



## Bindings IBN Sina and Sport

**Rayimov Shakhzod  
Alikulovich**

Navoi State Pedagogical Institute Physical education 2 course

ABSTRACT

The Great scientist Abu Ali Ibn Sino wrote that the environment plays a leading role in the upbringing of a child

**Keywords:**

person, education, spirituality.

The upbringing of a perfect, that is, a full-fledged person is not a matter of one day, and therefore it is necessary to educate patiently. The introduction of national values and the rich history of our people into the thoughts of the younger generation, in the process of education and upbringing is one of the most important tasks. This helps to improve the spiritual heritage and cultural values of the generation, which in turn will serve as a good example in pedagogical practice. It is no secret that the great scientist, thinker ibn Sino knew such sciences as medicine, astronomy, aesthetics, psychology, chemistry, biology, physics, philosophy, pharmacy, mathematics, history, poetry and others.

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example in pedagogical practice. It is no secret that the great scientist, thinker ibn Sino knew such sciences as medicine, astronomy, aesthetics, psychology, chemistry, biology, physics, philosophy, pharmacy, mathematics, history, poetry and others. I was engaged in sports, I really liked to play chess.

Ibn Sino during his lifetime created such works as "The Canons of Morality", "The Canon of Duty", "Management of body and Thought", "The Book of Justice", "The Canon of Medical Science" and others. These works make the worldview of young people more positive and correct, which in turn affects the process of personal development. His works are used not only in Central Asia, but also in European countries.

Ibn Sino in his work "The Canon of Morality" revealed the causes of negative and positive qualities in the general features of a person's character. He gives an explanation for such positive qualities as justice, cleanliness, complacency and here reveals negative shortcomings such as fear, hypocrisy, avarice, theft, fraud, "Courage manifests itself in human actions. Patience is the energy that keeps the trouble so that a person can get out of this situation. Sensitivity is the energy that helps to quickly realize the meaning of what is

happening." The scientist in this work indicates that positive and negative qualities appear from habit and under the influence of the environment.

Ibn Sina's views on the physical and spiritual development of man are reflected in his work: "The Canon of Medical Science". Although the idea of Ibn Sina was created a thousand years ago, but today it is very popular in the upbringing of children. And it should be noted that Ibn Sino throughout his life and work always aspired to beneficence. And that's why his name is passed down from generation to generation. The selection of forms of physical activity depends, according to Ibn Sina, on a person's physical fitness, which depend on age, gender, health, nutrition and lifestyle.

In his teachings, the scientist paid special attention to physical exercises, where he described, "physical exertion forces a person to learn how to inhale and exhale correctly when breathing, and this in turn helps to prevent an impending illness or it is easier to transfer it." Ibn-Sino noted that a person who does not engage in physical activity most often gets sick and therefore he divided the methods of training into two groups: 1. Physical activity received during the work process. 2. Special physical activities. The great scientist believed that physical activity should be specialized and therefore he divided them into light, soft, high-speed, hard, strong. Depending on the need or state of health, there should be an individual approach to classes for each individual. Ibn Sino by high-speed (fast) physical exertion meant pulling up, archery, walking, running, jumping, fencing, horseback riding, boxing, jumping on one leg, etc. Gentle or easily doable considered swings, boating. Strong (hard) types of physical exertion included wrestling, lifting weights, the ability to stop a galloping horse by the bridle, etc. He recommended that when doing a hard type of exercise, periodically alternate with light loads and did not recommend doing one type of exercise for a long time.

Ibn Sino recommended treating spiritual diseases through picnics, excursions and walks in the fresh air, boating.

When planning your own wellness procedures, it is necessary to "sort out" the

factors affecting health into two categories: objective ("near us", which we ourselves can influence) and subjective ("far from us", usually of a global scale (ecological), which we cannot influence). We should try more to devote time and our own efforts to objective factors, that is, to play sports or at least do morning exercises or jogging in the morning (or just walk a little in the fresh air in the morning), observe the principles of rational and proper nutrition, lead a proper lifestyle — do not smoke and drink alcohol.

If a person does not move, he does not set his own energy in motion and remains inert, and, consequently, he will always be overtaken by laziness, illness, frustration and dissatisfaction. In order to promote physical education among the population, first of all, it is necessary to be able to choose the right type of sport, load, place and time of sports, which leads to improved health and physical perfection of all people, since physical education is an integral part of the educational system, contributing to the development of qualities necessary for successful mental and labor activity. Physical education strengthens health and leads to proper physical development, increases mental and physical performance, develops strength, dexterity, endurance and educates to be brave, persistent, determined, disciplined, responsible.

Let this saying, which is several thousand years old, inspire ALL of US to change our own attitude to life.

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