



Peculiarities of Aesthetic Education of Students By Means of Physical Culture and Sports

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***Abstract:** The article mentions the unique ways, methods and features of aesthetic education of students through physical culture and sports training.*

***Keywords:** education, aesthetic education, physical education, physical culture and sports aesthetics, moral education, aesthetic culture.*

Introduction

In a broad sense, education is the process and result of the assimilation and active repetition of social experience by social subjects, which includes their broad, comprehensive interaction with each other, with the social and natural environment.

Aesthetic education covers all aspects of the spiritual life of a developing person, allows you to understand and feel beauty, appreciate it, strive for it.

The connection between physical and aesthetic education is based on the unity of their goal - the formation of personality, and physical culture is part of the aesthetic material.

Physical culture and sports training creates favorable conditions for aesthetic education. In the course of classes, a beautiful posture is formed, a harmonious development of the body structure is carried out, an understanding of the simplicity and elegance of movements is brought up. All this contributes to the education of aesthetic feelings, taste, ideas, contributes to the manifestation of positive emotions, cheerfulness, optimism.

Aesthetic education is aimed at shaping the aesthetic needs of people. At the same time, it is important not only to form the ability to enjoy, to perceive beauty in its various forms, but also to cultivate the ability to embody it in real actions and behavior. Physical education is a great opportunity for this.

The subject of studying the aesthetics of physical culture and sports is the aesthetic content and aesthetic values; laws of consciousness reflecting physical culture from an aesthetic point of view; forms of aesthetic human activity in the field of physical education and sports.

Aesthetic education is a pedagogical process aimed at acquiring knowledge about the aesthetic aspects of physical culture and sports, developing and improving the ability to correctly perceive and evaluate aesthetics in the educational process, form needs and skills to perform their tasks.

In the process of physical culture and sports training, the following general and special tasks of aesthetic education are solved:

- education of aesthetic feelings, tastes, concepts directly related to physical culture and sports activities;
- education of a correct understanding of the external and internal beauty of a person on the basis of aesthetic and communicative education;



- understanding of physical improvement as a process based on achieving the goal of the all-round development of a person;
- understanding the beauty of sports behavior, sports spectacle, sports traditions, etc.

To solve both general and special tasks of aesthetic education in the process of physical education and sports, the teacher must be armed with knowledge, understand the laws of beauty, know the features of aesthetic education, know the feelings of a person in the process of aesthetic education. sports events.

In the process of physical education, aesthetic education is described in the following ways:

- ✓ emotionally expressive explanation of physical exercises, figurative language;
- ✓ the ability to perform a technically perfect and emotionally expressive exercise that causes a feeling of surprise;
- ✓ an inspiring role model in action and work;
- ✓ practical training in the creative manifestation of beauty in motor activity during physical exercises.

The world of aesthetic phenomena of physical culture is very complex and diverse. First of all, it includes certain aesthetic values, aspects and aspects of physical culture, which under certain conditions have an aesthetic value for a person, in which aesthetic feelings, aesthetic pleasure are evaluated by him from a separate, aesthetic point of view. Aesthetic assessment essentially depends on the development of a person's aesthetic views, the theories that he follows, the aesthetic categories on which he relies in the process of learning and changing the phenomena of physical culture. A person with a developed aesthetic taste has aesthetic needs and strives to create aesthetic values by performing aesthetic activities.

Aesthetic culture is characterized by the following components.

First of all, this is a sufficient breadth of aesthetic ideas associated with various phenomena of the surrounding reality and physical culture and sports. These images are a necessary condition for the full perception, understanding and development of various aesthetic manifestations. The breadth of aesthetic ideas, concepts and judgments is a necessary condition for the understanding and relative stability of the criteria for aesthetic evaluation.

A person with a high aesthetic culture also characterizes a much higher aesthetic taste, which indicates the spiritual wealth of this person. A developed aesthetic taste is the most important condition for the perception, development and evaluation of the beautiful and the ugly in the surrounding phenomena of reality.

One of the most important indicators of a person's aesthetic culture is the aesthetics of activity, which is expressed in the appearance, behavior, actions and individual actions of the participants. All named components of physical culture should be developed and improved in the process of aesthetic education of students.

Let us dwell a little more precisely on the perception of the surrounding reality. After all, a teacher of physical culture, in interaction with a student, has an indispensable psychological component - the ability to perceive.

Perception is based on living thinking, the direct impact of objects and events on human feelings and the reflection of their properties and parts. Here, sensitive sensitivity to color, sound, form is of particular importance, only it provides a richness of vision, the achievement of a level of development of the subject. On the basis of sensitive analyzers, the ability to perceive the integral features of an object are based - the harmony and disharmony of parts and features, their size and



specific form (symmetry, proportions, rhythm, harmonic color combinations and their contrast). Without this ability, it is impossible to determine the degree of perfection of an object and create the standard images of perfection necessary to evaluate the perceived. Perfection is always an integral feature of an object, the maximum unity of its form and content.

The quality of aesthetic perception is influenced by the ability to connect and compare what is perceived with visual images and knowledge stored in memory. The richer a person's fund of aesthetic ideas and knowledge, the more developed the ability to associate perceptual images with them and with previously assessed phenomena, especially with other areas of activity, the faster and more accurately a person evaluates the beautiful, felt.

Therefore, summarizing the above, we can say with confidence that the connection between physical and aesthetic education is based on the unity of their goal - the formation of personality, and physical culture is part of the aesthetic material.

The organization of the educational process and the implementation of the goals and objectives set are carried out through various educational institutions: family, school, mass media, etc. In the process of educating a person, the main goal is to form a person who is able to lead an independent life and work in modern conditions. In this regard, intellectual, civil, aesthetic, labor, physical, legal, environmental and other areas of education are being implemented.

Aesthetic education is the process of forming the ability to perceive and understand beauty in art and life, the development of aesthetic knowledge and taste, the development of inclinations and abilities in the field of art.

The purpose of aesthetic education is the formation of a person's aesthetic culture.

Aesthetic education includes the transformation of the aesthetic values of society into the aesthetic culture of the individual. The means of aesthetic education are nature, art, the surrounding reality, spiritual ideals and culture. Aesthetic education greatly contributes to the formation of a person's worldview, affects his feelings, mind, contributes to the development of his views, strengthening his faith. At the same time, it predetermines the development of many mental qualities of a person, primarily his emotional sphere, fantasy, imagination, figurative and creative thinking, which is very important for awakening creative forces and abilities in a person. In modern conditions, the role and importance of spiritual values in human life is increasing, as moral principles are being strengthened, the role of aesthetic education is increasing, conditions are being created for the formation of aesthetic consciousness, aesthetic feeling, aesthetic taste. and aesthetic qualities. ideals, a behavioral aesthetic develops.

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