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Problems and Perspectives of Construction of the Generalized Theory of Physical Culture



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Abstract

The article states that at this stage, the knowledge of the field of human activity associated with the use of physical exercises is important to find ways to build a generalization theory. It is shown that the formulated definitions of "physical culture" and the notion "sport" can serve as a scientific tool in the development of such a theory. The emphasis is on the need for a separate and more thorough analysis of the concepts of "physical education" and "physical fitness".

Keywords: Theory; Cognition; Physical culture; Sport; Physical education; Physical fitness

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In modern society, social institutions of physical education, sports, and physical fitness as the basic forms of organization of specialized activities of people connected with the use of physical exercises function effectively. As a result of their versatile study, and this process has been going on for almost two centuries, an immense array of information has been formed on the different facets of the functioning of these complex social phenomena. The logical consequence of the development of a system of knowledge about the above-mentioned forms of social practice was the creation of appropriate theories of physical education, sports, and physical fitness.

In the second half of the last century, the scientific-pedagogical community began to form the idea that the object area of these theories is common, namely, the sphere of activity of people is connected with the use of physical exercises, for the name of which (sphere of activity) in the domestic and In foreign practice, the term "physical culture" is most often used. This led to an active search for ways to construct a generalization theory of physical culture [1-4].

It is obvious that the cornerstone of the successful development of scientific theory, which would reveal the driving forces, social mechanisms and objective laws of the historical development of the sphere of activity of people associated with the use of physical exercises, along with an analysis of the historical origins of the main social phenomena that arose as a result of such activities (physical education, sports, physical fitness, etc.) is the elucidation of the socio-cultural nature of the process of changing the terms and concepts that were

formed as a result of the cognitive process. This is an important methodological setting of cognition, because the development of basic social phenomena is accompanied by the formation in the social environment of certain ideas about these phenomena, which are then fixed in terms and concepts. Consequently, the concepts formed in the process of historical evolution of the sphere of human activity associated with the use of physical exercises, are an integral attribute of the theory. At the same time, the objectivity of the theory, besides everything else, depends on the correctness of the concepts underlying it. This applies in the first place to the concept of "physical culture". In a previous message [5] this concept was introduced as a summary of the results of the cognitive activity of many scholars, that is, it is consensual. This means that the generalized definition of the term "physical culture" can be used as a kind of scientific toolkit during the development of a corresponding theory.

The next step in the development of a generalizing theory of physical culture is the formulation of a consensus definition of the concept of "sport". The need to solve this problem is due to the fact that, in the opinion of P Bush, C Swobri [6], in modern scientific practice, more than 200 encyclopedic definitions are used. The analysis of this problem carried out in the article [7] showed that sport, as a special socio-cultural phenomenon, is a historically determined activity of people connected with the use of physical exercises, which is aimed at preparing and participating in a specially organized system of competitions, as well as individual and socially significant results of such activity.

On the basis of the analysis we can conclude that the general definition of the concept of "physical culture" [5], generalizing

the definition of “sport” [7] and the definition of specific sports represent a special system of subordinate concepts, which is a reflection of integrity and internal consistency the sphere of activity of people connected with the use of physical exercises, for the name of which in the domestic and foreign practice is most often used the term “physical culture”. The described scheme of subordination of concepts reflects only one of the directions of developing a generalization theory of physical culture. We can assume that within this theory, the same schemes are inherent in physical education, physical fitness and other forms of social practice related to them. The latter provisions, given their scientific and practical significance, require a separate and more thorough analysis.

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