



## Alisher Navoi, Ibn Sina's Views on Physical Education

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**Annotation:** A world-famous philosopher, scientist... He received the names "Chairman of Philosophers", "Teacher of Teachers". Abu Ali al-Husayn ibn Abdullah ibn Sina, known as Sheikh Khurais in the East and Avicenna in the West, was born in the village of Afshana near Bukhara. His father's name was Abdullah, his mother's name was Sitora.

Possessing a sharp intelligence, Ibn Sina memorized the Holy Qur'an at the age of ten, took lessons in literature, jurisprudence, mathematics, physics, logic, astronomy, metaphysics, medicine and philosophy from the famous scholars of his time in Bukhara and Samarkand.

In the Islamic world, philosophy, which began with Kindi and was systematized with Farabi, reached its peak with Ibn Sina. There are two important sources that nourished his thinking: Islamic religion (Qur'an and hadiths) and Aristotle and ancient Greek philosophy.

Ibn Sina's father was a secretary in the Samonite court. As a student, he worked in government affairs, became an adviser and minister to rulers, and held administrative and political positions. He treated the son of ruler Fakhruddavla in Ray and Shamsuddavla who was suffering from leprosy in Hamadan.

Ibn Sina, who used the method of observation and testing in his research, gave information about not only the body, but also the psyche of a person, he treated physical diseases as well as mental diseases.

### Effects

Ibn Sina was an encyclopedic scholar who wrote works in various fields, from medicine to astronomy, from philosophy to tafsir.

He influenced not only Muslim thinkers, but also Western scientists and philosophers with his works and unique philosophical views. Gerard de Cremona, who died in 1187, translated the "Laws of Medicine" into Latin. This work did not lose its importance in terms of classification of diseases and systematic study of disease symptoms even after the Renaissance and served as a guide for eight centuries.

Ibn Sina wrote about water and air pressure, which was discovered in the 17th century, seven centuries ago. He wrote a complete commentary on the colored membrane of the eye.



### **Fitness exercises**

In his writings, Ibn Sina writes about the place and role of physical exercise in the healing and healing experience. He defined exercise as free movements leading to continuous, deep breathing.

He affirmed that if a person does moderate and timely physical exercises and follows the rules, he will not need treatment or drugs. As he stops exercising, he fades. Exercise strengthens muscles, joints, and nerves. He also advised taking age into account when performing exercises. Treatments such as massage, cold and hot water treatment are stopped.

Abu Ali ibn Sina, enumerating the positive qualities characteristic of a person, emphasizes the following:

1. Courage - a person's bravery in doing something, endurance, the power to stop the evil that befalls a person.
2. Intelligence is the ability to avoid haste in doing something.
3. Perception is the ability to quickly explain the true meaning of things given by intuition.

In the epic "Farhad and Shirin", Alisher Naoi shows the physical abilities of Farhad. As described in the epic, Farhad is not limited to achieving mental maturity, but is trained through physical and military exercises. Swimming, horse riding, fencing and physical education is a pedagogical process aimed at forming physical and volitional qualities in students, preparing them mentally and physically for labor and defense of the Motherland; is considered one of the important components of the social education system.

Duties:

1. Ensuring ownership of functional maturity of human organs (internal organs, nerves and movement, bone-muscle system, body harmony and the ability to manage their functional activities).
2. Strengthening the health of students.
3. Accustoming them to follow hygiene rules.
4. All-round development of students' skills.
5. Creating conditions for students to mature sexually.
6. Formation of students' strong will, firm character, skills of unconditional adherence to discipline.

Other physical education tasks have become his daily routine. According to the thinker, Farhad had the strength of 10 20-year-olds. According to Abdulla Awlani, it is necessary to engage in physical education in order to have a sound mind, good morals and knowledge: "A healthy and strong body is the most necessary thing for a person. Because in order to read, teach, learn and teach, a person needs a strong, disease-free body. People who don't have a healthy body allow shortcomings in their actions and work. ... Physical training is also helpful for mental training. The body and the soul are like the right and the wrong of a shepherd. If the body is not decorated with cleanliness, if it is not kept from bad habits, it is like a busy man who puts on a coat and washes his clothes, which constantly rubs the dirt on him. Work and a healthy body are necessary for education of thought. Physical education has a strong effect on people, strengthens their health, increases their ability to work, and helps them live longer. Sport is an excellent means of maintaining the strength of height training at any age. Sport serves as a source of alternation of labor with rest. In the years of independence, special attention is being paid to the development of sports, including children's



sports, in the Republic of Uzbekistan. This direction is recognized as one of the priority directions of the state policy, and positive work is being done. For example, a complex program of physical education of young people was developed. "Healthy Generation Program" is important in strengthening the health of young people. In accordance with the requirements of this program, the following three-stage sports competitions were held at the national level:

1. "Sprouts of Hope" competition among students of general secondary schools.
2. Competition "Barkamol Avlod" among students of secondary special vocational education institutions.
3. "Universiade" competition among students studying in higher educational institutions.

Also, the organization of public sports holidays and competitions in different areas of sports took a public shape. Attention is paid to the effective organization of physical education among students in new types of educational institutions.

The content of physical education is inextricably linked with the achievement of students' readiness for military service. Today, sports such as football, chess, swimming, tennis, boxing, karate, wushu and taekwondo are becoming increasingly popular among young people.

The popularization of sports in the republic has made it possible to increase the number of athletes defending the country's honor in international arenas in various directions.

Today, Olympic champions are emerging among our athletes. It is effective to tell students stories about Olympiad laureates and winners of international competitions M.Abdullaev, L.Cheryazova, A.Grigoryan, R.Chagaev, B.Sultonov, O'.Haydarov, A.Doktorashvili, A.Taymazov, to encourage them to continue their work. gives results.

Pupils' physical culture is considered an important factor determining the effectiveness of physical education. Also, physical culture is an integral part of the general culture of man and society. In the process of organizing physical education, it is important to familiarize students with the rules of hygiene, to acquire the skills to follow them unconditionally.

The great pedagogue Abdulla Avloni in his work "Turkish Gulistan or Ethics" stated the following in this regard: "Nazofat (hygiene) means to keep our organs, clothes, and tools pure and clean. Purity makes your mind and perception broad and sharp. It causes attention and fame among the people. With purity, we get rid of all kinds of diseases and live with the value of our souls. Cleanliness is the most important thing for our health and happiness. It is not a sin to wear torn old clothes, but it is a great sin to wear new clothes with dirt and grease. ... It is necessary to get rid of the scourge of pollution with the remedy of purity." So, if a person wants to be physically strong and mentally sharp, he should first of all attach great importance to cleanliness. At the same time, in people whose upbringing of purity is a priority, all the qualities necessary for a good life will be found in the people, and the defects that are contrary to morality will disappear.

Physical education should be effectively organized for children not only in the process of organizing education in the family or in educational institutions, but also during classes, various competitions, events held outside the classroom and school. The meaning of physical education is expressed in the proverb "Healthy body - healthy mind". Raising physical education to a higher level in accordance with today's requirements will prevent the widespread spread of negative situations - drunkenness and drunkenness among students.



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