

## **MODERN PEDAGOGICAL MECHANISMS OF THE GROWTH OF PHYSICAL CULTURE AMONG THE STUDENTS TRAINED IN THE HIGHER EDUCATION SYSTEM OF UZBEKISTAN**

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### **ABSTRACT**

This article analyzes the pedagogical and psychological process of education on the basis of a new approach to the development of physical culture, physical education, fitness, physical maturity, physical development and promotion of healthy lifestyles in the growth of students' physical culture. Also, the scientific and theoretical mechanisms for improving the physical culture of students in the pedagogical process are substantiated.

**Keywords:** Physical culture, physical perfection, physical development, strengthening of the health, healthy lifestyle, physical endurance, sport, physical training.