



# Improvement of Physical Training of Students Through the Means of Pouches Sport (Workout)

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## ABSTRACT

In this article, the improvement of the physical training of students through the tools of physical training sport (WORKOUT), certain aspects of mental, moral and aesthetic education are inextricably integrated into the process of physical education. The principles of Physical Education, Labor and military training, health improvement and comprehensive development of a person are thought about the general principles of physical education.

## Keywords:

Walking, running, mini-football, cycling, badminton, streetball, Workout, (neighborhood and limb fitness), sports priority types, Gymnastics (free exercise), artistic gymnastics, acrobatics, synchronized swimming.  
(Underwater elegant Gymnastics).

## Introduction

Ensuring the implementation of the Decree of the President of the Republic of Uzbekistan dated October 30, 2020 No PF-6099 "On measures for the widespread implementation of a healthy lifestyle and further development of mass sports" and in 2017-2021 In order to ensure the implementation of the State Program on the implementation of the Action Strategy on the five priority areas of development of the Republic of Uzbekistan in the "Year of Youth Support and Public Health", as well as to involve the general population in physical culture and sports:

### 1. The following:

In accordance with the Decree of the President of the Republic of Uzbekistan dated October 30, 2020 No PF-6099 "On measures for the widespread implementation of a healthy lifestyle and further development of mass sports" In the promotion of a healthy lifestyle -

walking, running, mini-football, cycling, badminton, streetball, "Workout" (neighborhood and street fitness) is defined as a priority sport (hereinafter - the priority sport);

Implementation of programs for the promotion and development of priority sports in the Ministry of Tourism and Sports in accordance with the limited amount of funds allocated from the national budget for 2021 to the distributors of the first-tier budget, approved by the Law of the Republic of Uzbekistan dated December 25, 2020 No. ZRU-657 104 billion soums have been allocated for this purpose.

### 2. To approve the Program of measures for further development of walking, jogging, mini-football, badminton, streetball and workout sports in 2021-2022 (further - the program) according to appendix 1:

- Improving the management system of priority sports;

- Increasing the popularity of priority sports among the population, selection of talented young people;

- Creation of conditions for priority sports, their popularization, strengthening of material and technical base, provision of modern sports equipment;

- Organization of sports events aimed at further development and promotion of priority sports in the regions;

- Promotion of physical culture and sports as the most important component of a healthy lifestyle, as well as the provision of a high level of information and the use of multimedia products in this process.

3. The following sports competitions should be held annually: walking and running.

- Tashkent Marathon, Samarkand Half Marathon and Zaamin Ultra international marathons, Sky Camp Bostanliq triathlon and yoga marathons, All records are ours. ! " (5,000 and 10,000 steps), "Towards new records!" For running different distances; in mini-football - "Our New Uzbekistan Youth", "Healthy Family - the Support of New Uzbekistan" (among family teams) "Leader's Cup" (among employees of government agencies and organizations);

- Badminton - "Queens of Spring", "Badminton League" (among students of general secondary and vocational education), "Leader Cup" (among employees of governmental and non-governmental organizations) and " Do your best! " (among the general population); Streetball and Workout - "From record to new record!" and "Against Drugs!" (among students), "It's not about winning, it's about participating!" (among neighborhood communities), "Win for your village!" (between rural communities), "A healthy body is a healthy mind!" (between government and non-government officials). The Ministry of Tourism and Sports together with the Council of Ministers of the Republic of Karakalpakstan, regional and Tashkent city administrations and relevant sports federations (associations) should systematically organize the above sports competitions, involving all segments of the population, especially youth.

The success of teaching health depends on the correct definition of its goals and content,

as well as the means to achieve these goals, ie teaching methods. Teaching methods are a system of orderly, purposeful relationships between teacher and student, which ensure the realization of the pedagogical goals of teaching health. The process of physical education is multifaceted. In this process, both education and upbringing are provided. In the process of physical education, education is aimed at developing and improving motor skills. At the same time, the physical development of the participants is affected. The unity of all types of education, their interaction is one of the fundamental pedagogical laws. Certain aspects of mental, moral and aesthetic education are integral to the process of physical education. The general principles of physical education are the principles of physical training and labor training, health and all-round development of a person. At the same time, the principles of education and upbringing of the physical education process have been adopted. In physical education, there are cases of combining movements and applying them in an integrated manner with the methods of exercise. The most important basic rules that represent the laws of education and upbringing are called the principles of upbringing. General pedagogical principles can be applied in the process of physical education, as this process is a special phenomenon of education and upbringing. It is of special importance in the field of physical education, reflecting its nature. The principle of consciousness and activism.

The success of any educational process is also dependent on how conscious and active the educators are in their attitude to this work. Proper understanding of the functions of the process of physical education, their active execution with interest will accelerate the course of Education, deep improvement of the acquired knowledge, skills and abilities and allow them to be used creatively in life. These

laws primarily form the basis of the principle of consciousness and activity.<sup>1</sup>

In the process of physical education, the principle of consciousness and activity is used in the following main directions. To be in a relationship with the general purpose of training and understanding of concrete tasks and to find content of important interest. The principle of consciousness and activity is expressed by understanding the purpose of physical education training and understanding the prospect of physical perfection and setting the goal of achieving it. The tasks that are assigned in the process of physical education are performed in a certain way of physical exertion. How to understand the goals and objectives it is clear in itself that the relevance of the participants to their young capabilities and the level of readiness. The implementation of the actions of the participants is controlled by the teacher and the coach, who will evaluate and correct the mistakes. Nevertheless, it is important that the participants develop the ability to evaluate and control their actions on their own. This applies to pre-drawing and testing of movements. An important role is played by the regular evaluation and promotion of the achievements of the participants in increasing their activity. This is because it is natural for any practical activity to include active movements such as bending, twisting, sitting, lying down, stretching, and squatting. The softness, flexibility (stiffness) of the muscles, joints, and flexibility of the joints play a key role in the performance of these traits and physical qualities. As an example, the following types, qualities can be said:<sup>2</sup>

- Gymnastics (free exercise), artistic gymnastics, acrobatics, synchronized swimming (underwater elegant Gymnastics) and other exercises with the qualities of speed, strength we are embodied in cases of elasticity;
- Standing on knees while lifting the barbell, keeping the barbell in the chest (elbows bending), various kinds of pull-ups in the fight,

in cases of overstrain of the shoulder the properties of elasticity are of great importance;

- Other sports also have their own specific bending movements.

Training exercises in the training of physical attributes, acrobatics, gymnastics, on the water types such as swimming are used purposefully.

Gymnastics, acrobatics, wrestling in the classes of physical education of students it is necessary to be accustomed to the performance of its elements and to learn the purposeful use of the properties of elasticity in various movements encountered in life. In conclusion, we can say that the exercises for bending muscles, their fibers when moving, especially the spine, all the joints in the Gav it has unique qualities with its service in ensuring mobility.<sup>3</sup>

Special physical training in physical education classes.

Depending on the abilities of the students, the licking process can be will be carried out in:

- Fast running (60, 100 m.);
- High or long jump;
- Running and jumping over obstacles (ditches, streams, ditches, ditches, etc.);
- Throwing the ball away or to the target;
- Pull on the horizontal bar (10-15 times), overtaking, rotation on the knees;
- Fast execution of elements of wrestling, boxing;
- Perform elements of sports games;
- Kicking the ball into the goal, moving the ball quickly, etc.

In today's basketball game, it is increasingly important to have special endurance qualities when our body's ability to work is high or when it is manifested in different modes of muscle activity. At the same time, basketball requires a number of other qualities to be developed. These qualities include speed, endurance, sudden use of force, agility and dexterity, which should be taken into account when choosing training tools. Specific

<sup>1</sup> <https://hozir.org/ozbekiston-respublikasi-oliy-va-orta-maxsus-talim-vazirligi-an-v4.html?page=5>

<sup>2</sup> <https://hozir.org/ozbekiston-respublikasi-oliy-va-orta-maxsus-talim-vazirligi-an-v4.html?page=5>

<sup>3</sup>

<http://ilmiy.bmti.uz/blib/files/70/Jismoniy%20tayyorgarlik%20asoslari.pdf>

endurance is a physical quality that is mainly created by the mixed nature of the energy supply (aerobic-anaerobic energies). Improving this quality takes a long time - up to 150 minutes of large and intensely variable exercises. When running cross-country on uneven terrain where it is difficult to walk and run, when changing the speed, sometimes training with the method of slow, sometimes fast running, when organizing various games with such a great intensity have to work in the specified modes.

The conclusion is that the development of a society is directly related to the social environment and conditions.

Will depend. Social work, social economy, social policy, social culture and social relations play a key role in this. Human health, ability to work, and longevity are also important in social development and the culture of life. One of the most important sources of health is exercise (physical education and sports) as a means of promoting a culture of social life and a healthy lifestyle. Physical education and sports are of state importance. The great success of Uzbek athletes on the international sports arena serves to spread the glory of our country to the world.

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