

DEVELOPMENT OF PHYSICAL TRAINING AND PUBLIC SPORTS AMONG STUDENTS IMPROVE SPORTS HEALTH ACTIVITIES

Norov Yuldosh Beknazarovich*

*Lecturer,

Faculty of Physical Culture,

Department of "Methods of Teaching Sports",

Navoi State Pedagogical Institute,

UZBEKISTAN

Email id: norov@gmail.com

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ABSTRACT

The article describes the application and implementation of technologies for the improvement and further development of mass sports in the sports activities of university students. Physical education classes and sports clubs in higher education institutions are an integral part of the social sciences in preparing students in the spirit of humanity, in accordance with modern requirements in their specialty. Since the independence of Uzbekistan, there have been opportunities to create political, economic, social, ideological and organizational conditions for the formation and development of physical and intellectual resources of young people.

KEYWORDS: *Sports, Development, Application, Results, Physical Fitness, High Qualification, Sports Competitions.*

INTRODUCTION

Sport is a means of maintaining a person's physical fitness and is a set of exercises and movements of the same form. It is also an activity aimed at achieving high skills and high results in one type of physical activity. The goals and objectives of the sport are to shape the techniques and tactics of action in accordance with the sport, to provide general and special training, sports training, physical and theoretical training, as well as to train highly qualified athletes in the sport.

Since the independence of Uzbekistan, there have been opportunities to create political, economic, social, ideological and organizational conditions for the formation and development of physical and intellectual resources of young people. Thanks to independence, the national sports games of our people, which have a long history, have been revived and brought to the international arena. The national sports games started a year after our independence, and festivals were held. In particular, since 1999, the national sports competitions "Tomaris" have been held among women. In order to comprehensively develop physical culture and sports in our country, the resolution of the Cabinet of Ministers "On measures to further develop physical culture and sports in Uzbekistan" was adopted in 1999. According to him, the "Concept of the State Program for the Development of Physical Culture and Sports in the Republic of Uzbekistan" was approved, the main directions of which were: [1]

1. Improving the system of organization and management of physical culture and sports;

2. Development of physical culture, mass sports and national sports;
3. Scientific-methodical and medical support of physical culture and sports;
4. Capacity building of physical culture and sports system;
5. Promotion of physical culture and sports;
6. Improving the system of funding for physical culture and sports, development of the non-governmental sector.

As part of the program, a new version of the Law on Physical Culture and Sports was drafted and adopted by the OliyMajlis in 2000;

Republican centers for the development of boxing and national sports have been established in Tashkent, and wrestling in Shahrizabz;

Alpomish and Barchinoy tests were developed and implemented to determine the level of physical fitness and health of the population;

All sports facilities in the country are registered;

Colleges of Olympic reserve have started operating in regional centers.

In our country, great attention is paid to ensuring the physical and spiritual well-being of young people, the pursuit of a healthy lifestyle and increasing their love for sports, the development of children's and youth sports on the ground.

Physical education classes and sports clubs in higher education institutions are an integral part of the social sciences in preparing students in the spirit of humanity, in accordance with modern requirements in their specialty. It is an important tool for every student to be physically prepared for their profession and to develop as a person. At the same time, it is a factor in strengthening the health of the student and plays an important role in his future development as a professional.

[2]

IMPROVEMENT OF PHYSICAL EDUCATION AND SPORTS ACTIVITIES YEARS

Physical education was included in the curriculum of higher education institutions in 1928 as a science. Until then, specialists were trained in short 3-month courses.

In 1921, three-month courses were opened in Fergana and Tashkent to train physical education specialists, and this year 60 people completed these courses.

In 1926, three-month courses for physical education instructors were opened, and 30 people graduated that year.

In November 1929, given the rapid growth of the national economy in Central Asia and the lack of specialists in the country, the first Higher Technical School in the east of the country, the Central Asian Cotton Irrigation and Polytechnic Institute, now Tashkent State Technical University was established.

In 1933, a one-year course was opened in Samarkand to train physical education specialists.

In 1935, by the decree of Comrade Akhunbabayev, the first technical school of physical culture was opened, and this year 100 people were admitted to this educational institution.

In 1949, the first department of training highly qualified physical culture and sports specialists was opened at the Tashkent State Teacher Training Institute.

In 1954, the Fergana, Nukus and Andijan State Teachers' Colleges began to have physical education faculties.

In 1955, the Uzbek State Institute of Physical Culture, the only one in Central Asia, was established on the basis of the Uzbek (Tashkent) College of Physical Culture.

There are sports clubs in educational institutions and dormitories, where physical education and sports are high on the agenda of students. The clubs are led by highly qualified physical education teachers and sports instructors.

In addition to physical education and sports, the university conducts research under the guidance of students, teachers and sports teachers.

The research conducted by A. Normuradov, I. Morgunov and Y. Sukhova with students of Tashkent State Pedagogical Institute showed that the functional state of the students' bodies deteriorated during the rating tests. We've seen that physical activity and sports can help you recover faster and faster. Institutions of higher education often do not offer physical education classes during the semester. The main reason for this is the lack of scientific advice.

Physical education is a pedagogical process, an educational tool aimed at improving the health, physical maturity, social activity of the younger generation, the formation of a morally healthy growing generation. In the process of physical training, the organism is improved functionally and morphologically, motor skills, physical movement qualities: agility, speed, flexibility, endurance are engaged in special knowledge and skills.

Physical culture is a set of special activities that include the physical development of a person by targeting specific means and methods of sports and culture, along with the means of physical education in the comprehensive education of adults, the creators of a new society.

Physical culture is a part of the general culture, the development of which depends on the level of socio-economic development of the society. Physical development is a natural process associated with the growth of the human body, its transformation and duration. It is governed by objective biological laws. The most important of these laws is the law of unity of organism and environment development. A form of sports culture. A type of community cultural activity. It also has other characteristics related to physical development and human ability.

The order of the Ministry of Higher and Secondary Special Education of the Republic of Uzbekistan No. 183 of August 3, 1990 (January 14, 1992) Resolution of the Cabinet of Ministers of the Republic of Uzbekistan No. 271 of May 26, 1999 (new edition of May 26, 2005) at least 4-6 hours in 1-2 courses as a course.

However, at present, the OTV curriculum includes a total of 234 hours for physical education, including 120 hours of practical training, 108 hours of independent work and 6 hours of rating tests. It ends with a semester and a test at the end of the school year.

Physical education in higher education institutions is carried out in the following forms:

Conduct training (practical) based on the curriculum of the higher education institution, as well as participate in sports clubs in various sports at the request of students;

Participate in public health, physical education and sports conferences and events;

Such a variety of forms of physical education is one of the measures taken to ensure the proper functioning of the body of young people;

requires students to have 12-16 hours of movement activity per week.

Institutional education programs do not meet an individual's need for education, community service, or physical education and sports. Students will learn about physical education and sports activities while studying. When students engage in physical education and sports, they set the following goals:

To strengthen their health, comprehensive physical development, physical training, increase the body's resistance to disease, labor productivity;

Find ways to activate mental activity and overcome fatigue.

In the conditions of Uzbekistan, hygienic gymnastics exercises in the open air have a positive effect.

Hygienic gymnastic exercises need to be clearly defined in terms of how long they last and their type. Before doing this exercise, the weight of the dumbbells, weights and barbells is determined by the strength of the participants. That way, each session lasts 10-15 minutes.

Physical training and sports in public health are carried out regularly during the study period in higher education institutions, outside school hours, holidays, weekends, practical work, holidays in the dormitory, as well as in the summer activities of students. They can be carried out in the areas of hygiene, general training, sports and treatment.

Public health, physical education and sports activities are carried out by student sports clubs with the active participation of general physical education staff, teachers of physical education departments, youth movements, trade unions.

The faculty sports council plays a key role in this process. The council not only plans the work, but also prepares students for the job at the university, organizes the work, gathers team members, prepares them for various competitions and organizes competitions. In addition, lectures, talks, evenings, exhibitions, posters, lists of record holders, groups, courses, faculties, higher education institutions and students' achievements on sports and health, healthy lifestyle. fulfills the conditions of Ion boorish.

CONCLUSION

The financial affairs of the Sports Council, the provision of equipment and facilities are the responsibility of the faculty trade union committee, the sports club and the deans.

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