



Theoretical on the physical status of the student knowledge monitor

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ABSTRACT

The article summarizes the actual problems of improving theoretical knowledge and practical skills that students of general education schools should be taught about the content of the status of student Jim one of the pressing problems in the context of the current program of Physical Culture Education in the process of Physical Culture Education. It is intended for future Bachelors, Masters and teachers of Physical Culture and sports specialists.

Keywords:

Status, physical status; physical development; physical preparation; standards; physical preparation standards; standards of physical development; health; body; diagnosis; weight; height measurement; parts of our body;

Not only sound education but his alertness and dedication too are most required. accepted as the wealth of the existing society.

The concepts of physical development and physical fitness - now a generalized concept - began to be used in the teaching of physical culture in the form of a term called "physical status". The essence of the concept is "physical development", "physical training", which is often repeated the natural development of the student's body (height, height - height, body structure - size, broad shoulders, the size of its mass, and H.K.). The use of the generalized term "physical status" instead of repetition of physical strength, agility, agility, endurance, and other motor qualities used to describe states of ontogeny at different ages has facilitated the expression of professional theoretical and professional knowledge.

The level of physical status of a member of our society of different ages, the existing standards developed for them, the acquisition of theoretical knowledge and practical skills

related to their performance is one of the current problems of physical culture of a member of society (J.K.Kholodov, V.S.Kuznetsov, 2013; Sh.Kh.Khankeldiev, 2020; A.Abdullaev, 2022 and others).

Human scientists have likened the fact that man is now brought up according to his "spiritual" and "physical status" to the two steps of the ladder of life, that is, that the two sides are not equal.

"Our ancestors lived and succeeded only with the desire to bring up a physically fit person who was strong in faith, physically healthy, hardened, able to withstand any hardships, patient, and believed that everything would end well."

From the first years of independence, the scientific potential of children, along with their professions, the further development and improvement of moral, spiritual and physical qualities is not only the task of our state or schools, but also the sacred duty of our ancestors and parents.

A number of decrees and resolutions of the First President on the development of physical culture of healthy lifestyles (STT), especially the physical culture of schoolchildren, the development of children, adolescents and youth sports as a means of it are proof of our opinion. President Sh.M.Mirziyoev is consistently continuing the work on comprehensive physical harmonic education.

As evidence of our opinion, the President of the Republic of Uzbekistan dated September 30, 2018 "On additional measures to improve the management system of public education" PF-5538, October 30, 2020 "On measures for the widespread implementation of a healthy lifestyle and further development of mass sports At the heart of the Decrees PF-6099 and a number of others is the goal of raising the level of physical status of members of our society to the level of soldiers of our great ancestor Sahibkiran A.Temur.

Because the physical status of our ancestral soldier was very high. Even in their normal walks, one horse is not allowed to endure two warriors in return for the bravery of its warrior. Giving a warrior two horses is not a habit, it is supported by a command.

A.Abdurahmanov in his book "Scientific popular" entitled "Knowledge that leads to happiness". In describing the soldier, our ancestor writes that the soldier had to fight on horseback in turn, and that our grandfather Jahangir encouraged the soldiers, who had the power to split the body of his opponent on the horse's saddle when he struck the sword.

Recognizing that today's students are our heirs and successors in all spheres of life, in order to enrich their theoretical knowledge and practical skills in STT physical culture, the ITD-Ministry of Higher and Secondary Special Education of the Republic of Uzbekistan Consistent research has been conducted on the problems of creating standards of physical development and physical fitness of members of our society through the study of state grants No. 4-157 "Development of the content and educational-methodical complex of formation of a healthy lifestyle physical culture in youth" and a number of other topics. However, so far, the "student's physical status" and its

standards, developed for school-age children, have been scientifically based, tested for at least four years in practice, We have not seen any studies on morpho-functional changes in the body.

There is a lot of research on the problem of the day, but they are limited to some of the above-mentioned indicators of the physical status of students, the results of one-year, or even two-year, experiments in different groups of school-age children in some regions of the country. Therefore, there is a need for research on the physical culture of students, the level of its development, targeted and targeted exercise, its knowledge and practical skills on the basis of scientifically based and tested standards for different school age.

For example, the standards of physical development in the context of the status of our body are not only for students of social life, but also for the defense of the country, the uniform of its armed forces, weapons used in combat, booths of technical means (cars, tanks, planes, etc.), the size of seats, size, norms, cannot be produced without measurement standards of physical development of their managers. Standards for the development of the body as part of the physical status of the warrior to control them require the size of the cabin, the creation of its standard size.

The creation of furniture, tables, chairs, armchairs, sofas, bed ties, car seats, clothes, footwear, the size of all members of our body requires the creation of established standards of the country, nation and knowledge of them.

In conclusion, it should be noted that the current state programs on the culture of our body, the theory and practice of physical education in all educational institutions of the education system on the basis of innovations in the positive study and application of foreign experience, taking into account the "status of our body" and knowledge of healthy physical culture. in particular, we believe that the reorganization of physical education science programs in general education schools (this is a separate topic) is a topical issue of the day.

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