

EXPRESSION OF THE IDEA OF PHYSICAL PERFECTION IN THE WORK OF ABU ALI IBN SINO “RISOLA FI HIFA AS-SIKHDA”

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ABSTRACT: this article contains the content of Ibn Sina's views on human health, the importance and role of physical education in the process of raising young people to become well-rounded and mature, which were covered in the treatise "Risolafi khifa as-sihha".

KEYWORDS: Health, education, physical fitness, movement, activity, honesty, hard work.

INTRODUCTION

Abu Ali ibn Sina, who made an invaluable contribution to the civilization of the world, with his immortal works greatly influenced the moral development of history, science and culture of the Muslim world; in his works, faith, conscience, honesty and hard work in educating youth to be a comprehensively developed personality contributes to the idea of the formation of qualities.

The qualities of a perfect person are knowledge, moral purity, good behavior and spiritual maturity. A person achieves what he wants through hard work and knowledge. The mind (person) gets satisfaction only from constant spiritual work, and the ignorant does not know what real wealth is, it focuses its gaze on the side that is decorated with various ornaments on earth, but which can only please the animals. The pursuit of science is one of the highest spiritual actions of a person. Because science elevates a person to a spiritual height and serves as the main factor in the development of society. It is necessary to strengthen the unity of the educational and developmental goals of education in order to ensure that the growing generation is well-rounded in all respects.

The most important means of moral education is to advise the child in one-on-one conversations without touching his ego and pride.

Ibn Sina considers the formation of moral characteristics in a child in harmony with work, physical and mental education as the main factor in making him a human being. Today, it is no secret to anyone that the health of a child is closely related to the environment in which he lives. The factors affecting the child's health and his mental and physical perfection are also reflected in the work of the great medical scientist Ibn Sina, "Risola fi khifa as-sivda", in which the rules of physical perfection are described as the main guarantee of health.

Ibn Sina's views on physical perfection are considered a great legacy in the history of social thought and practice. Ideas about the origin of diseases, prevention and treatment, and the dependence of human health and physical fitness on environmental factors are embedded in the works of Abu Ali Ibn Sina.

Physical education, which is part of all public sports and social activities, is of great importance in raising young people to become well-rounded and mature in all aspects.

According to Ibn Sina, a person comes to the light world with a certain "ready-made" set of mechanisms of endurance, tolerance. This can be considered as a gift given by the benevolent nature to every future child. However, in order to preserve this gift of nature, it is necessary to know it and use it wisely.

Ibn Sina analyzes the importance of physical education in human development both theoretically and practically. According to the thinker, a whole, integral, doctrine about the effect of physical education on the maturation of a person was not revealed. Ibn Sina was the first to create a whole system of physical education from a scientific and pedagogical point of view.

He justified both scientifically and practically that physical exercises, proper nutrition, sleep, keeping the body clean are important factors in maintaining human health.

He emphasizes the need to take care of the child even before he is born, to start education from infancy. According to the scientist, it is necessary to inculcate the sense of caring, cleanliness, responsibility, and friendly relations in the child to become a mature person.

It can be seen that the scientist has his valuable thoughts and views on maintaining and restoring human health, assuming that the health of the generation, the healthy lifestyle of the members of the society serves to ensure the smooth and comfortable life of the society were expressed in his unique works.

There is no doubt that the views and activities of our ancestors will serve as one of the spiritual foundations for bringing up a physically and mentally healthy generation in the future, and their use will help reforms to be carried out more effectively.

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