

№ 15 (118). Ч.3. ОКТЯБРЬ 2021

СООТВЕТСТВУЕТ
ГОСТ 7.56-2002
СЕТЕВОЕ ИЗДАНИЕ
ISSN 2541-7851

ВЕСТНИК НАУКИ И ОБРАЗОВАНИЯ

НАУЧНО-МЕТОДИЧЕСКИЙ ЖУРНАЛ

 РОСКОМНАДЗОР

ПИ № ФС 77-50633 • ЭЛ № ФС 77-58456

ISSN 2541-7851 (сетевое издание)

ВЕСТНИК НАУКИ И ОБРАЗОВАНИЯ

2021. № 15 (118). Часть 3



Москва
2021

Вестник науки и образования

2021. № 15 (118). Часть 3

Российский импакт-фактор: 3,58

НАУЧНО-МЕТОДИЧЕСКИЙ ЖУРНАЛ

ГЛАВНЫЙ РЕДАКТОР: Вальцев С.В.

Зам. главного редактора: Кончакова И.В.

РЕДАКЦИОННЫЙ СОВЕТ:

Издается с 2014
года

ИЗДАТЕЛЬСТВО
«Проблемы науки»

Журнал
зарегистрирован
Федеральной
службой по надзору
в сфере связи,
информационных
технологий и
массовых
коммуникаций
(Роскомнадзор)
Свидетельство
Эл № ФС77-58456

Территория
распространения:
зарубежные
страны,
Российская
Федерация

Свободная цена

Абдуллаев К.Н. (д-р филос. по экон., Азербайджанская Республика), Алтеева В.Р. (канд. филос. наук, Узбекистан), Ахмедов Н.Н. (д-р экон. наук, Азербайджанская Республика), Аликулов С.Р. (д-р техн. наук, Узбекистан), Аманова Е.П. (д-р филос. наук, Украина), Асанурова А.В. (канд. мед. наук, Россия), Аскарходжаев Н.А. (канд. биол. наук, Узбекистан), Байтасов Р.Р. (канд. с.-х. наук, Белоруссия), Баканов И.В. (канд. наук по физ. воспитанию и спорту, Украина), Батор Т.А. (канд. филол. наук, Россия), Баулина М.В. (канд. пед. наук, Россия), Блейх Н.О. (д-р ист. наук, канд. пед. наук, Россия), Боброва Н.А. (д-р юрид. наук, Россия), Богомолов А.В. (канд. техн. наук, Россия), Бородай В.А. (д-р социол. наук, Россия), Волков А.Ю. (д-р экон. наук, Россия), Гавриленкова И.В. (канд. пед. наук, Россия), Гарагонич В.В. (д-р ист. наук, Украина), Глушенко А.Г. (д-р физ.-мат. наук, Россия), Грищенко В.А. (канд. техн. наук, Россия), Губарева Т.И. (канд. юрид. наук, Россия), Гутникова А.В. (канд. филол. наук, Украина), Даниш А.В. (д-р мед. наук, Россия), Демчук Н.Н. (канд. экон. наук, Украина), Димченко О.В. (канд. пед. наук, Россия), Дмитриева О.А. (д-р филол. наук, Россия), Долженко Г.Н. (д-р хим. наук, Россия), Есенова К.У. (д-р филол. наук, Казахстан), Жамалдинов В.Н. (канд. юрид. наук, Казахстан), Жалдосов С.Т. (д-р мед. наук, Кыргызская Республика), Зеленов М.Ю. (д-р полит. наук, канд. экон. наук, Россия), Ибадов Р.М. (д-р физ.-мат. наук, Узбекистан), Ильянских Н.Н. (д-р биол. наук, Россия), Каирабаев А.К. (канд. физ.-мат. наук, Казахстан), Кафтасова М.В. (д-р техн. наук, Россия), Кикидзе И.Д. (д-р филол. наук, Грузия), Кисиков Г.Т. (PhD in Pedagogic Sc., Болгария), Кобланов Ж.Т. (канд. филол. наук, Казахстан), Ковалев М.Н. (канд. экон. наук, Белоруссия), Крайнова Т.М. (канд. психол. наук, Казахстан), Кузьмин С.Б. (д-р геогр. наук, Россия), Кушкова Э.Г. (д-р филол. наук, Россия), Курманбаева М.С. (д-р биол. наук, Казахстан), Курманов К.Н. (канд. экон. наук, Узбекистан), Литвинова-Даниш Н.А. (канд. пед. наук, Австралия), Лукинко Л.В. (д-р техн. наук, Россия), Макаров А. Н. (д-р филол. наук, Россия), Манаренко Т.Н. (канд. пед. наук, Россия), Мейманов Б.К. (д-р экон. наук, Кыргызская Республика), Мурадов Ш.О. (д-р техн. наук, Узбекистан), Мусоев Ф.А. (д-р филос. наук, Узбекистан), Набиев А.А. (д-р наук по геоинформ., Азербайджанская Республика), Назаров Р.Р. (канд. филос. наук, Узбекистан), Назмов В. А. (д-р техн. наук, Россия), Овчинников Ю.Д. (канд. техн. наук, Россия), Петров В.О. (д-р искусствоведения, Россия), Радченко М.В. (д-р техн. наук, Узбекистан), Рахимбеков С.М. (д-р техн. наук, Казахстан), Ротхонджиева Г.А. (д-р мед. наук, Узбекистан), Романенкова Ю.В. (д-р искусствоведения, Украина), Рубцова М.В. (д-р социол. наук, Россия), Румянцева Д.Е. (д-р биол. наук, Россия), Самков А. В. (д-р техн. наук, Россия), Санжов П.Н. (канд. техн. наук, Украина), Селистреникова Т.А. (д-р пед. наук, Россия), Сибирев В.А. (д-р экон. наук, Россия), Скрипко Т.А. (д-р экон. наук, Украина), Сонов А.В. (д-р ист. наук, Россия), Спирекалов В.Н. (д-р физ.-мат. наук, Россия), Стукаленко Н.М. (д-р пед. наук, Казахстан), Субачев Ю.В. (канд. техн. наук, Россия), Сулейманов С.Ф. (канд. мед. наук, Узбекистан), Трезуб И.В. (д-р экон. наук, канд. техн. наук, Россия), Угоров И.В. (канд. юрид. наук, д-р ист. наук, Россия), Федоскина Л.А. (канд. экон. наук, Россия), Химмулина Е.Г. (д-р филос. наук, Россия), Цуццани С.В. (канд. экон. наук, Республика Армения), Чикадзе Г.Б. (д-р юрид. наук, Грузия), Шамшина И.Г. (канд. пед. наук, Россия), Шарипов М.С. (канд. техн. наук, Узбекистан), Шенко Д.Г. (канд. техн. наук, Россия).

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rebellious spirit. The Games program already included 16 sports. Wheelchair tennis was introduced as a demonstration sport. Since the VIII Paralympic Games, all subsequent ones are held in the same city and at the same facilities as the Olympic Games.

In 1989, the first International sports competition for people with heart transplants took place, and in 1990 in Caracas (Venezuela), athletes with a stranger's heart overcame the marathon distance.

Unfortunately, the Paralympic movement also did not avoid doping scandals, as well as problems with determining the degree of disability. Nevertheless, interest in the sports movement of Paralympians around the world is steadily increasing, as evidenced by the fact that representatives of almost 70 countries of the world won awards in Athens.

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CENTRAL ASIAN THINKERS' VIEWS ON PHYSICAL EDUCATION

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Abstract: the development of all branches of science in Central Asia in the XI - XV centuries could be observed. The great thinkers such as Ibn Sina, Abu Bakr Razi, Abu Nasr Farabi

and Beruniy contributed greatly to the development of science, especially to the enhancement of Physical education and culture. The mentioned branch, physical education was not only an essential research of those famous scientists but also the eminent kings and rulers such as Amir Temur, Alisher Navoi had contributed in a great way to the development of PE as it was and it is now important for fighting skills to protect a country's population.

Keywords: middle ages, Central Asia, physical education, shooting, wrestling, human body.

ВЗГЛЯДЫ МЫСЛИТЕЛЕЙ СРЕДНЕЙ АЗИИ НА ФИЗИЧЕСКОЕ ВОСПИТАНИЕ

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Аннотация: в Средней Азии в XI - XV веках наблюдается развитие всех отраслей науки. Великие мыслители, такие как Ибн Сина, Абу Бакр Рази, Абу Наср Фараби и Беруни, внесли большой вклад в развитие науки, особенно в развитие физического воспитания и культуры. Физическое воспитание было важным исследованием не только этих известных ученых, но и выдающихся царей и правителей, таких как Амир Темур, Аlisher Navoi, которые внесли большой вклад в развитие физкультуры для развития боевых навыков, чтобы защищать население страны.

Ключевые слова: средние века, Средняя Азия, физическое воспитание, стрельба, борьба, человеческое тело.

Studying the views of Eastern thinkers on physical education, it is important to note the scientist Abu Nasr al-Farabi who lived in early middle ages, is widely regarded as the founder of philosophy and had a great contribution to the physical culture within the Islamic world. Although he had some noteworthy predecessors, such as al-Kindi and al-Razi, he was the first philosopher of his epoch to command the unqualified respect of future generations. Avicenna, Averroes, and Maimonides all considered many of Alfarabi's themes and left written testimony of their admiration for him. He became known as the "second teacher," that is, second only to Aristotle.

Al-Farabi emphasizes the need for a different approach to exercise in representations of childhood, adolescence, adolescence, and old age. We can say that this legacy of scientific and pedagogical education is an event in public life, which is embedded in the physical culture of the peoples of the world. These cases need to be examined over and over again by all families, especially those of local ethnicity, as well as all educational institutions.

The great poet and thinker himself Alisher Navai (1441-1501) In his works he promoted the ideas of physical education and sports, describing his heroes as physically strong, energetic and beautiful people. The works of Alisher Navoi "Khazoinul maoniy", "Mahbubul gulub" and others contain valuable information about morality, spirituality, attitude towards people, talents and abilities, physical strength of a mature person. Each of the epics of Navoi "Hamsa" skillfully depicts such subtleties of a person as unbending will, willpower, courage, humane feelings, courage, dexterity.

The great ruler, Amir Temur also mainly paid attention to the essence of physical education and trainings. He says that shooting, wrestling, archery, brisk walking, javelin throwing, hanging, one-legged jumping, fencing, javelin throwing and horseback riding are some of the fastest physical training. According to him, the thin and light type is jumping rope, swinging in an upright position or lying on a swing, sailing on boats and ships, and other activities.

Amir Temur's idea that exercise should be done in different forms and styles depending on age, gender, health status and illness is very true. He also emphasizes the need for a different approach to exercise in representations of childhood, adolescence, adulthood, and old age. We can say that this legacy of scientific and pedagogical education is an event in public life, which is embedded in the physical culture of the peoples of the world. These cases need to be examined over and over again by all families, especially those of local ethnicity, as well as all educational institutions.

The strongest form of physical training included shooting in the shadows, sledding with big and small balls, wrestling, lifting stones and pulling a running horse from the reins. While those mentioned types of physical trainings can be considered interesting and basic activities in today's world as well. Moreover, on the advice of Ibn Sina, fast and intense movements during physical training, constantly alternating with light ones, as well as techniques for prolonged non-execution of a certain movement can be included in the group of the strongest forms of physical trainings which mainly claim the role of well-taught PE (physical education).

There are many other famous scientists and great thinkers who scientifically studied, analyzed and explained the essence of the creative activity of Ibn Sina, the "Laws of Medicine" and other works. In Uzbekistan alone, their number exceeds 100. Ibn Sina gives the form and content of the exercise and its essence in a complex of measures for hygiene, health and treatment of the patient. It is the education that determines when and in what order everyone should do it. Such an approach to the issue would be advisable. As for the "Laws of Medicine", the first part of the book is almost entirely devoted to the preservation and development of human health.

On the essence of physical education in the writings of Abu Ali ibn Sina. One of the great sultans of the world medical world was Abu Ali ibn Sina (980-1037). Ibn Sina was a sage well versed in philosophy, literature, music and many other fields.

Ibn Sina's scientific and pedagogical legacy is incomparable. Among them, the "Laws of Medicine" are of particular importance. Almost all peoples have translated this work into their own languages. It was first republished in Uzbek in 1153, and then (1956, 1980, 1993).

The most important thing is that the book scientifically describes the human body and its organs, anatomical structures that take place in the formation and development of a person, the state of physiological and mental processes, the causes of diseases. Knowledge of these situations, based on this, the application in life of the socio-educational process, as important as the self-education of people, is one of the most pressing problems of our time. Ibn Sina's idea that exercise should be done in different forms and styles depending on age, gender, health and disease is very true.

Ibn Sina's reflections on improving human health through physical training and cultivation are also evident in the fact that he predicted from specific examples that there are specific actions for each part of the body. He included in his work a set of exercises that activate the movements of the arms and legs, chest and limbs, as well as the natural movements of all limbs. In this case, the sound is an exercise in moving all organs in the oral cavity (loud-quiet sound, protruding tongue, pulling out, twisting, spitting, etc.). Recommends inner limb running exercises such as swing flying, vibration, trolley riding, etc.

On the advice of Ibn Sina, fast and intense movements during physical training, constantly alternating with light ones, as well as techniques for prolonged non-execution of a certain movement. Admittedly, the fact that fitness, proven in practice thousands of years ago and scientifically proven, has become an important criterion for the International Sports Movement surprises coaches in all sports. He recommended using various excursions, trips, sailing on ships, enjoying the natural landscapes.

He also teaches about bodybuilding massage:

- the so-called fitness massage (used nowadays before sports training, competitions).

- post-workout massage. This can be called a revitalizing or soothing massage. This state is used after excessive fatigue, too much hard exercise (training, competition). Especially, after Kupkari, running, wrestling, and massage are widely used in life.

One of the highest and most important aspects of Ibn Sina's teachings is that "Physical fitness is a voluntary action that makes a person breathe deeply and constantly," and predicts that you will not need treatment for your illness due to a previous illness. Professor O.A. Riksieva, Doctor of Medical Sciences, Honored Scientist of the Republic, also approves of Ibn Sina's experience in the use of physical exercises in the prevention and treatment of various diseases.

Ibn Sina points out that a person who does not engage in physical activity suffers from mild pain (narrowing of the limbs) because his limbs become weak as a result of inaction. He divides the types of physical education into two main groups: 1. Actions that a person performs in the work process. 2. Special physical exercises. When a great scientist talks about physical education, he mainly means special physical education classes. For this reason, there are so many types of fitness that they resemble exercising fast, lean, light, strong, etc. This is, of course, the basic education for every practitioner from a scientific point of view.

Ibn Sina's reflections on improving human health through physical training and cultivation are also evident in the fact that he predicted from specific examples that there are specific actions for each part of the body. It is necessary to deeply study the scientific and pedagogical teachings of Ibn Sina in the field of physical education, apply them in accordance with the requirements of the present, depending on the age, gender, social conditions and beliefs of people. For this, first of all, it is necessary to widely promote physical education among the population, to strengthen its health and instill its essence in the minds of all people.

Thus, oriental thinkers highly appreciated the role of physical education in strengthening and protecting the health of children. They paid great attention to the importance of fresh air, the rules of skin care, physical training and exercise. They gave advice on the prevention and treatment of diseases. Oriental thinkers' advice on food, work, sleep and exercise is still relevant today.

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