



HISTORICAL ASPECTS OF PHYSICAL EDUCATION

PLAN

- Physical education in the works of scientists and teachers of the late nineteenth and early twentieth centuries.
- The contribution of physiologists to the substantiation of physical education.

Physical education in the works of scientists and teachers of the late nineteenth and early twentieth centuries.

1856 year	Surgeon N.I. Pirogov asked the government to organize an institute in Russia to train specialists for teaching gymnastics.
XIX -XX century	The scientist P.F. Lesgaft became the founder of physical education and upbringing in our country.
1896 year	P.F. Lesgaft organized in St. Petersburg the first in the history of Russia special educational institution for the training of teachers of physical education - 3-year courses, which went down in history as "forest forest courses".
1919 year	The State Institute of Physical Education named after P.F. Lesgaft.

1910 year

B.V. Gorinevsky (an outstanding figure in sports medicine, a continuer of the case of Lesgaft and created on the basis of the Tenishev School a special laboratory to study problems related to physical education.

РЕПОЗИТОРИЙ БГПУ

2. The contribution of physiologists to the substantiation of physical education

- I. M. Sechenov physical development did not reduce only to the development of muscles, but understood it as the harmonious development of all human systems and organs.
- For example, people who practice gymnastics to music need a good ear. Using it, you can measure the time intervals in your movements.

The idea of movement in humans

- "The muscular feeling," wrote Sechenov, "serves, obviously, the gross aims of the organism and will be born, like systemic feelings, not from any single small part of the body, but from entire systems of sensory organs."
- Muscle feeling was also seen by them as "an important tool that influences the coordination of movements through the central nervous system".

- N. E. Vvedensky scientifically substantiated the principle of development of the makings inherent in the organism.
- He wrote that "every young organism under normal conditions carries a huge reserve of strengths and inclinations. Usually only a part of these forces and makings are actually realized and utilized in the later life of the person, and in most cases only a small part.

- I.P. Pavlov first wrote about the control of the central nervous system behind every muscle movement of a person, and this is of great importance in physical education.
- IP Pavlov pointed out in this connection that the motor analyzer is very sensitive and signals "... the central nervous system every moment of movement, position and tension of all parts involved in the movement."

- Of great importance in this respect was the conclusion of I.P. Pavlova that stereotyped movements produce conditioned reflexes in a person, therefore, in a trained organism, the usual movements seem to cause automated muscular activity. The discoveries and conclusions of scientists of this period made a huge contribution to the problem of the physical development of man, which subsequently played a significant role in the physical education of the people.