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РИВОЖЛАНТИРИШ ВАЗИРЛИГИ
ЎЗБЕКИСТОН ДАВЛАТ ЖИСМОНИЙ
ТАРБИЯ ВА СПОРТ УНИВЕРСИТЕТИ
ЖИСМОНИЙ ТАРБИЯ ВА СПОРТ ИЛМИЙ
ТАДҚИҚОТЛАР ИНСТИТУТИ**



**“МИЛЛИЙ СПОРТ ТУРЛАРИ, ЭТНОСПОРТ ВА УНИНГ
НАЗАРИЙ-АМАЛИЙ МУАММОЛАРИ”
ХАЛҚАРО ИЛМИЙ-АМАЛИЙ АНЖУМАН**
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Саидовичнинг 90 йиллигига бағишланади**)
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**МЕЖДУНАРОДНОЙ НАУЧНО-ПРАКТИЧЕСКОЙ КОНФЕРЕНЦИЯ
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ТЕОРЕТИЧЕСКИЕ И ПРАКТИЧЕСКИЕ ПРОБЛЕМЫ”**
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Усманходжаева Талъат Саидовича)
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September 17, 2022

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Yuklama tugagandan so'ng olingan YUQCH miqdori (107,3 zarba/daq) 5 min. o'tgan $95,6 \pm 4,67$ zarba/min.gacha tushdi. Demak, pulsining tiklanish darajasi 11,7 zarba/min.ni tashkil etgan. Qayd etilgan ko'rsatkichlar dinamikasi nisbatan kamroq ifodalangan bo'lsada, keskin zarba berish aniqligining yaqqol tushib ketganligi kuzatildi (3-jadval). Chunonchi YUQCH tinch holatda $82,1 \pm 4,97$ zarba/daqiqani tashkil etdi. Yuklamadan so'ng YUQCH $107,9 \pm 4,78$ zarba/daq.gacha ko'arildi. Oradan 5 daqiqa o'tgach YUQCH $95,6 \pm 3,16$ zarba/min.gacha pasaydi. YUQCH ning birinchi va ikkinchi ko'rsatkichlari o'rtasidagi farq 11,7 zarba/min.ga teng bo'ldi. Pedagogik tajriba davomida o'z mashg'ulotlarida biz tomonimizdan ishlab chiqilgan noan'anaviy mazmunli mashqlar (o'zgaruvchan yo'nalishda tezkor yugurish, bosh va tanani aylantirish mashqlarini muntazam qo'llab kelgn TG da yurakning ritmik qisqarish funksiyasi borgan sari tejamli ishlash asosida yuklamalarga asoslanib bordi. T – test natijalarini oladigan bo'lsak Dastlab olingan natijalar nazorat guruhida 14.74 ni ,tajriba guruhida esa 14,60 ni ko'rsatdi $\pm 0,14$ guruhlar natijalari deyarli farq qilmaydi. 2 chi marta natijalar olinganda esa nazorat guruhi 14,62 tajriba guruhi esa $13,78 \pm 0,84$; Yakuniy nazoratdan so'ng esa nazorat guruhi 14,05 tajriba guruhi esa 12.30 soniyani ko'rsatdi oradagi farq ham sezilarli 1,75 soniyani tashkil qildi. Bundan kelib chiqadiki biz bergan mashqlar yosh gandbolchilarning jismoniy tayyorgarligiga sezilarli natijaga erishdilar.

Foydalanilgan adabiyotlar ro'yhati:

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SCIENTIFIC BASIS OF INCREASING THE PHYSICAL ACTIVITY OF STUDENTS

НАУЧНЫЕ ОСНОВЫ ПОВЫШЕНИЯ ФИЗИЧЕСКОЙ АКТИВНОСТИ СТУДЕНТОК

ТАЛАБА-ҚИЗЛАР ЖИСМОНИЙ ФАОЛЛИГИНИ ОШИРИШНИНГ ИЛМий АСОСЛАРИ

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Key words: *Students, physical education, modular training, specialization, physical activity.*

Ключевые слова: Студенты, физическое воспитание, модульное обучение, специализация, физическая активность.

Introduction. Today, a significant number of scientific studies are devoted to solving urgent problems of physical education of student youth. One of the most important problems is the state of physical health of modern young people. According to special monitoring data, only about 10% of young people have a level of physical development and health close to normal. A sharp increase in cardiovascular and musculoskeletal diseases has been recorded, which is largely due to the insufficient level of physical activity of young people. In general, about 50% of young people with 2 - 3 different diagnoses of diseases come to higher educational institutions, and only about 15% of graduates can be conditionally considered healthy people [1].

It is noted that today teachers of the departments of physical education orient students only to passing the test in the subject, and not to the need for the formation of special knowledge, skills, competencies, norms of a healthy lifestyle, strengthening the level of their health, etc., therefore, qualitative changes are needed in the structure and methods of conducting physical education lessons in universities in order to correct the current situation [2]. All of the above forms the relevance of this work.

Materials and methods. One of the ways of introducing qualitative and structural transformations into the educational process of physical education of students is to change the form and methodology of the conducted classes in order to increase the level of development of physical qualities, improve health, and prepare for the upcoming labor and social activities. Such (modified) modern forms of conducting training sessions in the discipline "Physical culture" include: specialized classes in selected sports (sports specializations), modular training of students, individual programs. A comparative analysis of the effectiveness of conducting training sessions on these forms in the context of increasing the level of development of physical

qualities and functional readiness among students forms the scientific novelty of the research. [3].

Modular training programs are based on the sequential development of students' basic motor skills: walking, running, skiing, swimming, etc. Classes with students are held in different, sequentially following one after another, modules. As a rule, 1 semester includes: athletics, gymnastics, sports games (football), 2 semesters: athletics, swimming, sports games (volleyball, basketball). The modular training system includes blocks of training sessions (the number of classes is 18 for each block), theoretical, methodology, practical training and mandatory acceptance of control and technical standards. Today, this form of study prevails in most of the higher educational institutions of our country. [4].

The practice of physical education shows that the effectiveness of physical training will be high only if physical activity is individually dosed, taking into account the level of health and physical fitness of a person. [5]. Individual physical education programs for students are designed for young people who, for health reasons, belong to the main and preparatory group, but for any reason (recovery from illness, insufficient level of physical development, etc.) cannot perform physical activity in full volume. [6]. These programs are based on the methods of intensive physical and functional training of young people with mandatory control over the level of students' health. Thus, the total volume and intensity of physical exercises is limited by the functional state of the trainees, and does not depend on the subjective opinion of the teacher [7].

In the light of the above, the authors of the article decided to conduct research that determines the quality of the level of physical and functional training of young people attending various forms of physical education classes in universities. The aim of the research was to identify the most effective, in terms of increasing physical qualities, forms of training. The research was carried out at the Samarkand State University (sports specialization and the Uzbek State Institute of Arts and Culture (modular training and individual programs). The research involved 300 young male - students of the 1st year of study (20 people selectively from each form of education). The choice of the studied students was carried out arbitrarily using computer programs.

When conducting research on the effectiveness of modern forms of the educational process in the discipline "Physical education and sports", the authors used a set of control tests and tests that are widely used to assess the level of physical and functional state of students. We studied: the level of strength development (the number of pull-ups on the bar), the level of speed development (time to overcome 100 m distance), the level of flexibility development (forward bends in a sitting position), functional readiness (time to overcome 3000 m distance, squat test). It is believed that the results of these tests will most fully and accurately indicate the physical form of a person [8].

Results. In the course of the research, data were obtained on the increase in the level of development of physical qualities and functional readiness of students. Students engaged in sports specialization programs and students of the modular form

of education slightly (according to the Student's t-criterion) improved their level of training.

The discussion of the results. The data obtained by the authors indicate that the teachers of the departments of physical education can choose the most suitable form for them (from the climatic, material-technical and other aspects) of conducting training sessions with students. Students of all studied forms of education demonstrate an increase in the level of development of physical qualities and motor abilities. However, according to research data, there is no significant increase. According to the authors, this fact can be explained by the fact that students attending modular training classes spend a significant part of their time learning technical actions and techniques to the detriment of the development of physical qualities. Students attending classes in the form of sports specializations, on the contrary, concentrate their time on the development of any one quality (swimmer - endurance, track and field athletes - speed, etc.). With a selective determination of indicators of other physical qualities, the development of which has not been given due attention, it can be found that the increase may be small. An increase in the level of functional readiness for physical activity was also recorded in students of all forms of education, but a statistically significant increase in the Student's t-test ($P < 0.01$) was recorded in students studying according to individual programs.

Conclusions. The authors' studies of the effectiveness of various structural forms of physical culture lessons among university students show:

1. There was no significant advantage of any one structural form of conducting classes over others in the development of students' physical qualities. An increase in the level of development of physical qualities is demonstrated both by students pursuing programs of various sports specializations and pursuing modular training programs, as well as students pursuing individual programs. Consequently, for the effective development of students' physical qualities, teachers of the departments of physical education can use various forms of conducting training sessions or combine them.
2. An increase in the level of functional readiness is also demonstrated by all the studied students, but reliably significant changes occurred among students of the individual form of education. If the differences were unreliable for students studying in specialization programs and modules, then for students of the individual form the reliability was $P < 0.01$. Therefore, from the point of view of efficiency, the individual form of training is most suitable for increasing the level of functional training of students.

In conclusion, the authors want to note that the most promising form of organizing the process of physical education is the individualization of the educational process, taking into account the level of the physical and functional state of young people. This form allows (in contrast to specializations and modular training) to involve students with different levels of physical and technical training, as well as students of special medical groups, in practical classes.

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16-17 ЁШЛИ ФУТБОЛЧИЛАР ТЕХНИК-ТАКТИК ҲАРАКАТЛАРНИНГ САМАРАДОРЛИГИНИ ОШИРИШ

ПОВЫШЕНИЕ ЭФФЕКТИВНОСТИ ТЕХНИКО-ТАКТИЧЕСКИХ ДЕЙСТВИЙ ИГРОКОВ 16-17 ЛЕТ

IMPROVING THE EFFECTIVENESS OF TECHNICAL AND TACTICAL ACTIONS OF PLAYERS AGED 16-17

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Калит сўзи: техник-тактик ҳаракатлар, айланма машғулот, машғулотларни ташкил этиш.

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