

THE ROLE OF PHYSICAL EDUCATION AND SPORTS TRAINING OF STUDENTS

Utepbergenova Nursulu Beketovna

3 years students, Undergraduate degree

Nukus State Pedagogical Institute named after Ajinyaz

(Nukus, Republic of Karakalpakstan)

+998913061065

@beketovnas1@gmail.com

Physical culture is presented in higher educational institutions as an academic discipline and one of the most important components of the holistic development of the individual; it is included as a mandatory section in education, the significance of which is manifested through the formation of such universal human values as health, physical and mental well-being, and physical perfection.

The goal of physical education of students is the formation of physical culture of the individual and the ability to purposefully use a variety of means of physical culture, sports and tourism to preserve and strengthen health, psychophysical training and self-preparation for future professional activities.

Physical education in the academic work mode of students is regulated by curricula and programs that are developed and approved by the Ministry of Higher Education of Uzbekistan. The state program of physical education determines the required amount of physical education knowledge, motor abilities, skills and the level of development of physical qualities for students.

Sociological studies show that, in general, student youth have a positive attitude towards sports and physical education. At the same time, the majority of boys and especially girls have not developed physical education and sports interests and the need for active motor activity. This, in turn, negatively affects the health and physical fitness of students. That is why the formation of appropriate motivation should be considered one of the most important pedagogical tasks. The development of students' physical education and sports interests should be carried out on the basis of:

- strengthening socially significant motivation of interest;
- improving the quality of the educational process;
- further improvement of conditions for physical education classes;
- providing students with special knowledge and forming on this basis the need for physical education and sports;
- establishing the relationship between interest in physical culture and sports with other interests of students (profession, art, etc.);

more careful consideration of students' inclinations when distributing them among academic departments and sports.

Physical education at the university is carried out throughout the entire period of students' studies in the mode of educational activities and during extracurricular time.

Physical education of students during extracurricular time should be carried out in the following forms.

1. Physical exercises throughout the school day: morning and water exercises, physical education breaks, additional classes, etc. Physical education breaks are held after the first 4 hours of classroom or practical training. Their recommended duration is approximately 8–10 minutes.

Additional classes are conducted by the teacher in order to prepare poorly prepared students to pass the test standards and requirements of the physical education curriculum. Physical exercises during the school day serve as active recreation.

2. Organized classes for students during extracurricular hours in sports sections, in general physical training groups, aerobics, shaping, etc. under the guidance of a sports and physical education teacher.

3. Independent physical exercise classes by students in their free time: a) on a voluntary basis and initiative; b) at the teacher's request.

4. Mass physical education and sports events held on weekends during the academic year and during vacations. Examples of such events include sports evenings, Spartakiads with the participation of faculty teams, cross-country and relay races, physical education holidays, hiking trips, etc.

5. Classes in sports and health camps during winter and summer vacations, providing restorative, health-improving, hardening and developmental effects. The camp implements many forms of physical activity for students: morning exercises, swimming lessons, training sessions in various sports, classes with students on medical programs, hiking trips, sports entertainment and games, intra- and inter-camp competitions, etc. Thus, in addition to solving educational and upbringing tasks, physical education outside of school hours increases motor activity; improves professional and applied readiness and optimizes academic performance by relieving nervous and emotional stress.

References

1. Il'inich V.I. *Studencheskiy sport i jizn'*, izd. AO Aspekt press, Moskva 1995 g.
2. Xolodov J.K., Kuznesov V.S. *Teoriya i metodika fizicheskogo vospitaniya i sporta*. - Moskva: Akademiya, 2002. - 480 s.