

Jumaniyoz Ramatov

Professor, Tashkent State Transport University

Rashid Baratov, Sultanov Sirojbek

Associate Professors of the Department of Social Sciences,

Tashkent State Transport University

Tukhtabaev Eldor, Mirshod Khasanov

Senior teachers of the Department of Social Sciences,

Tashkent State Transport University

PROPAGATION OF EDUCATION AND MORALS IN IDEAS OF OLYMPISM

Annotation: In the article, the manifestation of unique and priceless human qualities such as strength, courage, and bravery during the Olympic Games is equally valuable for all peoples of the world. The main goal of Olympism is the idea of honest competition, brave competition, and true friendship.

Keywords: Sports, sports philosophically, Olympism, Olympic Games, Kuberbetes. sports teaches

For thousands of years, the sport has not only been an event that leads people to physical perfection but also serves as a means of educating human qualities such as purity, honesty, courage, honor, friendship, and patriotism.

Sport, by its very nature and essence, is a means of strengthening international relations, and establishing cooperation and friendship. The feature that distinguishes sports from other fields is competitions, fights, and competitions, which are events unique to sports in nature.

Nowadays, sports and physical education are becoming an integral part of young people's life in bringing up a healthy generation. It is important to create ample opportunities and conditions for young people, who are the future of our independent Uzbekistan, to show them the right path, to raise them spiritually, and to help them become mature people in all aspects.

If we interpret sports philosophically, it is one of the leading factors for human self-education. Depending on the rate of growth of sports indicators, the

athlete enters the educational process not only physically, but also from the point of view of mental, intellectual, moral, spiritual, and patriotism.

Sport is a brave, often even brutal type of activity that requires the full display of will qualities. While assessing sports, our president interpreted it as follows: "Sports is an ancient tradition of the Uzbek people. Along with hundreds of national sports games, modern sports are also developing in Uzbekistan"¹.

Sport is a tool that unites nations, unites peoples, and binds bonds of mutual friendship and brotherhood between them.

It would be no mistake to say that sport is one of the terms that have become embedded in the life and language of the peoples of the world. "Each result in sports is the best measure of a nation's health, power, and greatness.

There are many unique aspects of sports. One such aspect is that the advantage of this or that social system is fully demonstrated in the health and longevity of millions of people in front of everyone's eyes. Just one example; "The number of doctors per ten thousand people in the former union was twice as high as in the United States. 60 out of every 100 people in the US and 6 out of 100 in the former union do sport. The average life expectancy of citizens in the United States was 70 years in the 75 former unions". Today, the average life expectancy of citizens in our republic is 73 years. The idea of Olympism arose as a result of the power of sports to lead humanity to good since ancient times.

Olympism is a unified supreme view of the aspirations for physical and spiritual perfection during the historical development of mankind over the long centuries. Great philosophers such as Socrates, Aristotle, Pythagoras, and Democritus took part in these competitions. Even though the Olympic Games were banned in certain periods, and as a result, they were somewhat forgotten, on June 23, 1894, an international sports congress was convened in Paris at the initiative of Pierre de Coubertin. According to the decision of the Congress, in 1896, the I-Olympic Games were held in Athens.

Thus Olympism was re-founded. Although the ideas of Olympism were introduced to science by the famous French pedagogue Pierre de Coubertin, the

Olympic Games were famous for their charm and variety of sports in various sports competitions held in several large cities of ancient Greece. Now, the basis of the organization of the Olympic Games, which are held once every four years, is the same games that were created before our era.

Such cases committed by the athlete were considered shameful, an insult to his nation. As can be seen from the above, the athletes behaved with high morale and discipline before the games, during the games, and after the games.

It covers three periods from the beginning of Olympism to the present day.

1. Antiquity. 2. Kubernetes period.

"Sculptors, artists, and musicians also competed in the ancient Olympic Games, along with athletes competing in sports. From this situation, since ancient times, the philosophy of the unity of physical and spiritual harmony, the education of a perfect person through sports, and the philosophy of breaking the ideals of humanism into the life of society are understood in the ideas of Olympism.

The Kubernetes era was associated with the rebirth of the Olympic movement and laid the groundwork for the modern Olympic movement.

Currently, there is a flag, emblem, and motto of the Olympic movement. The full recognition of the National Olympic Committee of Uzbekistan by the International Olympic Committee in 1993 was a great event in the spiritual life of our country. The National Olympic Committee of Uzbekistan includes Olympic clubs, republican sports federations, Olympic Academies, and several public physical education and sports organizations.

The peculiarity of sport as a social phenomenon is that it mainly serves society as a means of developing the physical qualities of a person, at the same time, it also has a strong influence on spiritual maturity. This feature is a common sign of physical education. The development of the social consciousness of a person is considered a subjective factor in the creation of physical culture.

Attracting young people growing up to sports is one of the most honorable tasks facing the country, it is necessary to educate them mentally mature and physically healthy.

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