

## EXERCISE AS THE MAIN MEANS OF PHYSICAL EDUCATION

*Abdullaev Zokhidjan Zokirjanovich*

*Institute of Advanced Training of the Ministry of Internal Affairs of the Republic of Uzbekistan teacher of the cycle of Combat and physical training*

*e-mail: [akrom.mir1988@gmail.com](mailto:akrom.mir1988@gmail.com)*

**Annotation:** *Exercise was the main vocation of physical education, which was historically divided into gurus in the form of gymnastics, games, sports and tourism, and was brought in using it as a means of the educational process.*

**Keywords:** *physical exercises, motor, sports, gymnastics, tourism, physical qualities.*

other sports games, gymnastics, barbell, are the main factors, not vital. And in fact, our physical education system does not exclude these exercises from its pedagogical process as “necessary for life”. It is understood that the player has no

erves of skills and skills acquired through training, a person adapts quickly to unfamiliar conditions-whether in production, in the army – in a short time, and

They explain the process of education and upbringing as the formation of a series of “long conditional reflexes” in people. In accordance with the demand

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