

INSTITUTIONS OF HIGHER EDUCATION PEDAGOGICAL JUSTIFICATION OF INCREASING THE EFFICIENCY OF PHYSICAL EDUCATION LESSONS

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Abstract:

This article discusses the features of the organization and conduct of physical education and sports in the field with such indicators as physical training of students in technical universities, passing test standards in the process of physical education, anthropometric indicators, heart rate. The relevance of the topic, goals and objectives are based on a scientific point of view and skillfully moving forward.

Keywords: physical culture and sport, body, exercise, healthy lifestyle, skills, physical culture, development, popularization, speed, agility, flexibility, endurance, strength, physical training.

INTRODUCTION

The development and popularization of physical education and sports is considered one of the priority areas in our republic. It is important to increase and realize the creative and intellectual potential of the young generation, to form a healthy lifestyle, and to involve them in physical education and sports. In this regard, the second of the five important initiatives of the President to raise the morale of young people and organize their free time in a meaningful way, "Physical training of young people, and the creation of necessary conditions for them to show their abilities in the field of sports, is also effective." For example, our port students are taking prizes in prestigious international competitions. Physical fitness of students plays a big role in success. Because it is no secret that victory in every sport is achieved mainly through the overall preparation of the athlete. Action and national action games serve as the most effective means of comprehensive training of students. However, no special studies have been conducted on the improvement of technologies for increasing the efficiency of physical training of students of technical higher educational institutions. Scientific-pedagogical justification of the application of sports, movement and national movement games to the process of training in improving the physical efficiency of students is one of the urgent problems of physical culture and sports [1, 2, 7, 10].

According to the results of the analysis of scientific and methodical literature, sports training helps children to get rid of the feeling of boredom, improve the emotional state of the participants (situational and personal anxiety), delay the onset of fatigue, form motivation for the chosen sport, movement skills, develop physical qualities, active games is recognized by

mature experts in the field as an effective tool. However, no special studies have been conducted to determine the standards of intensity and size of games and to improve the training system of teenage wrestlers. The same aspects motivated the choice of the research topic. The research is aimed at the development of suggestions and recommendations for improving the technologies for improving the efficiency of physical education classes of the higher educational institution.

In this process, it is envisaged to solve certain tasks. In particular, in higher educational institutions of our country, including Tashkent State Transport University, to determine the role of physical education training for students using wrestling (national movement games); improving physical fitness of students, 1st stage (stage) students to study their interest (motivational) interest in physical education and sports training;

To determine the initial level of physical fitness of students enrolled in the period from 2022 to 2023 and their effectiveness after starting to participate in training according to the current program;

Struggle for students of the 1st stage (stage) - development and effectiveness of the variable part of the physical education program using sports;

determining the rate of growth of students' endurance qualities, physical and functional readiness, physiological state of the organism ;

to determine the physiological state of the students' body and the rate of recovery during the pedagogical experience aimed at improving the technologies of improving the physical fitness of students ;

improvement of students' physical training technologies [1, 2, 7, 10].

It is worth noting that the purposeful use of some sports allows to achieve high levels of physical fitness and to acquire professional qualities of a person.

Today, football, basketball, wrestling and similar sports are becoming widely popular among students of technical universities. The use of these types of sports helps to increase the physical fitness of students of the higher educational institution. Through these types of sports, first of all, the physical development of students improves and their interest in sports increases.

A comprehensive approach to the development of physical training issues is important, in which circular training as the main tool helps to develop students' physical qualities evenly. Experience and research show that global physical loads aimed at health are mixed and have the potential of an aerobic character.

In order to evaluate the physical qualities of students of the 1st stage of the Tashkent State Transport University, we studied the results of the control exercises over the last three years according to three indicators: speed, strength and general endurance.

Based on the analysis of the results of the test exercises, it should be noted that the general physical fitness of the students admitted to Tashkent State Transport University (2022 to 2023) (100 meters, 3000 meters) is extremely low. This indicates that the health and physical fitness of schoolchildren is not at the required level according to general indicators.

The dynamics of the results of physical training of students for three years (2022-2023) show that the effectiveness of physical education and sports training has increased. Because in this period 100 m. the results of running decreased from 13.98 to 13.96 s, the results of 3000 m

running increased **from** 818 to 812 s ($P>0.05$), the result of pulling on the horizontal bar increased from 0.7 times (10.6 times) to did

The level of health of entrants of 2022 and 2023 is lower than the results of medical examination of students of the 1st stage.

The number of students in basic groups decreased by 16.2% in 2020 compared to 2021, and in special medical groups it increased by 12.7% or almost 2 times [1, 2, 7, 10].

Distribution by different groups (percentage), it takes a special place in the development of students' interest in physical education and sports activities. Therefore, it is very important to analyze incentives that have a significant effect on involvement in this process in experiments conducted with students of the 1st stage on physical education activities:

1) The majority of students (78.7%) have a positive attitude to physical education and sports and highly appreciate the social importance of physical culture in the life of society and its level in personal development. They consider the promotion of human health as the main value. In fact, only 22% of students are actively engaged in physical education and sports activities.

2) The content of the experimental program and the methodological features of training in groups of students is to improve the quality of physical education exercises, to conduct them in the form of competition and games, as well as the objective factors such as the choice of sports, with emphasis on sports games, wrestling and national movement games, and the students' physical education and sports has a great impact on the level of interest [1, 2, 7, 10]. Physical education has always been one of the means of preparing a person for work and adapting him to the social environment. The process of preparing students for future professional activities (physical component) is considered as a complex self-management system.

The distribution of students based on personal indicators of physical fitness (in percent) is as follows: the students of the experimental group (TG) actively participated in all competitions held at the faculty and university, while the students of the control group (NG) were lax in this regard. In the 2022/2023 academic year, the team of the Faculty of Economics became the winner, and in the 2022/2023 academic year, they won the second place in the competition held between higher education institutions. The team of this group took the 2nd place in the championship of the mini-football competition of the Faculty of Economics, and the fourth place among the faculty groups in basketball. "Transportchilar" sports club became the prize-winner among the sports teams of TG students two years in a row. Also, the institute was named the best team according to the results of spring athletics. Students of the second stage took 1st place among the boys' teams of the Faculty of Economics in the spring athletics relay. TG students continue to independently engage in physical education and sports activities. It can be concluded that the results achieved by the students in physical training during two years are lower than the initial level of the students of the program on physical education and sports. This shows that the effectiveness depends on the quality of training and the attitude of students towards physical education and sports.

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