

THE IMPORTANCE OF OLYMPIC EDUCATION IN SHAPING HEALTHY LIFE STYLE FOR STUDENTS

Karimov Bekzod Boyqobilovich

Teacher of Karshi State University, Faculty of Physical Culture,
UZBEKISTAN

ABSTRACT

This article discusses the new concept of Olympic education. It explains the peculiarities of the Olympic education module, based on a three tier student system.

Keywords: System, value, students basics of Olympic knowledge, Olympic sports, Olympic movement, Olympic education, history of Olympic movement, upbringing, morality, healthy lifestyle.

INTRODUCTION

Olympic education is a broad dissemination of knowledge about the Olympic Games and the Olympic movement. Olympic education is becoming increasingly important in the education and training of the younger generation. [2.5.]

Pierre de Coubertin, Initiator of the Olympic Games said “Olympics, with great interest, can be a school of justice and moral principles, as well as a school of physical and spiritual energy”. The Olympic movement is an important part of human culture and studies of its history without doubt, should be part of every civilized person’s knowledge. The inclusion of Olympic education in the teaching process can help children develop an interest in achieving physical perfection. [2.4.7.] According to him the ancient Olympic Games, for the full development of the person, will promote the spirit of freedom, peaceful competition and physical maturity. He saw the sport as one of the clear opportunities for bringing up the youth in an international spirit.

Olympic education involves the formation of a particular system of knowledge students and their interests. Olympic education is the process and results of the acquisition of knowledge about modern Olympicism, its principles and values, its role in society. In analyzing the composition and content of Olympic education, pierre de Couberten based on features of modern Olympicism, the goals and objectives of Olympic education, and building peace, friendship, mutual understanding and brotherhood.

Olympic education includes:

- socialization of the person and his connection to the Olympic idea;
- humanization of education and its connection with Olympic movement;
- educational objectives of Olympic education.

Socialization of the person as well as the important role of the individual in the Olympic education, is related to sports and Olympic ideals. [1.3.]

Residents of each country, especially the host cities of the Olympic Games, have a great interest in the history of the Olympic movement, its Olympic values and ideals. Young people are interested in the names of famous Olympic champions, the peculiarities of various sports, the

most important attributes of the Olympic Games the Olympic Game play, the Olympic oath, the Olympic emblem.

Materials and methods

The Olympic Charter describes Olympicism as follows:

Olympicism is a philosophy of life that combines the value of body will and mind into a single whole. Olympicism which combines sports with culture and doctrine, seeks to create a way of life that is based on the joy of effort, the good value and the educational value of respecting the basic common moral principles. From this it is clear that the social significance of Olympicism is related to universal values and ideals.[7.] Olympic education is important in the inclusion of human values into the education of young people. The task of teaching pedagogical involving youth in the values of Olympicism has been mentioned in many recent international official documents. In the international charter of physical education and sports adopted by UNESCO and signed by almost all UN member states it is recorded that the state program of social and Cultural Development include that children and young. People should be brought up in the spirit of Olympic principles. The decision of the third session of the Intergovernmental Committee for Physical Education and sports under UNESCO recommended that all Committee members introduce or strengthen the teaching of Olympic ideals in their schools and educational institutions.

The charter is one of the most respected, sources of international sports event. Its theoretical rules provisions have been tested and accepted as the benchmark in determining states of sport in the history of civilization. Over this period, due to the Olympic Charter; International sports organizations, physical culture and sports have significantly increased their contribution to the system of human life becoming necessary component of the development of all segments of the population and all social institutions. The Olympic charter emphasizes international and national Olympic Committees to work together with to promote Olympic education in the curriculum of physical education sports of school to promote the most important principles of Olympicism. In line with these recommendations considerable work is being done to organize Olympic education in many countries.

On the basis of the project “Olympic education system of school children ” the national ,module of three – stage education “Olympic education of school children was developed .The first module is for secondary schools, the second is for Olympic”. Reserve colleges and the third is four junior high school students .The olympicizm of the module is to engage students in the values of Olympicism to enhance their Olympic knowledge, skills and abilities , to develop a culture of behavior and high moral education.

RESULT AND DISCUSSION

Created substantiated and tested in practice the module Olympic education system of school children , aimed at improving the quality of educational activities using pedagogical technologies. The module structure was developed and justified, covering different sections. Implementation of module is based on training using various models (case technology, interactive methods). The module “Olympic education for students” includes three textbooks for each level of education. Three - level continuing education Textbooks:

- 1.History of the Olympic movement for students of higher educational institutions (3/5g)
- 2.Fundamentals of Olympic Education for college students (150 pages)
- 3.Bases of Olympic knowledge for secondary school students (200 pages).

These textbooks contain author`s development and methodological recommendations. In addition to theoretical material, the Olympic education textbooks also include discreptive explanations.

Questions were prepared to check the level of knowledge in this area. For the independent work of students, tests on Olympic education were prepared. The questionnaire, developed in the form of tests, was used for quizzes and contents such as “Olympic Quiz”, “Scientists of Olympicism”, “Young Olympians”, “Leaders course”. There is a need for broader purposeful program of educating young people on the basis of Olympic ideals and values, and a deeper analysis of their problems. Based on the general understanding of the Olympic movement humanistic ideas and values of Olympicism, to purpose objectives content, means and methods of Olympic education are being improved. For the successful development of any scientific theory it is important to know and study its basic concepts. This allows us to distinguish, certain theoretically analyzed objects, identify their features relationships, and distinguish them from other factors. This is the formation of Olympic education theory, creating the conditions for the analysis of the studied objects and justifying the development of meaning full conceptual rules for these objects. Olympic education promotes the popularization of various aspects of sports and Olympic. Games among school children their important and the effective and broad interpretation of the sociocultural potential of the culture of different countries and peoples and the international community. It is clear that the social significance of Olympicism is related to universal values and ideals. The importance of Olympic education is important in its implementation in the education of young people. Olympicism brings, athletes from different, countries into a united family. It is an education that focuses on cultivating not only physical qualities but also body, and spirit harmony building friendships based on mutual support, solidarity and integrity, Olympic education is a tool that contributes to the development of social and personal morals. Within personal morals we can teach about honesty tolerance, compassion, humility and justice, truth and loyalty in a social setting.

The article “Physical Culture and sports The Basic Right of every Person”, states that every are should have the opportunity to participate in physical education and sport in order to improve his or her physical fitness I achieve the results of his or her sport.

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