



Problems of Using the Technology of Integrated Modular Training of Students in Physical Education Classes at The University

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ABSTRACT

This article highlights the problems of improving the quality of physical education for students of the Kokand State Pedagogical Institute. Based on the results of his own pedagogical research, the author offers some recommendations of a methodological nature on the implementation of integrated modular learning technology in the educational process.

Keywords:

Modular training, integration of the educational process, means of integration, interdisciplinary communication, physical culture, teaching, university, training, innovation, sport, activity, student.

The relevance of the work consists in the fact that at the present stage in the Republic of Uzbekistan purposeful professional development of scientific and pedagogical personnel of educational institutions is carried out. The President and the Government of our country are working tirelessly to reform the education system, trying to bring the working conditions of the teaching staff of educational institutions under international standards. For this purpose, fruitful work has been carried out for many years to improve the qualifications and professional retraining of personnel in the field of physical culture and sports. This work affects all types and forms of education, in accordance with the variety of programs provided.

We see how radical changes are taking place day by day in the education system, which in turn put forward serious requirements for a modern specialist in the field of physical culture and sports.

In the system of physical education of undergraduate students, the solution of pedagogical, psychological and biomedical

tasks acts as a means of integration, which is interdisciplinary in nature and allows them to form general methodological skills and abilities in physical culture.

The object of our research was an effective process - modular training, approved by the leadership of the Faculty of Physical Education, in which a block of interdisciplinary classes on a specific topic (module) is planned and the order of studying individual topics is agreed upon, taking into account the time of their implementation.

The content of the modules used should be informative and professional in nature. The description of thematic modules should be focused on their interdisciplinary connection and consistency, which will allow undergraduate students to establish a logical connection when studying the subject, focusing on the main focus of the course, i.e. not to perceive it as a set of separate topics, questions, rules.

The experience of working in experimental groups in the discipline "ThMPhC" in the first year of the 2022-2023 academic year once

again led to the conclusion that modular training develops students' thinking and creative initiative.

The questions studied in the discipline Theory and Methodology of Physical Culture are closely interrelated with other academic subjects and have an interdisciplinary aspect, and their study corresponds to an integrated nature.

Taking a module around which material in several subjects is combined has a number of advantages and contributes to the informational enrichment of learning, the formation of the motivational and need-based sphere of students through material that allows for a more comprehensive study of the subject of study.

In subsequent student courses, we recommend:

- conduct integrated classes with the joint efforts of teachers of such disciplines as "Physiology", "Biomechanics", "Biochemistry", "Metrology" and others;
- such classes should be organized in accordance with the topics being studied;
- work programs for these subjects should allocate hours for such classes;
- it is recommended to select topics that would consider important theoretical and methodological aspects of future professional activities in physical culture, management, physiology, biomechanics and other subjects;
- consistency in the student learning process should be ensured, i.e. covering topics in accordance with the curriculum.

Modular training in working with students of the Faculty of Physical Education should be based on the following principles:

- modularity, i.e. isolating from the learning content separate elements of strongholds intended for specific educational purposes;
- dynamism;
- effectiveness and certainty of knowledge and its system;
- flexibility;
- conscious perspective, versatility of methodological consulting.

The educational material on the subjects should be constantly updated and reworked,

after which the modules will acquire a clear structure aimed at solving an integrated goal.

In programmed learning, it is recommended to divide the teaching material into small, closely related parts, taking into account the objectives of the study:

- the content of each module element should be easily supplemented or changed;
- the construction of module elements should create new modules;
- the forms of the module should be presented so that its elements can be easily replaced.

An important condition for the successful preparation of students is the coordination of the efforts of teachers and methodologists of the practice related to the professional training of future teachers. At the same time, classroom theoretical classes of students at the university should be combined with the content of practical classes on "Physical Culture" in educational institutions with the study of the basics of methodological support for pedagogical activity in them.

The combination of practical classes with theoretical activities will create an opportunity for a purposeful presentation of professional and practical activities. The use of the technology of the integrated module of modular training should be based on the gradual development of educational material. At the same time, the scope of each topic should be changed in accordance with the tasks solved within one separate lesson. The thematic material should be built taking into account the principle of continuity of training, i.e. taking into account the results of the previous one, each topic of the studied course should be mastered in two aspects: educational and methodical.

In our opinion, all this will create conditions for the training of bachelors based on a systematic approach, the integration of academic disciplines, where the student becomes not only an object, but also a subject of training, which in turn will allow to implement the technology of integrated modular training of physical culture in KSPI and will provide an opportunity to increase the level of professional training of bachelors of physical culture.

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