

ACTUAL PROBLEMS OF IMPROVING THE PHYSICAL FITNESS OF STUDENTS, PROFESSIONAL AND APPLIED PHYSICAL TRAINING

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Abstract

Brief abstract. The question was raised about the actual problems of improving the physical fitness of student youth, where the main problems and solutions were identified. The main needs in physical culture are described. Ways of perfection of physical culture are offered.

Keywords: physical culture, physical fitness, physical training problems, students, problem solving activities.

Introduction

The problem of improving the physical fitness of university students is the most important problem of the state. According to the Education Law, each educational institution must protect the health of students and ensure its qualitative improvement. The educational system is obliged to introduce technologies into its educational activities aimed at preserving the health of students. The high need of society for technologies that strengthen, preserve and develop the health status of university students is due, first of all, to the fact that the level of health is becoming lower every year. This is also noted in the work of T.A. Ilnitskaya, S.V. Sen, T.V. Kovaleva and Z.V. Kuznetsova, "... the percentage of students belonging to the special medical group (SMG) is increasing for 2021 - this is about 57%" [1, P. 166]. The deterioration of working capacity, physical activity, and mental activity of students is a consequence of this problem.

The introduction of the discipline "Physical Education" into the curriculum is the main solution to students' health problems. It helps improve physical fitness and is also aimed at improving the quality of life, providing motivational, functional and motor readiness for future professional activities.

Unfortunately, at the moment, there are a number of shortcomings in the activities of educational institutions, of which the most striking are:

- lack of systematic and professional growth of the student's physical fitness indicators, taking into account the characteristics of his health condition;
- insufficient level of mastering the skills and knowledge of independent physical training of students;



- lack of constant conscious need among students for regular physical exercise aimed at improving their level of health and condition.

Having ideas and knowledge about the general fundamentals of the theory and methods of improving physical fitness, you can qualitatively and effectively improve it in practice, in the process of teaching students. However, knowing only theory will not help you achieve maximum results. To achieve the best results, it is necessary to take a creative approach to the use of methods, taking into account the individual characteristics of the health and physical education of students. To take into account all these features, it is necessary to clearly understand that the process of physical training is an element of physical education and its goal is to teach students to independently improve their skills and improve their level of health. Based on this, a student can be considered physically prepared only when these qualities, such as speed, strength, endurance and others, are developed at one consistently good level. Otherwise, it is called disharmony or deviation from the norm.

The main physical activity is associated with the use of exercises from sports such as athletics, volleyball, basketball and swimming. Swimming is one of the fundamental ones, since almost all muscle groups are involved in it and a large number of physical qualities are developed. In his works devoted to the issue of improving the quality of swimming techniques, Z.V. Kuznetsova, A.A. Klimenko note that “the effectiveness of mastering the basic methods of swimming is significantly influenced by the means and teaching methods selected by the teacher, taking into account the physique, swimming and physical fitness, taking into account the individual characteristics of the students” [5, P. 333]. Adding to this, swimming is a means of preventing diseases. The main health problem for students is considered to be incorrect posture, which is corrected and evenly strengthened by reducing the load on the vertebrae and the skeleton as a whole. It is also worth noting the following sports, in which almost all the muscles of the body are involved in movement and work: skiing and skating.

Strengthened muscle work qualitatively contributes to the training of the respiratory and cardiovascular systems, the development of the heart muscle and chest muscles, improving mood, and a feeling of vigor. Physical education teachers strive to develop physical qualities such as strength, agility, speed, and endurance. A decrease in the level of physical fitness can lead to the following consequences - atrophy of muscle and bone tissue; decreased vital capacity of the lungs; disruption of the cardiovascular system; stagnation of blood in the extremities. A trained student, tired of the work done, is able to quickly restore his strength.

The annual official state statistics on the involvement of students in the process of the discipline “Physical Education” speaks of the results of a survey, where more than 80% of students like physical education classes. Most of them are actively involved in various sports in their daily lives and attended sports classes before entering university. It should also be noted that there are students who give their preference to the spectator form of participation in physical education classes. This phenomenon often occurs among senior students.

The most important decisions on current problems of improving the physical fitness of students at the university:

- introduction of sports aimed at health-improving and corrective effects into the curriculum;
- use of modern technology and equipment;



- creation of conditions for holding intra-university and inter-university competitions and sports days;
- formation of a set of measures that will improve the professional and applied physical culture of the individual;
- development and use of a program for the development of physical qualities in accordance with age standards and individual characteristics of students' bodies

Also, the problems of improving the physical training of students include the fact that the legislation of Uzbekistan does not fully provide a budget account for services for organizing physical education classes. Student sports are not developed at the proper level and there is no regulatory framework for the development of sports among youth.

However, this problem found a solution in the following:

- a system of remuneration for physical education teachers based on the effectiveness of their activities has been developed;
- a system of measures has been developed aimed at the professional training of highly qualified physical education teachers

For the most effective development of physical culture in society, the development of student youth sports in educational institutions of the country, Uzbekistan, together with executive authorities, is actively working in several areas:

- development of measures to support physical culture and sports in universities through the allocation of state budget funds;
- improving measures of state support for the development of physical culture in universities;
- improvement of the physical education system in educational institutions;
- creation of the necessary conditions to ensure the training of the sports reserve.

In order to improve the current situation in the field of student sports, it is necessary to make changes to the current legislation of Uzbekistan, aimed at ensuring and protecting the rights of students to engage in physical education and sports, creating legal guarantees for the functioning and development of student sports; add the item "Efficiency of the physical education system" to the list of accreditation indicators of the university's activities when passing the certification procedure.

Physical fitness tends to quickly be lost if it is not maintained independently and regularly. With age, this becomes more pronounced, as the necessary motivation and time cease to exist. The solution to this problem is the formation of stable views and motives for physical improvement for each individual. At student age, it is typical to quickly achieve high rates of growth in physical potential, since the student's body is growing, it can easily adapt to the required load. Therefore, it is necessary to pay special attention to the formation of personal incentives for physical improvement. The main directions of a student's physical training during this period are increasing strength and endurance, achieving a high level of coordination of movements.

An important national problem is improving the physical and professional preparedness of students. In the twenty-first century, the technological development of society has posed a new problem of proper mental and physical health of a person. The improvement of technology, the introduction of computers into our lives now makes it possible for technology to do the work



that people previously did on their own without the help of technology and new technologies. As a result, people began to lead a sedentary lifestyle, and the amount of activity requiring physical labor decreased significantly. At the same time, as studies show, a decrease in muscle activity is very noticeable in many areas of work. Therefore, no matter what specialty students study, physical activity is very necessary for them.

The urgency of the problem is that young people nowadays are physically unprepared. There is also a clear lack of professional and applied training [1]. Therefore, it is very important to improve the physical education teaching system in higher and secondary educational institutions. And any educational institution should promote the physical development of young people, improve their health, and strengthen their body. This is also stated in the Education Law.

The educational system includes the introduction of technologies into the learning process that help preserve the health of young people and students. This is primarily due to the fact that recently the health of young people has declined significantly. Methods and means of physical education are used on the basis of research that is carried out in order to identify what exactly contributes to the formation and improvement of motor skills.

“Physical education” as a subject contributes to the physical training of students, provides them with physical activity, and helps them choose a professional activity with the help of certain norms and rules.

In order to properly organize physical activity in physical education classes, you need to know the theoretical part of this process, which is the basis of the work. The result of the work depends on the correct application of this theory in practice, that is, in the physical education classes themselves.

The main goal of working in physical education classes is to teach the student to exercise independently in his free time. A physically fit person is a person who has developed speed, endurance, flexibility, and strength. And the most important thing is that all these qualities must be combined harmoniously in a person. The basis of physical training is systematicity. All physical training sessions must be completed regularly.

Greater physical activity can be obtained in athletics, volleyball, basketball, and skiing. During classes, muscles work, the performance and endurance of the body increases. Teachers work on students' agility, strength, speed and endurance. To develop these qualities, teachers use various exercises that contribute to the development of these physical qualities in students, and conduct active games and competitions. At the same time, the teacher must remember that students should find the lesson not only useful, but also interesting. All programs in higher and secondary educational institutions are compiled taking into account the age groups of students and, accordingly, the physical capabilities of children of a particular age.

If you do not pay attention to the physical activity of students, they will begin to experience muscle atrophy, a decrease in vital capacity, disturbances in the functioning of the cardiovascular system, stagnation of blood in the extremities and many other diseases and problems.

A study was conducted in Uzbekistan, according to which it was found that eighty percent of students like physical education classes. And it is active activities that attract them most. To



the question: "Why?" students responded that it was fun, interesting, they could communicate with fellow group members, sometimes there was an opportunity to meet interesting guys from other groups, and in such classes they could relax.

But if physical activity is not maintained independently outside of school, it will quickly be lost, and the final result will never be achieved. The student will not receive any effect.

Therefore, the main task of such classes is to develop student motivation for physical education. The main directions of increasing a student's motivation for classes is to show their results in a short period of time: increasing endurance, strength, speed, etc. If a student sees the results he has achieved over a certain period of time, he will be interested in moving on. He will be able to set himself new and new goals that he will strive to achieve. Of course, a teacher should help every student with this. Thus, in order to increase students' activity in class, it is necessary to increase their motivation for these activities. This can be helped not only by lessons and activities, but also by the method of involving students in sports events, where students can show their results, which, of course, has a positive effect on their health.

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