

FEATURES OF THE METHODOLOGY OF PHYSICAL EDUCATION CLASSES AT THE UNIVERSITY

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Abstract: Solving specific tasks, the physical education of students at the same time plays a significant role in the moral, volitional and aesthetic development, makes a significant contribution to the training of highly educated and comprehensively developed specialists.

Key words: Sports, training, healthy lifestyle, active recreation, physical culture, physical education, professional and technical actions.

The role of physical education and other forms of directed use of physical culture in universities is multifaceted. Technological progress, the rapid development of science and the ever-increasing amount of new information needed by a modern specialist make the student's educational work more intense and stressful. Accordingly, the importance of physical culture increases as a means of optimizing the mode of life, active recreation, maintaining and improving the efficiency of students throughout the entire period of study at the university. Along with these means of physical culture, general and special physical training is provided in relation to the conditions of the future profession.

Increasing the role of the directed use of physical culture means during the period of training at the University of Specialists is due, in particular, to the fact that the work mode of a student is characterized by inactivity, the uniformity of the working posture. Physical exercise under these conditions is the main factor in counteracting the negative effects of physical inactivity, as well as mental and neuro-emotional stress. At the same time, the time spent on physical exercises is compensated due to an increase in overall working capacity, including mental one.

The purpose of physical education of students is the formation of physical culture of the individual.

Tasks of physical education. In the process of physical education of students, the following main tasks are solved:

- health promotion by means of physical culture, formation of the need to maintain a high level of physical and mental performance, self-organization of a healthy lifestyle;
- development by students of theoretical knowledge, sports and applied skills and abilities;
- increasing the level of physical fitness;
- improvement of psychomotor abilities, providing high performance of professional and technical actions;
- creation of a systemic complex of knowledge, theoretical foundations and practical skills for students to realize their need for motor activity and physical improvement at work, at home, in the family and rational organization of free time with the creative development of all the values of physical culture;
- creation of conditions for the full realization of the student's creative abilities;
- moral, aesthetic, spiritual and physical development of students in the course of the educational process, organized on the basis of modern general scientific and special technologies in the field of theory, methodology and practice of physical culture and sports.

To conduct physical education classes, all students in each university are divided into educational departments: basic, special and sports. The distribution is carried out at the beginning of the academic year, taking into account gender, health status, physical development and sports and technical preparedness, and the interests of students. Based on these indicators, each student enters one of the three

departments for the compulsory course of physical education. Each department has a specific content and target orientation of classes.

In the main educational department, students are assigned, according to the results of a medical examination, to the main and preparatory medical groups, i.e. not having deviations in the state of health, but physically poorly prepared.

Classes in the main educational department are characterized by a focus on the comprehensive physical development of students, increasing the level of their general physical, professional and applied fitness, as well as the formation of an active attitude and interest in physical education and sports.

They have a pronounced complex focus with an emphasis on the development of aerobic endurance, since it is this that provides an increase in overall physical performance and the activity of the cardiovascular and respiratory systems. Due attention is paid to the development of strength and coordination abilities, teaching the technique of movements within the framework of both general and professional-applied orientation. The training methodology is predominantly educational and training in nature.

Special Education Department. Students who have certain deviations in the state of health of a permanent or temporary nature are enrolled in the department according to the indicators of a medical examination.

Classes in a special educational department are characterized by a health-improving and rehabilitation orientation. At the same time, to the best of the students' abilities, the general tasks of the course of physical education are solved. General preparatory gymnastics and strictly dosed walking, running, skiing, swimming are used as the main means. Depending on the nature of the restrictions, volleyball, basketball, cycling, tourism and other means are included.

Students of the special department in an expanded volume master the program material on the use of physical education in health-improving and hygienic aspects, in the theoretical section and the organizational training section, and also acquire knowledge and skills of self-control.

Taking into account the relatively low level of general physical performance of students of a special educational department, it is advisable for them to increase the number of classes in the course of physical education, reducing their duration. At the same time, it is necessary to carefully dose the load in exercises that require the manifestation of endurance, to exclude exercises associated with prolonged breath holding, straining, and acute oxygen deficiency.

The methodology for regulating loads should be distinguished by careful individualization, especially strict proportionality with the functional capabilities of the body, and the complete exclusion of forcing moments. This is expressed in the lengthening of the preparatory and final parts of the lesson, the exclusion of exercise methods with rigid rest intervals, and the relatively low motor density of classes. Competitions in this department are held with significant restrictions and with the emphasis, mainly, on the technically correct execution of exercises.

A significant part of the students of the special department usually needs to establish proper breathing and directed influence on the functions of the cardiovascular system, for which special breathing exercises and exercises that expand the body's aerobic capabilities are used. It is also necessary to pay special attention to the restoration or formation and consolidation of the skill of rational posture.

Sports training department. This department enrolls students who have received a sports qualification before entering the university or who are sufficiently well prepared to begin sports specialization. Classes in the department are aimed at achieving results in the chosen sport.

The system of classes in the sports training department is built in accordance with the basic laws of the process of sports training. At the same time, the specific features of the structure and content of the training of student athletes reflect the features of the periodicals of the educational process (the division of the academic year into semesters, session and vacation periods) and other working conditions in higher education. So, in many cases, it is advisable to build the training process in the form of semi-annual or "double" cycles, timing them to study semesters so that

the stages of training with increased loads and the stages of the main competitions do not coincide with the periods of the sessions, but precede them or fall on vacation time. It is necessary to try to observe this rule also in those cases when the training process is built in the form of annual cycles. The preparatory period of training is then often combined with the first semester, and the competitive period is combined with the winter holidays, the non-session part of the second semester and the beginning of the summer academic leave. Considering that the accumulation of physical and intellectual loads can adversely affect the mental performance of students, it is necessary to plan a decrease in the intensity of training sessions during the session. It is recommended, in particular, to use exercises that are characterized by moderate intensity, which allows, on the one hand, to avoid excessive accumulation of training and academic loads, and on the other hand, not to reduce the level of physical fitness.

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