



Pedagogical Conditions for Improving Physical Training of Students and Involving Them in Sports Activities

**Kholova Shakhnoza
Mardonovna**

Teacher, Tashkent State University of Uzbek Language and Literature named after Alisher Navoi, "Department of Social Sciences and Humanities"

ABSTRACT

The article is devoted to ways to further improve the physical education of female students, examines the attitudes of female students to exercise and favorite sports, and shows that physical education is a social need of female students. The role of physical education in the healthy lifestyle and physical culture of students is also analyzed in terms of various pedagogical and psychological conditions, and they are emphasized as a means of shaping the physical culture of an individual.

Keywords:

Physical activity, students, physical culture, physical education sports, mass sports, physical education, gymnastics, pedagogy, psychology

Today, the conditions created for the physical education of students of higher educational institutions of the republic are growing more than ever. Issues of physical education of students are part of the general issues of the theory and methodology of physical culture, and it has its own characteristics. In this regard, it is important to pay attention to the content of the concepts of "Physical Education", "Physical Culture", because so far there is a tendency for specialists to separate physical education from pedagogy.

Physical education is an important component of specialized pedagogical science and has the following definition: "Physical education is a pedagogical process, which is a set of activities aimed at developing the morphological (body structure) and functional (internal life systems) abilities of young organisms growing through exercise. Therefore, physical education as an important vital component of the science of pedagogy should be carried out in close connection with other types

of education. "Physical culture" is a relatively broad concept, "an important component of general culture, a general result of the success of society in the creation and use of special means of human health and physical development.

Physical culture is the next important stage of physical education, it is an important cultural, educational and medical-biological and socio-political process that lasts a lifetime. Because in the formation of physical culture, along with genetic and natural climatic conditions, the role of social conditions created to enhance physical culture is also invaluable.

The higher the standard of living of the population, the higher the level of their physical culture, and the higher the average life expectancy. Student years are the last mandatory stage of physical education and physical culture development. Then you have to deal with them independently and voluntarily. Almost half of the more than two hundred thousand students studying in higher

educational institutions of the country are female students.

Despite the fact that many measures have been taken to improve the physical education of students, the number of students who are physically active is very small, and their level of physical activity is unsatisfactory.

According to the schedule, students wear sportswear only in their name, and their activity in the classes is very low. According to the data, 8% to 20% of all students are involved in club activities (A.H. Gulomov, E. Tikhonova, G.F. Gulyamova, et al., 2004).

The percentage of female students is lower than the percentage of the total number of students involved in clubs, which is 7-8%. There are many objective and subjective reasons for this. For example, students still have old views on physical culture, the administration of the school does not pay enough attention to the subject of physical education as a secondary subject, teachers do not have professional training and do not adequately defend the status of their subject, classes are not organized at a modern level. low quality, insufficient social students, lack of initiative or lack of support, the lack of clubs to suit the interests of students, as well as the distance of students from physical culture education, the lack of modernity in line with the national mentality, the lack of a personal physical maturity plan, and so on. The main reason for this is the lack of study hours for physical culture, and their failure to continue in stages II-III-IV.

The physical education of female students today is related to the important pedagogical, psychological and physical culture science, as well as requires modern scientific and methodological research based on many factors and assessments, which shows the urgency of the problem.

The pedagogical and psychological significance of personal interest and interest in directing a person to a certain type of activity and its implementation has an important guiding force. This is embedded in the content of the principle of awareness and activity of the organization and conduct of physical culture and sports, and requires the implementation of certain organizational and pedagogical

measures. This primarily requires the study of students' interests and aspirations for physical education and sports. For this purpose, 98 students of the I-II stage studying at the Faculty of Applied Philology were asked the following questions: 1. How old are you? 2. Where do you live? Rent, dormitory, private apartment. 3. Do you follow the agenda? Yes. No. 4. Do you exercise in the morning? Yes. No. 5. Are you satisfied with the physical education classes at school? Yes. No. 6. Are you satisfied with the physical education classes at the university? Yes. No. 7. How much time do you spend on a day of physical education? 15,20,30,40,50,60,70,80,90 minutes. 8. Your favorite exercises: Volleyball, handball, basketball, running exercises, wrestling gymnastics, etc. 9. How do you spend your free time? 10. Any other suggestions on this? From the answers of the students to the questions, it was found out that the average age of the students of the I-II stage was 19.1, the youngest was 17 years old and the youngest was 25 years old. 17 of them are 10 years old; 18-year-olds-22; 19-year-olds - 32; 20-year-olds-22; 21-year-olds-8; 22,23,24,25 years-old-1. Given the fact that students of I-II levels enter the general secondary special education institutions, the period of study in higher education institutions should be 19-20 years, depending on the age and stage. Responses revealed that 32 students entered the school early and the remaining 66 students entered the school late. This means that many of them, albeit belatedly, have achieved their goals of higher education, worked to get into education, and strengthened their will. The accommodation of female students is important in the performance of their academic work and sports activities. Of those surveyed, 13 lived in rented accommodation, 21 in dormitories and 64 in private homes.

He said 82 students would follow the agenda and 16 students would not. Sixty-three students were involved in morning physical activity, 32 students reported not engaging in physical education, and 3 reported occasional physical activity. While 68 students were satisfied with the physical education classes at the school, 30 students were dissatisfied with

the physical education classes at the school. While 96 students were satisfied with the physical education classes at the institute, 2 female students were not satisfied with the physical education classes at the university. 27 students spent 15 minutes a day in physical education classes, 29 in 20 minutes, 26 in 30 minutes, 7 in 40 minutes, 4 in 50 minutes, 2 in 60 minutes, 2 in 70 minutes and 3 in 90 minutes.

If we take into account that the standard time for sports training is 1.5 hours (90 minutes), we can say that only 3 out of 98 students are regularly involved in sports. We can assume that the remaining 15 students are engaged in physical culture independently (40,50,60,70 minutes), and 82 students (15, 20, 30 minutes) are engaged only in morning physical education.

Of those surveyed, 28 competed in gymnastics, 24 in volleyball, 23 in basketball, 23 in running, 13 in handball, 4 in tennis and 4 in swimming, 3 in football, 2 in chess and 2 in karate and 1 in kickboxing. identified as a favorite sport. Although 28 students have identified gymnastics as a favorite sport, most universities do not have the facilities to conduct gymnastics classes. "What do you do in your spare time?" The following answers were given: 37 people read books, 16 people listen to music, 13 people do housework, 12 people do homework, 8 people dance, 8 people do not have free time, 5 people do sports, 5 people watch TV., 5 people running, 4 read and write poetry, 4 listen to the radio, 3 play volleyball, 3 work on the computer and the Internet, 2 join a gymnastics club, 2 are in the library, 2 eat, 2 relax, 2 swim, 2 to play basketball, 2 to sew, walking, playing tennis, pressing for the abdominal cavity, playing handball, working out, doing fat exercises, participating in shaping. "What do you do in your spare time?" If we add up physical education and sports, as well as dance, 33 out of every 100 students will be physically active in their spare time. Although this indicator corresponds to the approximate indicators of students' natural development and need for movement as determined by research, its level does not meet today's requirements. This leads to the conclusion that one in three students does not engage in physical education

and sports, even if they have the opportunity. This means that we can assess the situation as satisfactory only if we raise the indicators to at least 66-70. These indicators are not the only factor influencing the low level of physical culture of female students. A number of other factors also contribute to the low level of physical culture of students and, as a result, their physical culture is not formed to the required level. Examples include: poor health; lack of attention to the physical education of students in the family and during school; low quality of lessons and extracurricular activities; family traditions; lack of sportswear; lack of independent practice; lack of time; the distance to the training site; lack of personal interest or understanding of the importance of physical culture in human health and daily life; the gap in social demands; lack of training in the sport of interest and lack of necessary sports facilities; insufficient promotion of physical culture and sports and health activities; lack of willpower and inability to plan personal life properly; lack of important life aspirations, plans; lack of necessary, educational and pedagogical information to engage; simply lack of interest and other negative factors, and b. The above factors are specific and to a greater or lesser extent, they have a negative impact on the physical education of students and, through them, on the physical culture of students. To eliminate these factors and develop optimal ways and options to improve the physical education of students, to determine the exact motives for the formation of a solid and complete physical culture of students, to determine the content, means and forms of physical education of students based on experimental and scientific norms. requires the development and implementation of criteria. The students themselves answer the question of what to pay attention to and what to do. The last question asked to the students was "What are your other thoughts on this?" Summarizing the answers to the question, we can draw the following main conclusions. 1. Conduct lessons twice a week. 2. Better training in sports technique. 3. Conducting interesting lessons. 4. Conduct more educational competitions with girls during the lessons. 5. Organization of

rhythmic gymnastics clubs. 6. Conduct training for students in separate halls and continue them in 3-4 stages. 7. Having special gyms and increasing the number of high-class coaches. 8. Pay more attention to sports and open dance clubs. 9. If there are more gyms, swimming pools, more shows on TV. 10. If more clubs are organized and their price is not expensive and.

This means that if the activities proposed by female students are carried out in higher education institutions, the level of physical education and healthy lifestyles and health of female students will further improve. This allows you to save on the cost of simple electronic diagnoses in medicine, from 15-20 thousand soums to complex electronic diagnostics from 350 to 400 thousand soums, and the savings will allow you to increase your intellectual potential or go on trips to see a colorful world. Of course, we can say with confidence that the conditions created in our country for the comprehensive development of young people are not available in any other country. But are we able to take advantage of these opportunities, to test our capabilities in sports, art, knowledge? Certainly not, as the conclusions from the above answers show.

Exercise, as well as other science-based sports and wellness activities have a positive impact on the formation of physical culture of students, which leads students to carry out systematic work on their physical education, change their body and its functions. Also, first of all, physical culture classes increase the physical education of students, adapting their bodies to active exercise. Second, active participation in physical education or exercise helps not only the functions of the body of students, but also their psycho-psychological, mental-ethical and socially active personality. Third, physical education also leads to the active formation of students' knowledge and skills about physical culture and its content, means and forms, and further develops the education and upbringing of students in physical culture.

Literature

1. Polievskiy S.A. Fizicheskoe vospitanie uchashiesya molodeji (gigienicheskie

aspekti) .- Moscow: Meditsina, 1989.- s. 160.

2. Balsevich V.K. Fizicheskaya kultura dlya vsekh i dlya kajdogo.-Moskva: FiS, 1988.-208 s.il.
3. Gulomov A.H., E.Tixonova, G.F. Gulyamova Issues of attracting students to sports, conf. materials, Samarkand. 2004.
4. Kholova Sh.M. Issues of physical maturity in the works of Alisher Navoi., Current issues of cultural life and the development of social sciences and humanities in Central Asia. International conference package. 2020. June.-B.149-153.