

**CONTROL OF PHYSICAL INDICATORS IN FEMALE ATHLETES AND
COMPARISON OF ITS PARAMETERS**

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Abstract. Therefore, increasing the effectiveness of such classes is one of the problems in the physical education of students. It acquires particular acuteness in connection with the increased demand for independent work of students and the strengthening of an individual approach to the development of the personality of a future specialist. This article is a collection of a large number of figures showing the regularity of the growth of sports achievements based on predictions in sports. Theoretical data on the study of the basic scientific elements that provide the system of sports training are given.

Keywords: scientific group, sports training, training, physical training, technical-tactical training, mental training, modeling.

Independence has opened up new opportunities for the rebirth of our great achievements and good traditions and their inspiration. It is necessary to improve the scientific and methodical basis of training of highly qualified athletes at the current stage of achieving high sports results, increasing competition at major international competitions, steadily increasing training and competitive load, the ever-expanding geography of Uzbek sport. High results should serve as a criterion for the individual and individual genetic ability of sport as a whole, the level and social structure of society. It is necessary to update the theory and method of training highly qualified athletes, creating and introducing a new system of scientific views on the way of comprehensive improvement of training technologies. Currently, the condition for success in sports is the development and implementation of new technologies that promote the training of highly qualified athletes.

The effectiveness of various forms of self-study is beyond doubt. Their appropriateness is emphasized in preparation for the implementation of the control standards of the curriculum. However, students do not have the necessary knowledge to prepare independent physical exercises. In cases where such knowledge and skills are available, students are more actively and consciously engaged in physical exercises. The study of the relationship between independent and educational physical education at a medical university is the goal of our work. The main research method was testing the physical fitness of boys and girls of the Bukhara State Medical Institute, who entered the 1st course in 2019 and 2020. Since the research was carried out within the framework of the educational process according to a generally accepted program, we found it expedient to use some tests of the control section of this program on physical education for universities to assess physical fitness. [2]

We have conducted lectures, provided consultations and developed complexes of physical exercises for independent physical education. Students who had difficulties passing the tests received individually oriented complexes of physical exercises to

improve their results. They worked on them independently. It can be seen from Table 2 that difficulties, both in boys and girls, continued to cause tests for strength endurance (flexion and extension of the arms in the lying position and squatting). Practically 70% of students, when passing the push-up test, had indicators below the proper values, and 20% of students did not cope with the task at all, however, about 10% completed the tests easily, showing high results. From this it follows that these indicators are sensitive in monitoring the individual level of development of speed-strength endurance of students (as indicated by the high $V = 38.32\%$ in boys, $V = 72.40\%$ in girls).

The students passed the test - running 100m easily, without any particular difficulties. Probably, 1st year students during the period of study at school, in physical culture lessons, received an unequal load on the development of physical qualities. According to the test results, it can be seen that such physical qualities as speed, speed-strength abilities are well developed among students (running 100 m - 14.0, $V = 6.86\%$ for boys, and for girls - 17.54, $V = 5.31\%$; jump in length from place for boys - 230.47, $V = 7.35\%$, for girls - 171.47, $V = 7.89\%$). Significant differences were found in all 2 tests. This is apparently due to the large number of hours of the school curriculum spent on track and field athletics and sports games. As you know, these sports predominantly develop these physical qualities

In the run-up to the Olympics, the national teams of the country need to join the ranks of candidates young talented athletes. In determining athletes in the nearest reserve pay attention to the future results of the athlete, indicators of successful participation in international youth competitions. In assessing the nearest reserve, attention is paid to such indicators as the age of the athlete, the duration of training and competitions, the suitability of the model.

During the years of independence of the Republic of Uzbekistan, the President made great efforts to develop and increase the popularity of the sport.

In this regard, at today's stage of the development of sports, we see such features that significantly affect the process of training the athlete, and the coach and the athlete put new, more complex tasks and tasks. makes you find it.

➤ - To further improve the performance of modern athletes, it is necessary to improve the training of the world's most qualified athletes, as well as the existing organizational and methodical approach to training athletes for many years;

➤ - Due to the fact that the results of achievements in major sports competitions are growing, competition has increased. At the same time, the need for the efficiency, stability and resilience of the technical and practical skills of athletes, their moral, strong-willed and spiritual training in the conditions of a series of responsible starts, significantly increases;

➤ - Highly qualified athletes have achieved such a high level of special physical fitness that it is now more difficult and difficult to climb higher, so it is important to improve the effectiveness of special physical training. became necessary.

➤ - The amount of training loads has become so large and difficult that within the annual cycle the task of its rational assimilation at each stage has become daily. At

the same time, he needed to maintain a relationship that was considered the only way to improve the effectiveness of training. Therefore, first, you need to look for the most favorable ratio between loads in different privileged areas, and secondly, to look for new ways of organizing exercises, because such exercises save energy and save energy from the athlete. provides the most favorable conditions for its implementation.

The task of discipline in solving methodical training tasks is to prepare highly qualified athletes, fully affect the functional ways of life support of the athlete's body and bring these methods to a high level of activity. it cannot be solved by relying only on common sense and emotion. [2]

The introduction of scientific and technical processes and best practices will determine the results of training athletes. The analysis shows that the steady growth of sports records, the achievement of highly qualified athletes or the achievement of the whole team on a scientific basis, in the form of training, introduction of interesting stylistic solutions, development of sports, development of sports.

For this reason, the scientific and technical process of sports achievements is considered part of the preparation of sports science. Other specialists in this field like the teachers, psychologists, biochemists.

In the conditions of radical changes taking place in modern society, a clearly structured system of socio-cultural technologies aimed at the all-round development of a person's success is gaining increasing importance. Studentship is the period of a person's life, in which his personal and professional development is carried out, the basis of a successful existence is formed.

We have developed a system for the development of student success through socio-cultural technologies and gave a characteristic of their implementation in the conditions of a higher educational institution of physical culture. Below is a description of these technologies that contribute to the development of the success of students of the Chirchik State Institute by the Department of Physical Culture (Tashennnt). Investigating success as an integral quality of students of a higher educational institution of physical culture, we consider this personality quality as an integrative personality education, a universal ability of a subject to make positive personal and socially significant transformations, fixing his personal achievements, productive connection with society, as well as satisfaction with the process and results of life.

In addition, students actively use the communication and integration capabilities of the Internet, determined by the positive involvement of the individual in social Internet communities and virtual fan clubs, clubs of interest, contributing to the liberation of the individual and the disclosure of its versatility; unlimited communication in the space-time framework and the independence of communication from territorial and linguistic conventions;

The possibility of obtaining additional education; a high degree of information content and speed of information processing; strengthening the pace of cultural exchange and intensifying intercultural communication aimed at inculturation and fostering tolerance among students. Students take part in the development and implementation of real-virtual dispute clubs, congratulations ribbons, skype conferences, Internet mobs, etc. 2) Social and creative technology.

Stimulating the social and cultural activity of students, independent manifestation of initiatives for the development and implementation of (individual or group) social projects aimed at solving socially significant problems, self-development, self-realization of youth are one of the key areas of extracurricular and educational activities of the university. It was these areas of work that served as the basis for the inclusion of social and creative technology in the system of development of the success of a higher educational institution of physical culture.

This direction is carried out on the basis of the Club's Regulations and implies the training of sports volunteers for events in Russia and abroad, volunteers for organizing and holding mass sports events in the city of Chelyabinsk and the Chelyabinsk region, sports volunteers of the All-Russian physical culture and sports kit "Ready to Work and defense. "

Thus, with such a well-established system of interaction with graduates, students during their studies at the university have the opportunity to determine the direction thirty in the intended field of professional activity, to form an authoritative opinion of yourself as a professional, to establish professional contacts. These conditions contribute to the favorable development of success, creativity, self-organization, leadership qualities, flexibility of thinking of a student as a future specialist after graduation from a higher educational institution. The system of social and cultural technologies developed by us in the development of the success of a student of a higher educational institution of physical culture contributes not only to the effective integration of students into professional activity, but also has a special significance for the formation of him as a person, the formation of creativity, social adaptation, and creative activity.

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