



THE ROLE OF PHYSICAL CULTURE AND SPORTS IN HUMAN LIFE AND PROFESSIONAL TRAINING OF AN EMPLOYEE OF THE INTERNAL AFFAIRS BODIES

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Article history:	Abstract:
Received: 1 st March 2023 Accepted: 3 rd April 2023 Published: 6 th May 2023	This article discusses the role and place of physical culture in human life. Its functions are analyzed, highlighting the author's position on some of them. The author also emphasizes the fact that physical culture is not always a long and exhausting workout. Sports can be a part of daily activities and recreation, while having a positive effect on the body. Playing sports allows not only to maintain health and physiological indicators at the proper level, but also to strengthen the psychological side of human life. Physical culture is also an important part of the professional training of law enforcement officers. It is through it that police officers maintain their readiness to perform operational and official tasks, including in situations of real confrontation with offenders.
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Physical activity is an important part of any person's life. The life of each of us is a movement. Every day we get out of bed, go somewhere, climb stairs, wear things and the like. All these are familiar forms of activity for us. However, there is another side to such activities – specially organized physical education and sports. This type of activity has been gaining mass popularity in recent years, however, not all people realize its importance.

Physical culture and sports perform a number of functions that are key for each person:

1. Wellness – playing sports has a beneficial effect on the body. Physical exercises allow you to develop muscle tone, which slows down the aging process; maintain a proper level of metabolism in the body, reduce the risk of various diseases associated with heart failure, obesity, and the like. Sports also affect the state of mental health. Physical activity gives a person the necessary discharge, is used as an opportunity to abstract from everyday problems, and also allows you to develop moral and volitional qualities. It is also proved that playing sports allows a person to work hard to a large extent. First of all, this is due to the fact that physical culture expands the reserves of the body, which allows it to take heavy loads, including in the framework of daily activities.

2. Aesthetic – physical education and sports allows you to maintain the body in the right shape. This is primarily due to the appearance. Sport has a beneficial effect on reducing excess body fat, allows you

to gain muscle mass, maintain skin elasticity, and so on. All this is also connected with the psychological side – a physically active person always feels more confident, because he understands that his appearance corresponds to his own ideas about aesthetics and beauty of the body.

Playing sports by each individual entails, as a consequence, a trend in the mass distribution of physical culture in the country. All this leads to the achievement of important national goals. First of all, we are talking about the health of the nation and a rich gene pool. A country where a large part of the population chooses a healthy lifestyle is potentially doomed to prosperity. This affects many aspects: the human productive force as a tool of labor; an increase in life expectancy, the reproduction of healthy offspring, which forms the generation of the future; reducing the negative impact of certain criminological factors (drug addiction, alcoholism) and so on.

Naturally, the need to meet the requirements is laid down in the cadets from the very beginning of their training, or rather, even before the start of training. Upon admission to educational organizations of the Ministry of Internal Affairs of the Republic of Uzbekistan, applicants must pass entrance tests on physical fitness, which include testing strength, endurance and agility in three exercises: running a short distance (100 m), running a long distance (3000 m) and strength exercise. This is done not only to differentiate the abilities of applicants, but also to drop out persons who, according



to their physical parameters, do not meet the initial requirements. This approach is quite practical, because if the level of physical fitness of cadets varies too much from the first year of study, this will negatively affect the educational process, in addition, it will inevitably lead to failure to pass at least one of the tests based on the results of certification in semesters.

In the future, checking the level of physical fitness of cadets is carried out within the framework of training sessions on physical training. Control standards are submitted during the final certification period in each academic semester (half-year). At the same time, the skills of mastering the necessary fighting techniques are demonstrated. The requirements of normative acts in the field under consideration clearly reflect the differentiation necessary to assess the level of physical fitness of cadets. They take into account the specifics of the gender and age structure, as well as the year of study - depending on the progress in the years of study, the necessary indicators of standards are gradually increasing, which is undoubtedly the right decision, since the learning process in the educational organization of the Ministry of Internal Affairs of the Republic of Uzbekistan is a process of strengthening the body and strengthening all previously existing physical skills.

As mentioned earlier, physical education and sports are not always associated with heavy exhausting workouts, which often repel people who are afraid to overexert their body. The main forms of physical culture today are:

- scheduled physical education classes are a fundamental form, since its conduct is organized by a specialist teacher who reveals the main possibilities of sports, the correct techniques of individual exercises, gives an opportunity to consult for choosing optimal and effective forms of classes;

- morning hygienic gymnastics is an important part of the day for any person. It allows you to tone up your muscles, awaken the body and all its systems from sleep, and put it into working mode. Charging helps the human body to maintain working capacity at the proper level, which, in the future, leads to the realization of all the positive aspects of this form of activity;

- walking and outdoor games are a fairly simple form that can be included in everyday activities for each person. They also have a powerful healing effect on the body. It is also a fairly simple form of cardio exercises in terms of organization and implementation.;

- physical recreation – as already mentioned, this means active forms of air. Of course, this concept covers the same walks with outdoor games. This can also include, for example, tourism, gardening and many

other types of motor activity that do not create physical overstrain, however, significantly affect the physical development of the body and maintaining its tone.

Thus, physical culture is an important part of the life of any person. It performs a number of key functions that can literally improve the life of each of us. Unfortunately, today not everyone understands the importance of sports and its positive effect on the body, which is a rather sad trend.

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