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MODERN LIGHTING AND UNDERSTANDING OF METHODS AND CATEGORIES OF PHYSICAL CULTURE

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ABSTRACT

The strengthening of the integrative trend in the development of modern scientific knowledge is expressed, among other things, in the formation, expansion of the meaning and clarification of general scientific categories as the most generalized fundamental concepts that are essential for all or many branches of science. As you know, their ideological and methodological significance can hardly be overestimated. It is in them that the aggregate results of cognition of the unity of the world, essential properties and regular relations of its components are expressed in a concentrated and laconic manner.

Keywords: upbringing, adaptation, development, physical education, patterns, formation, development