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METHODS OF CONDUCTING SCIENTIFIC CREATIVE WORK OF STUDENTS IN THE FIELD OF PHYSICAL CULTURE

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Abstract
This article is written about the methods of scientific and creative work of physical culture students. In this, the purpose and direct tasks of the scientific-theoretical research occur in a number of individual phenomena, opinions and considerations are given about the laws of the emergence, operation, and development of such phenomena.

Keywords: Method, physical culture, student, science, creativity, research, specialization, personality, education, direction, modernization.

Introduction

Since the emergence of humanity on a global scale, man has been changing the world on the basis of his scientific and creative research and has been manifesting himself as a creator, inventor, and discoverer.

The scientific research process, which is a special form of scientific creativity, has a unique methodological character. It is manifested in the extent to which the subject knows the phenomena of existence. From this point of view, it encompasses scientific research work, general concepts of a heuristic nature. After all, in the process of scientific research, the subject actively, consistently influences the object. In the process of this influence, a person changes the environment in which he surrounds himself, creates or discovers something previously unseen, unintelligible, unknown, strange and attractive. In this sense, activity, a necessary condition for the existence of human society, reflects the behavior of a person aimed at qualitatively changing the world according to his own goals.

DISCUSSION

Scientific research is the ability of a person to constantly be ready to understand the changes in himself and his surroundings, to think in a new way, to come out of his shell. The desire to invent new things reflects the theoretical state of a scientist.

Today, many scientists are studying theoretical and practical issues of science on a scientific basis. In our opinion, it is important to combine theoretical ideas with practice, to make discoveries and use the experience of great scientists in making inventions. Because in the process of scientific research, an individual or a team creates an innovation that affects the progress of society.

On the basis of the fundamental reforms being carried out in our country, government decisions on measures to prepare high-quality personnel for the education system and improve the quality and efficiency of their scientific, creative and research work are of great importance. In this regard, the modernization of the methods of organizing and implementing scientific research work of students in the field of physical culture in a way that fully meets the requirements of the time is one of the urgent tasks of today.

There are some distinguishing aspects of the scientific creative work of students in the field of physical culture, which are presented below.

These are:

- the correct definition and formulation of the tasks set in accordance with the purpose of the process being carried out;
- the focus of scientific creative work on creativity in searching for the basis of a new idea, on implementing the idea in practice, on putting forward specific tasks, on illuminating the problem being studied in a new interpretation;
- the systematic implementation of scientific research work: that is, the consistency of the sequence in the organization of the research idea itself and its results;
- the clear substantiation of the collected data, work done, recommendations and conclusions.

The goal and direct tasks of scientific and theoretical research are to reveal the laws of the emergence, functioning, and development of a number of individual phenomena, that is, to penetrate into their deep essence.

The main tools of scientific research are a set of scientific methods that are comprehensively based and combined into a single system; concepts that are interconnected and form the specific language of science, are considered as a set of strictly defined terms. This is due to their importance in the activities of students conducting scientific research in the field of physical culture education.

Methods of scientific knowledge in the field of physical culture can be divided into general and special. Many specific problems of certain disciplines taught in the field of physical culture, and even individual stages of their research, require the use of special solution methods. They are studied, developed and improved in specialized and general professional disciplines. They directly serve to improve the education system, namely the process of preschool and school education, the system of vocational education and academic lyceum physical education classes. Because, in terms of scientific research, they are determined by the problem of the object being studied.

General methods of scientific research in the field of physical culture are usually divided into three large groups:

1) empirical research methods (observation, comparison, measurement, experiment);
2) methods used at both the empirical and theoretical levels of research (abstraction, analysis and synthesis, induction and deduction, modeling, etc.);
3) theoretical research methods (moving from abstract to concrete, etc.).

In conducting scientific and creative work in the field of physical culture education, the modernization of the above-mentioned scientific research methods and the improvement of this activity are of great importance.

CONCLUSION

In conclusion, it can be said that on the basis of the fundamental reforms being carried out in our country, it is necessary to prepare high-quality personnel for the education system and improve the quality and efficiency of their scientific and creative and research work. One of the main conditions for the formation of scientific creativity, which is one of the components of physical culture education, is an integrated process of theoretical and practical training using innovative methods during the educational process and independent learning.

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