

OPTIMIZATION OF THE EDUCATIONAL PROCESS FOR PHYSICAL EDUCATION OF GSPI STUDENTS

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ANNOTATSIYA. Maqolada xususiyatlarni aniqlash masalasi ko'rib chiqiladi.

Omgtu talabalari orasida jismoniy tarbiya va sport sohasidagi dunyoqarash. Insonning jismoniy sifatleri sifatida kuch, egiluvchanlik va chidamlilik haqidagi nazariy bilimlar va tasavvurlarni tahlil qilish shuni ko'rsatdiki, talabalar bir nechta ma'no darajalarini ajratib ko'rsatishadi, ularni o'z navbatida bir nechta kategorik guruhlarga birlashtirish mumkin.

Kalit so'zlar. Dunyoqarash, kuch, moslashuvchanlik, chidamlilik, salomatlik, jismoniyвоспитание, физические упражнения.

Abstract. The article deals with the issue of identifying the features of worldview in the field of physical culture and sports among students of omstu. The analysis of theoretical knowledge and ideas about strength, flexibility and endurance as physical qualities of a person showed that students distinguish several semantic ranks, which can be grouped into several categorical groups.

Key words: outlook, strength, flexibility, endurance, health, physical education, physical exercises.

Introduction. Modern people experience great mental and psychological stress, especially in connection with the transition to new programs. Today, the working and school day is packed to the limit, and there is less and less time for active recreation.

It is easy to see the need to switch physical and mental exercises. It is often heard that a student does not want to study because physical exercise prevents him from focusing on more intellectual subjects. Students also know that any monotonous action is tiring [1].

The purpose of the study. Before the start of the pedagogical experiment, in order to identify the peculiarities of the worldview in the field of physical culture and sports at the technical university, a survey of first-year students of the Faculty of Information Technology and Computer Systems of the GSPI was conducted. 30 people participated in the study.

1. What is endurance?
2. What is power?
3. What is flexibility?

Organization of research. During the experiment, in order to identify the level of physical fitness of GDPI students, testing was conducted, in which 30 people participated. Testing was conducted in 2 days. The students were offered 3 tests showing their level:

- 1) Endurance (1000m running);
- 2) the strength of the muscles of the anterior abdominal wall (abs exercise);
- 3) flexibility (leaning forward from the bench) [4].

The results of the study. The analysis of theoretical knowledge and ideas about strength, flexibility and endurance as physical qualities of a person showed that students identify several semantic ranks, which can, in turn, be grouped into several categorical groups.:

1. Strength, flexibility, endurance as the ability to perform certain movements was defined as the body's ability.

2. Strength, flexibility, endurance as the general state of the body, the state of good health – the state of the body.

3. Strength, flexibility, endurance as an activity, performing various exercise, sport – process, type of activity.

4. Strength, flexibility, endurance as a ratio to the shape of muscles, the level of physical fitness – as a result.

5. Strength, flexibility, endurance as courage, willpower, bravery, bravery – as a character trait.

Analyzing the data obtained, we can say that the correct idea of 48.4% of respondents have "strength" as a physical quality, for 35.9% of respondents "strength" is associated with achieving a result, that is, with appearance, musculature, tall stature, etc. 15.7% found it difficult to answer. 46.5% of students defined "flexibility" as a physical quality; 20.8% of respondents generally they have no idea about this physical quality; 33.7% of respondents associate flexibility with the result (beauty, toned figure, beautiful gait, smooth movements). As for the physical quality "endurance," no one had any difficulty answering, but students at the technical university do not perceive endurance as a physical quality of a person. 67.9% of the respondents showed that endurance is a property of character (endurance, willpower, etc.)

Subsequently, a group of subjects (30 people) studied for 3 months (25 classes) according to the program, which was based on our experimental method. To implement the mental component, a certain emphasis was placed in the course of practical classes, and students were interviewed about the physical qualities of a person – "strength", "endurance", "flexibility".

The process of studying at the university is constantly becoming more complicated and requires significant mental and neuropsychiatric stress from students. Only a well-physically trained person can successfully resist it.

Physical development, mastery of knowledge, improvement of thinking, self-awareness in physical education should act as the core of the comprehensive development of the student's personality.

There is a close connection between mental and physical development of a person. Mental growth requires appropriate physical development [3].

When rebuilding the physical education and teaching process, one should focus on the following leading ideas:

1. A "difficult goal" is one that ensures the development of strong-willed qualities, personal responsibility, and faith in the ability to overcome difficulties.
2. "Support" – allowing any student to consistently advance in their studies.
3. "Getting ahead of the curve" – consisting in the accelerated development of the strongest,

most

students who are capable in this type of activity.

4. "Large blocks" – allow to assimilate the main essential concepts, connections, to master the "systems" of means and methods of physical culture, which helps to increase the volume of assimilated material and reduces the burden on the student.

5. "Introspection" – allows the student to independently assess personal physical fitness, plan the load [2].

We also used the method of the student's motivational interest in getting physical activity.:

1. Motivation for self-improvement. The wording is: "If I am healthy, I will be able to climb to a higher rung of the social ladder." This motivation is very significant in the new millennium, when it

is necessary to be competitive in order to achieve a high level of public recognition. A healthy person has a better chance of success!

2. Motivation of the opportunity to maneuver. The wording is: "If I am healthy, I will be able to change my role in the community and location at my discretion." A healthy person can change professions, move from one climate zone to another, and feel free regardless of external conditions. In the new millennium, the transition of physical education in higher education institutions to new curricula and a comprehensive education program is especially important, the search for effective methods of teaching and upbringing, in turn, necessitated the creation of new means for practical and intellectual learning, active motivation of students to engage in physical education. At the end of the pedagogical experiment, repeated testing was conducted to identify the level of physical fitness and an oral survey, during which students showed knowledge about the basic physical qualities of a person. According to the survey results, scores were given: 63.4% of students showed excellent knowledge, 28.6% – good; 7.1% – satisfactory. To determine the amount of increase in terms of physical development (endurance; flexibility; strength) we used Brody's formula. The highest growth rates were found in flexibility – 6.3% . The increase in the strength of the anterior abdominal wall was 3.7%. The increase in endurance performance was 1.2%. Conclusion. The results of the pedagogical experiment confirmed that the use of a set of techniques for managing the educational process of physical education, including determining the optimal ratio of mental and physical components of the formation of the need for physical self-improvement of students; the development of an optimized model of the educational process in physical education, clarifying the orientation and content of the motor and intellectual blocks of the educational process proved to be quite effective.

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