

IMPROVEMENT OF PHYSICAL EDUCATION IN THE SYSTEM OF HIGHER EDUCATION

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Abstract: What do we know about physical education? What does this concept include and what is its importance in modern Uzbek society? Can physical education classes combine many methods and be the basis for forming a healthy lifestyle? In this article, we will look at ways to improve physical education.

Keywords: emergence of culture education; self-improvement; methods; techniques; training sessions

СОВЕРШЕНСТВОВАНИЕ ФИЗИЧЕСКОГО ВОСПИТАНИЯ В СИСТЕМЕ ВЫСШЕГО ОБРАЗОВАНИЯ

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Аннотация: Что мы знаем о физическом воспитании? Что включает в себя это понятие и каково его значение в современном узбекском обществе? Могут ли занятия физкультурой сочетать в себе множество методик и быть основой формирования здорового образа жизни? В этой статье мы рассмотрим способы совершенствования физического воспитания.

Ключевые слова: физическое воспитание; самосовершенствование; методы; приемы; учебные занятия; физкультура

The relevance of the research is that insufficient attention has been paid to the problem of improving physical education at all levels of education.

The purpose of the research is to show ways to improve the system of physical education within the framework of training and sports.

The task is to consider the methods and factors affecting the formation of the need for physical education.

The scientific novelty of the work is that this issue is not widely covered and requires consideration of specific methods and methods that allow to influence physical education in educational institutions.

The introductory part of this work can be a question of considering the role of physical education in the life of students of a higher educational institution.

In the higher education system of the Republic of Uzbekistan, physical education plays an important role in the physical development of children, adolescents and young people. The current system of physical education is based on the Soviet methodology, the main goal of which was to prepare a versatile person who is ready for many life situations. The slogan "A healthy mind in a healthy body" is a verbal reflection of this system.

With the development of science, a person's understanding of the positive effects of physical activity on not only physical, but also mental health has expanded. Good physical fitness helps prevent many diseases and is a means of personality development, helping to develop focus, perception, thinking and self-control. Physical activity allows you to avoid overexertion of the body due to constant work at school, university or work.

Physical education is a pedagogical process necessary for the study of physical exercises, their effect on the body, development of morphological, functional and mental characteristics of a person.

Physical education is subject to the requirements and rules of the pedagogical process at all stages of education. Thanks to the consistency and continuity of physical education methods, we can form a healthy and comprehensively developed person, capable of improving our own life and the life of the people around us, the country. Physical education makes it possible to maintain a balance in the development of a person and avoid his "unevenness".

Physical education forms a system of value directions for a healthy lifestyle of a person, provides motivational, functional and motor preparation for it. It is carried out in accordance with the general and private laws, principles and rules of the educational process, it affects the intellectual, intellectual, moral-volitional and other qualities of a person.

Physical education allows a person to learn to form and maintain a habit. That is, it makes him more disciplined and allows him to focus on his inner state and assess the compatibility of plans and real actions.

Thus, the role of this process in human life and its impact cannot be ignored. Physical education is necessary, and higher education institutions are designed to help students improve themselves with their methods and training frequency system.

The main form of physical education in higher educational institutions is the study of "physical culture". The development of this subject includes the development of students' physical fitness and independently applied knowledge, movement and methodological skills. Physical education plays a very important role as an educational

subject, which consists of: development of all physical strength of people, education of endurance and moral qualities, improvement of the body and prevention of diseases.

The effectiveness of physical culture lessons depends on the methods of organizing students' activities. The tools that help to implement physical education include: physical exercise, natural forces of nature, nutrition, work and rest, morning exercises, sports outside the classroom and forms of mass work. All this constitutes physical education in general. The principles of physical education include:

1. The principle of unity of education;
2. Regularity, structure, organization;
3. The principle of considering personal characteristics;
4. Analysis;
5. Self-control.

Forms of organization of physical education is an educational complex of various student activities, the basis of which is human activity. The combination of these forms creates a certain motor regime necessary for the full physical development and health promotion of young people. Forms of organization of physical education of students include: physical education classes; physical education and fitness classes; self study.

Therefore, when talking about improving physical education, it seems possible to consider ways to improve these components.

The school provides the basics of physical education, so teachers must adhere to a continuity style and gradually increase the load and expand students' knowledge. The entire system of education should be aimed at forming a complex of influence for students, consisting of classes, extracurricular activities, mass wellness work, etc.

Working in several areas can help improve physical education at all stages of education in the country: wellness, training and education.

The first action envisages increasing the volume of compulsory physical education in order to prevent diseases and increase endurance. But such a system often does not take into account the individual characteristics of students, and therefore is not always effective.

The second approach involves a combination of in-class and out-of-class forms of education. The classical lesson is rejected, innovative methods are introduced. Students are given the right to choose a sport according to their interest. A lot of time is devoted to training, which is not always available due to the lack of equipment.

The third approach is aimed at increasing the role of the educational direction of the lesson. Interest in physical education should be formed in the lesson; formation of skills and competencies necessary for independent learning. The purpose of this method is to form a conscious habit and a constant desire to engage in their physical education and lead a healthy lifestyle. It should be noted that at present schools pay very little attention to this method, so it is very effective at this stage of education.

Extracurricular activities should also be aimed at expanding and deepening health. It's important to have conversations about body hygiene, hardening techniques, and health promotion.

One way to improve may be to use nature as a way to promote health. Walks, excursions, competitions will help with this. It is necessary to ensure the realization of the desire to do sports in various departments at all levels of education.

Organizing and conducting various sports events also has a positive effect on the desire for physical self-education. Competition helps to maintain willpower and the desire to overcome obstacles. This serves the unity of the team and the improvement of the situation in it. Competitions help to increase interest in educational activities and improve methods of performing exercises, strengthen knowledge and apply it in practice.

Innovative technologies can become a means of improving physical education. One of these technologies is the inclusion of fitness in the educational program.

In order to improve the physical education system, it is also necessary to improve the material and technical base, improve the qualifications of teachers, learn new theories and methods, introduce innovative technologies and techniques into programs, and implement physical education as a means of maintenance. and student health care. Organizing classes taking into account the individual characteristics of the health of each student and building a lesson by dividing students into certain health groups and assigning a certain type of exercise to each group may also depend on improvement methods. Monitoring the health status of students and correcting the curriculum in time, taking into account the established indicators, also play an important role. Organization of sports clubs on the basis of educational institutions in order to inform, distribute and implement theoretical knowledge and practical skills of physical education among young people. Organization of individual classes with disabled students by qualified teachers.

All these methods help to improve the physical education system of Uzbekistan.

The result of the study: to determine the role of physical education in the life of students of a higher educational institution, to analyze the methods and methods that should be used in the process of physical education training, the requirements and results that students should achieve. the process of physical education and self-education was studied.

Summary. Thus, we considered: the impact of sports and physical culture on the physical and psychological health of the body, the role of sports in human life, and the methods that teachers can use to organize activities in physical education classes. "Physical education" and its structural elements.

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