRATION OF MATHEMATICS AND PHYSICAL EDUCATION

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Brief abstract. This article describes the process of integration between physical education and sports and mathematics. The article provides several examples of the integration of sciences.

Key words: math, physical education, sports, student, athlete, integration, manager, education, upbringing, football, advanced, international.

Mathematics is created by our civilization and has accompanied it at all stages of its development. All modern sciences, such as physics, chemistry, biology and economics, linguistics and sociology or even physical education use mathematical methods, perform mathematical calculations. Modern science and technics, modern life is approached through mathematics. The author of several textbooks on mathematics, I.F. Sharygin says: "From birth, a full meal is necessary for human development. Mathematics is one of the few fullenvironmentally friendly intellectual products consumed in the education system. Mathematics education contributes to the spiritual and morally well-being of the younger generation".

It is known that mathematical science in our country has been defined by the state as one of the priority areas for the development of science from 2020. We all immediately see that over the past period a number of systematic works have been carried out aimed at bringing science and mathematical education to a new qualitative level. Including:

- The necessary conditions have been created for inviting domestic mathematical scientists working in advanced research centers and conducting international research;

- Introduced a system of incentives for the work of our young people and their coaches, winners of international science Olympiads;

- In order to ensure the mutual integration of higher education and research, a new and modern building of the Institute of Mathematics named after VI Romanovsky was built.

- Introduction of an internship research institute as a primary stage of training of scientific level personnel;

- Rapid solution of priority problems in the field of science, strengthening the integration of science, education and industry

The main task of mathematical training is to train and develop a person's ability to be aware of the task assigned to him, the ability to conduct logical thinking, and the skills of algorithmic heuristic thinking.

For this purpose, the Republican Council for Science and Technology was established at the government level.

In addition to the fact that such practical work has been carried out, a number of issues that have not been resolved in this area indicate the need for measures aimed at improving the quality of education and the effectiveness of scientific research in the field of mathematics.

To date, the link between the practice and the production of research in mathematics remains weak. In addition, the integration of mathematics with other branches of science is not at the proper level.

The lack of integration of mathematics and physical education is a clear example of this. There are many events and celebrations in the history of mankind that unite nations and peoples. But given the large number of people in the world, that is, the large number of nations and peoples, there is no doubt that

there is no international conference equal to the Olympic Games, which takes place every four years in terms of the ability to attract them. Each Olympic Games must, of course, be funded financially, and this money must be distributed equally to each sport. A person who knows the science of mathematics does not err in counting. It is not only for the Olympic Games that each state holds sports competitions and allocates funds for competitions in order to develop the sport in its territory, and these funds should be distributed equally.

Such a task is done by sports managers. Managers must of course be well versed in the science of mathematics. Managers have a great motto to do the job quality and efficiently with less time, money and effort. To do this, of course, they must have a good knowledge of mathematics and make calculations. Not only sound education but his alertness and dedication too are most required. Therefore, it is necessary to combine mathematics and physical education from primary school. The integration of mathematics and physical education from the primary school will help the child to think healthy from an early age. the student's interest in the lesson and worldview develops. Through this method, students become not only mentally and physically mature, but also increase their interest in mathematics and sports, which is now the 2nd initiative of 5 initiatives. In the future, if he prepares for mathematics, he will definitely be a banker or a finance officer, and he will sit in front of a computer a lot, so various diseases can occur. It is advisable for everyone to understand the need for physical education and sports in order to train themselves physically and to improve their health on the basis of a specific system of physical activity that they diligently enjoy. The purpose of physical education is to bring up people who are healthy, happy, physically well-developed and ready to defend the Motherland. This is a long-term organized pedagogical process. On the contrary, even if he chooses a sports direction, he will need the science of mathematics, which means that he can master any strategy and help to distribute his power evenly. It is observed that all the relevant things in sports depend on mathematical calculations, ie from the clothes of each athlete to the measurement of weight. Therefore, we need to integrate the sciences of mathematics and physical education.

For example, if we take the sport of football, let's assume that there are 3 players, of which 1 of our players scored 4 goals out of 5, 2 of our players scored 2 of 5 goals, and 3 of our players scored 5 of 5 goals. then the students will try to solve with interest the question of how many goals will be scored in total, and there will be competition in the classroom.

This means that the science of mathematics is inextricably linked with other sciences. For mathematics to be interesting and unusual, it needs to be linked with other disciplines, that is, integrated with other disciplines.

Based on the above, we make the following recommendations:

- Physical education and sports coaches test the mathematical knowledge of students (practitioners) for a certain period of time;
- on the contrary, mathematics teachers monitor the knowledge of their students about exercise and sports;
- To organize the subject of mathematics with the use of elements of physical culture and sports;
- We believe that the organization of exercise or sports using mathematical formulas and laws will be the basis for the development of a fully developed staff in the future.

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MECHANISMS FOR IMPROVING THE LEGAL KNOWLEDGE OF ATHLETES

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Brief abstract. This article discusses the rights and responsibilities of athletes, the knowledge they need to know. Ways to improve the legal knowledge of athletes are considered.

Key words: sports, law, knowledge, skills, law, physical education, education, freedoms, victory, coach, specialist

Physical culture and sports are an integral part of every nation, an important tool for physical and spiritual development, and serve to strengthen the friendship between nations, the social and economic development of the country. In particular, our country has created enough attention and conditions in this area. The Law of the Republic of Uzbekistan "On Physical Culture and Sports" of September 14, 2015 is a good example of this. The law defines the duties and responsibilities of athletes in the field of physical culture and sports, the powers of officials, public associations, sports facilities, stages of

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