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Methodology Of Organization Of "Physical Education And Sports" Lessons In Higher Educational Institutions

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ABSTRACT

Sport plays an important role in understanding the identity of the nation, in joining and uniting it towards specific goals, and in demonstrating its potential and power to the world. From this point of view, the development of sports in the country is a topical and extremely important issue. As, a physically strong and healthy nation will be strong, its state will be powerful in all respects and will develop towards great progress.

KEYWORDS

Developed generation, fact that today, Ministry of Physical Culture and Sports

INTRODUCTION

The importance of physical culture and sports in the upbringing of a harmoniously developed generation can be seen in the fact that today our government cares about sports and has risen it to the level of public policy. In

particular, the Decree of the President of the Republic of Uzbekistan Sh.M.Mirziyoev dated June 3, 2017 No. PR-3031 "On measures for further development of physical culture and mass sports", March 5, 2018 No. PR-3583

"Republic of Uzbekistan Resolution of the Ministry of Physical Culture and Sports of July 5, 2018 No. 507 "On the organization of the Fund for the Development of Physical Culture and Sports under the Ministry of Physical Culture and Sports" and 2018 Decree No. PD-5368 of March 5, 2013 "On measures to radically improve the system of public administration in the field of physical culture and sports" states that today in the field of sports we should not be limited to competitions like "Umid Nihollari", "Barkamol Avlod" and the Universiade.

Serious selection work needs to be done to select and nurture talented adolescents and girls. This places a huge responsibility on sports organizations, educational institutions and parents. Advanced pedagogical experience in the selection of gifted boys and girls, their testing and development of advanced sports skills, innovative technologies, spiritual and material support (selection network) of high medical standards services will have to be further strengthened.

The actuality of the article is that today there is a need to develop targeted programs with clear goals while students are in the process of mastering physical culture through the field of "Physical Culture and Sports" in-depth study of the dynamics of their physical development, as well as the formation of physical culture in accordance with the level of health, physical capabilities. Such an approach to the formation of physical culture is the basis for increasing the efficiency of actions.

OBJECTIVE OF THE RESEARCH

To develop and experimentally prove the effective ways to shape the physical culture of the youth in higher education.

The following functions are put forward according to the purpose of the research:

1. Analysis of scientific and methodological local and foreign literature on the subject;
2. Study of foreign experience in teaching "Physical Culture and Sports";
3. Determining the state of physical fitness of young people in higher educational institutions;
4. Analysis of the methods used in the formation of physical culture of young people in higher educational institutions;
5. Identify modern and effective ways to shape the physical culture of young people in higher education;
6. Prove the effectiveness of methods developed to optimize the educational process of young people in higher educational institutions in the field of "Physical Culture and Sports";
7. Develop conclusions and recommendations on the topic.

The Constitution of the Republic of Uzbekistan, the Law of the Republic of Uzbekistan "On Physical Culture and Sports", the Law of the Republic of Uzbekistan "On Education" and the "National Program of Personnel Training", works of the President of the Republic of Uzbekistan, approaches to reforming the educational system in speeches and reports, Government decisions, foreign best pedagogical practices and scientific and methodological developments are the bases of the research paper.

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KH.A.Botirov, B.B.Mamurov, M.J.Abdullaev and others have mentioned further improvements of the educational process in the field of physical culture and sports, humanization, democratization of education, analysis of the experience and development of foreign higher education, didactic foundations of non-traditional education, innovative technologies in physical culture and sports (pedagogical technologies, interactive methods) working in the country on the organization of independent education of students and the improvement of the system of professional development and retraining of teachers of higher education in their scientific and methodical researches.

The course "Physical Culture and Sports" is one of the most advanced tools used in the effective organization of activities in the system of continuous physical education.

Preschool education, secondary schools, academic lyceums and vocational colleges, as well as higher educational institutions have different forms of this course. Athletics, gymnastics, sports, movement games and other physical exercises are the main means of physical training of students in higher education institutions. For these ages, it is possible to organize a large amount of workouts in the above sports. The form of therapeutic gymnastics is recommended to the special classes for children with deteriorating health or special classes for students assigned to a special medical group. The purpose of the process of physical education in students is to gradually achieve their physical maturity and, at the same time, to prepare them for life, creative work and defense of the Motherland. General and specific tasks are solved in the process of physical culture of students.

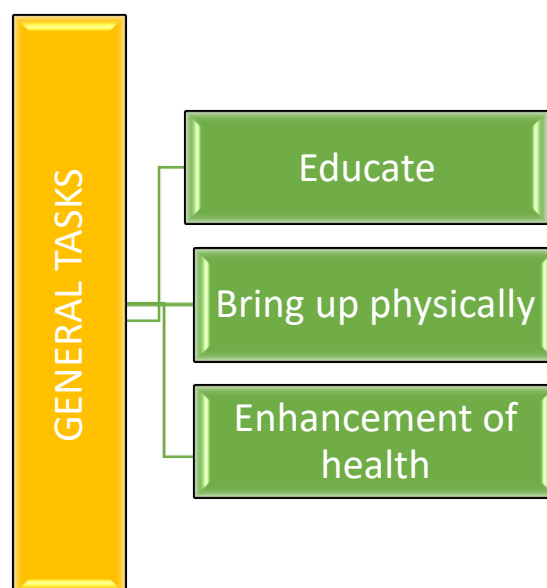


Figure 1. General tasks in the process of physical culture

The specifics are addressed in the form of special tasks in the program of the State Educational Standard of Physical Culture. These tasks, together with the tasks of moral, spiritual, aesthetic and labor education, which are elements of spiritual education, will be clarified at some stages of teaching, depending on the age and physical fitness of students.

The task of physical education in physical culture is to provide at least some theoretical understanding of the movement techniques encountered in life with rational techniques (gymnastics, athletics, sports games and sports tactics).

During this period, students will be prepared to pass the requirements and norms of the special tests "Alpomish" and "Barchinoy".

Sportsmanship and the role and importance of physical culture in society is established as a result of exercise. Gradually, organizational skills will be improved, competition rules will be mastered, refereeing skills will be developed, and the use of nature's healing powers will be taught.

SPECIAL TASKS

- 1) Strengthening, developing and maintaining the health of the student's body;
- 2) Develop age-specific physical qualities to be ready for a variety of work activities;
- 3) Develop the movement skills and abilities necessary for life and equip them with what will be needed later;
- 4) Provide students with new knowledge about physical culture;
- 5) Motivate students to engage in regular physical activity and to form a habit of it;
- 6) Educate students as physical culture activists

Figure 2. Special tasks in the process of physical culture

The process of physical culture is not a one-year affair. It is possible to achieve certain results in this area of education only through a series of lessons, the content and organization of which is characterized by different areas. Individual tasks are solved in each lesson. The topics taught first and then differ from each other in the way they are connected and structured with each other or parts of the movement, and are carried out according to a defined system.

A characteristic feature of physical educational classes is that it is organized by a specially trained specialist on the basis of a program for several years with a contiguous level of physical development and training, as well as a well-structured schedule. Classes are a systematic and relatively cost-effective,

effective form of physical education, vocational training, and sports specialization. Other typical forms of exercise are radically different from lessons in terms of their periodicity, non-systemic, a-time and individual nature. Often, the above-mentioned forms of training complement the lesson and play an additional role in completing its specific and general tasks.

However, they play an independent role by fully meeting the population's requirements for a certain level of physical culture and sports. Physical education classes involve setting and solving specific tasks that have 3 specific meanings for each lesson, based on the general objectives of the physical culture process, such as teaching, educating, and improving.

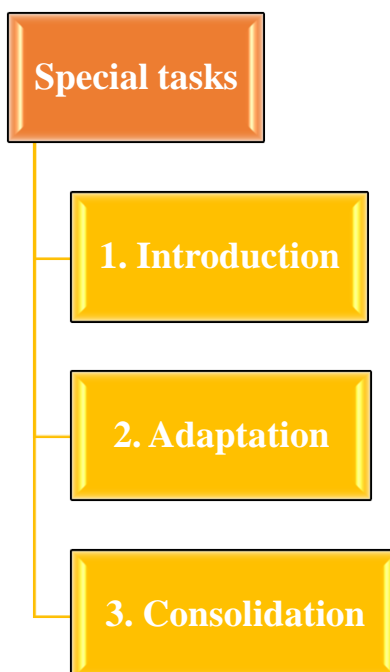


Figure 3. Special functions in physical culture

Educational tasks focus on helping students perform the exercises recommended in the physical education and sports program, reinforcing the exercises learned, as well as developing skills and abilities and applying the learned exercises in a variety of contexts. Consistent performance of educational tasks leads to a consistent and solid study of all learning materials in the physical education program. A relatively long time or a series of lessons is enough to solve some of the tasks of education, and one lesson is enough to solve other types of tasks. For example, it is not technically possible to learn how to climb a rope in a certain way and how to do it in one lesson. This is a common task, and a series of lessons are needed to solve it. In addition, the coordination of movement, physical fitness, ability to master (acceptance) of the trainee depends on the reserve of movement, similar to the movement being mastered.

The experiments led to the following conclusions:

1. Analysis of the existing scientific and methodological literature and pedagogical observations, the results of the interviews show that in recent years there has been an increase in the number of students with different levels of physical fitness. This trend is typical of many higher education institutions in Uzbekistan. Many students are not fully prepared to complete the tasks required by the standard curriculum. This is due to the discrepancy between the physical fitness of a significant number of students and the Alpomish and Barchinoy normative tests performed by them. The situation is exacerbated by the fact that most students do not have the necessary motivation for physical education.

2. The results of the study showed that to date, the optimal form of teaching "Physical Culture and Sports" in Uzbekistan, which meets the requirements of modern lessons, as well as the application of science-based exercises in the educational process optimal paths are not sufficiently developed. Contingent structures are not taken into account in the training modules. As a result, students are not able to meet the Alpomish and Barchinoy test standards. Training in higher education institutions of Uzbekistan on the basis of a set of exercises and teaching methods on the subject of "Physical Culture and Sports" provides a guaranteed education for students and is effective in improving the health of students.

Based on the above conclusions, we have developed the following recommendations:

1. As the gap between the level of physical fitness of students is growing, attention should be paid to the differentiation of the process of physical education. So that every student has the opportunity to make the most of their time.
2. Based on the specifics of teaching the subject "Physical Culture and Sports", it is necessary to make more extensive use of advanced technologies and methods of teaching and coordination methods.
3. Particular attention should be paid to identifying and individualizing the best ways to apply the exercises to the learning process.
4. It is advisable to take into account the contingent structures in the selection of training modules and methods.
5. Based on the general objectives of the physical culture process, it would be

appropriate to add the “Improvement” task to the specific tasks that have 3 specific meanings (introduction, mastery, and reinforcement) used for each lesson.

6. If physical education and sports classes are held 2 hours and 3 times a week, it increases the effectiveness and efficiency of the health process.

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