



Physical training in the system of continuing education: modern problems and ways to solve

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ABSTRACT

The article considers and analyzes the general state of physical education in the education system of the country, the effectiveness of the use of physical culture and recreation activities, taking into account the unfavorable environmental situation in some regions of the country.

In order to strengthen and support the health of the younger generation, it was proposed that the implementation of health-improving physical culture through the development and implementation of evidence-based innovative technologies accelerate the transformation of the educational process.

Keywords:

physical education, ecology, state of health, health-improving activity.

The relevance of the topic. From the first days of independence, the upbringing of a highly spiritual, physically healthy younger generation has become a priority of state policy in the Republic of Uzbekistan. An important legal basis for the reforms carried out in this direction is the Law of the Republic of Uzbekistan "On Physical Culture and Sports", adopted on January 14, 1992 No. 513-XII (as amended on May 26, 2000 No. 76-11, September 4, 2015 No. ZRU - 394), as well as a number of important government resolutions aimed at further development of physical culture and sports in order to strengthen the health of the nation.

The State policy and the Concept of education reform in Uzbekistan were embodied in the Law "On Education" and the National Training Program adopted on August 29, 1997, by Oliy Majlis of the Republic of Uzbekistan. The National Training Program is a three-stage program and establishes one goal:

the development and implementation of measures aimed at strengthening the spiritual, moral, intellectual and physical education of youth and children.

The first President Islam Abduganiyevich Karimov, had repeatedly stressed that the future of the Motherland, the future of the people, the authority of Uzbekistan on the world stage, first of all, depended on what personalities our children would enter this life. In support of this, the problems of preserving the gene pool of the nation, the formation of a healthy younger generation, the preparation of children, adolescents and youth for a full independent life is one of the central places in the social development of the country.

At the same time, a special impetus in preserving and strengthening the health of the younger generation of our country was given by the Decree of the President of the Republic of Uzbekistan Shavkat Mirziyoyev "On the

Strategy of Actions for the further development of the Republic of Uzbekistan in 2017-2021", which sets the following priorities in improvement of the:

- System of social protection and health protection;
- State youth policy, education of physically healthy, spiritually and intellectually developed, independent-minded, devoted to the Motherland youth with strong life views, increasing their social activity in the process of deepening democratic reforms and the development of civil society;
- Support and realization of the creative and intellectual potential of the younger generation, the formation of a healthy lifestyle among children and youth, their widespread involvement in physical culture and sports (1).

The purpose of this article is to provide a brief but informative analysis of the general state of physical education in the education system in our country and the reasonability of intensive transformation of the learning process through the development and implementation of scientifically based innovative technologies of health-improving physical culture to strengthen and maintain the health of the younger generation,

As everyone knows, the education system in the Republic of Uzbekistan is defined by the Law "On Education" and is represented by: preschool education; general secondary; secondary special, professional; higher; postgraduate education; advanced training and retraining of personnel; extracurricular education.

Physical culture and recreation activities are one of the leading activities of any educational institution. This direction should be focused on the comprehensive development of psychophysical, personal qualities and abilities, the formation and education of the priority of a healthy lifestyle through the use of various forms, means and methods of physical culture and physical education.

In recent years, the issues of the organization and effectiveness of the use of innovative technologies of health-improving physical culture and the system of continuing education in Uzbekistan have been actively

discussed not only by a wide range of specialists in the field of physical culture and sports, but also at the state level. The surge in the number of publications and speeches in the media on the above-stated issues reflects the interest in this direction from all segments of the population actively involved in physical culture and sports.

Analysis of data from various studies has shown that the level of health of modern youth studying the system of continuing education in our country is extremely low. So, in recent decades, there has been a sharp deterioration in the health and physical fitness of students. For example, about 65% of students of secondary and higher educational institutions are not healthy people, and about 40% of graduates of secondary schools do not meet even the lowest standards for physical fitness. This is especially evident in young students living in regions with unfavorable environmental conditions. Unfortunately, experts note the low efficiency of the system of physical culture and recreation activities in the modern education system (2,3,4).

One of the problems of strengthening the health and physical development of children and students is the unfavorable environmental situation both around the world and in our country. For example, in the Aral Sea region, it is particularly necessary to focus on the main air pollutant - solid particles (pollution of the atmosphere by salt and dust from the drained bottom of the of the Aral Sea). Scientific research data invariably indicate their harmful effects on the health of the population at the exposure values to which residents of settlements are exposed.

A detailed retrospective assessment of the dynamics of respiratory morbidity in the Aral Sea region revealed an increasing trend in cases of allergic rhinitis, bronchial asthma and patients with asthmatic status, as well as chronic diseases of the upper respiratory tract. The rate of increase in the incidence of bronchial asthma and asthmatic status is most progressive in the Republic of Karakalpakstan - 182.0%, Xorezm region 98.68%, allergic rhinitis in Xorezm region - 69.1% (2.3).

Long-term observations of scientists on the state of health and physical development of students have shown that the number of students with impaired health is growing every year. From year to year, when completing study groups for physical education classes, on average 15-20% of young students find themselves in a special medical group. A significant number of students have the following pathologies: posture disorders, diseases of the cardiovascular system, respiratory diseases of an allergic nature, which, according to many experts, indicates the negative impact of an unfavorable ecological environment. The scale of the environmental crisis and its trends rightly cause public and civil alarm, as it affects the physical condition and health of the population (2,3,4,7).

Traditional physical education classes in the system of continuing education in terms of content, volume and intensity of loads are primarily aimed at solving training tasks. At the same time, the solution of health-improving tasks related to the expansion of the functional capabilities of the developing organism of students and aimed at increasing tolerance to adverse environmental factors is minimal (7).

It is becoming especially urgent to find ways to improve the health of students living in regions with different environmental conditions, prevention and reduction of the risk of environmentally caused pathological reactions. To do this, it is necessary to adjust the concept of preserving, strengthening and shaping the health of children and youth. If recently it was believed that it was possible to prevent the development of the disease only by eliminating the negative factor of the impact on the body, now it is more expedient to talk about such measures of influence, when using which the body itself optimizes the work of its organs and systems, leveling the impact of the external environment and remaining healthy (5,6,7).

Unfortunately, the recreational opportunities of physical culture in preserving and improving the health of children and students of our country are not fully used. In addition, the low level of health, physical fitness and physical development of students is

a consequence of a decrease in their motor activity during the day with increasing static psycho-emotional stress of the learning process, the introduction of innovative computer technologies in everyday life, unfavorable environmental conditions.

Today, unfortunately, many experts note the low efficiency of the system of physical culture and recreation activities in the modern education system (6,7), and the reasons for the situation are different:

- insufficient justification and application of scientific approaches to pedagogical support of physical culture and recreation activities;
- the absence of teachers of program and methodological support of recreational activities with children and young students in the system of continuing education.

In addition, shortcomings in physical education and development of pupils and students are explained by the influence of the following objective and subjective factors;

- insufficient number of physical education lessons and physical education classes in secondary schools;
- disadvantages of the introduction of modern forms, methods and technologies of physical education, physical culture, sports, mass and tourism work (health-saving, innovative interactive technologies) into general education and higher educational institutions;
- a decrease in the interest of pupils and students in physical education, classes in sports sections and clubs due to the influence of stronger factors, such as television, entertainment in a virtual environment: computer games, social media communication;
- insufficient number of modern scientific and methodological developments on the actual problems of the development of physical education and mass sports in educational institutions;
- the effect of negative trends to reduce the importance of physical culture, sports, mass and recreational work in educational institutions;
- insufficient monitoring of the state and results of physical education, physical activity, physical fitness and the introduction of a healthy lifestyle by teachers and parents;

- lack of organization of physical culture and recreation sports and mass work at the place of residence of children and youth;
- uncontrolled sale and use of computer games with scenes of violence and cruelty that harm the healthy spiritual and physical development of children and youth;
- insufficient medical diagnostics of the state of health and detection of diseases in schoolchildren and students living in regions with unfavorable environmental conditions by medical institutions;
- insufficient level of staffing of local and district executive authorities on the formation of a healthy lifestyle among the younger generation.

It is also possible to highlight shortcomings in the understanding among the leadership of educational institutions of the theoretical, psychological, pedagogical, physiological and other foundations of health-improving physical culture, due to which the effectiveness of various physical culture and wellness activities remains low.

In connection with the above, it is necessary to recognize the existence of a scientific problem, the relevance of which is determined by the aggravation of the following contradictions:

- the increasing influence of the unfavorable ecological environment on the health of children and students and the lack of theoretical and practical elaboration of ways to improve the health of students living in regions with different environmental conditions
- real opportunities to preserve, strengthen and form a high level of health of children and students by means of physical education and the lack of scientifically sound physical culture and wellness technologies in the system of continuing education.

At the same time, based on the social and economic significance of this problem in modern society today, the issue of developing and introducing is acute scientifically based innovative technologies of health-improving physical culture into the system of continuing education to strengthen and maintain the health of the younger generation.

Thus, in the conditions of the formation of a democratic society in our state, the issues of personal development and its preparation for active forms of life activity are of particular importance. Along with communicative, value-oriented and cognitive activities, physical culture and sports activities are becoming increasingly important, with the help of which a person should strive to realize himself, to reveal potential physical, mental and spiritual powers and capabilities.

By using the means of physical education and physical culture and wellness work in all parts of the education system, the foundation is laid for ensuring and developing the physical, mental, social and spiritual health of each member of society.

In order to implement the above-mentioned issues, we consider it expedient and necessary to develop a modular program of physical culture and recreation activities aimed at personality-oriented physical education of children and students at the theoretical, methodological and practical level.

The differentiated modular program of health-improving physical culture will strengthen health, improve physical fitness, increase the effectiveness of physical education classes for children and young students living not only in all regions of our country, but also in areas of environmental risk.

The problem of strengthening and preserving health, attracting the modern generation of children and youth to systematic physical education is the key to the preservation of the nation. It can be successfully solved only through the joint efforts of state institutions, education, healthcare and family workers.

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