

## **JISMONIY MADANIYAT SOHASINING O'ZIGA XOSLIGI**

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### **ANNOTATSIYA**

Maqolada jismoniy madaniyat sohasining o ziga xos jihatlari, maqsad va vazifalari, vosita hamda metodlari haqida fikr yuritilgan. Jamiyatimizda bu sohaning

**Kalit so'zlar:** jismoniy madaniyat, prinsip, metod, sport, jamiyat, malaka,

### **ABSTRACT**

The article discusses the specifics of physical culture, goals and objectives, means and techniques. In our society, how important it is important in our society.

**Keywords:** Physical culture, princip, methods, sports, society, qualifications, skills.