



CURRENT ISSUES OF IMPROVING THE PROFESSIONAL AND PRACTICAL PHYSICAL TRAINING OF STUDENTS

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ANNOTATION

The article describes the state of professional and practical physical training of students of various specialties during the academic year and the results of sociological surveys and research conducted to improve it.

KEYWORDS

Physical training, questionnaire, sports training, professional activity, tools, optional, sports sciences.

In recent years, the country has been taking consistent measures to promote physical culture and sports, promote a healthy lifestyle among the population, create the necessary conditions for the physical rehabilitation of people with disabilities and ensure the country's proper participation in international sports. At the same time, a Presidential Decree was signed on the implementation of specific programs in the field of physical culture and sports that will help strengthen the health of the population, the wide involvement of youth in sports.

This has led to the urgency of preparing new innovative projects of teaching materials on physical culture, aimed at training teachers for the education system and the educational process of specialties.

At present, there are several thousand occupations, tens of thousands of specialties in various fields of professional labor. Their main differences are determined by the



characteristics of the subject, technology and the specific external conditions of labor, and are reflected in the specifics of labor activity. These include actions, operations (including sensory and intellectual exposure, information processing, decision-making, and action to make a practical impact on the subject of labor). All of these are subject to different requirements for the functional capabilities, physical and other qualities of people working in one or another type of professional work.

The influence of such factors, which have different effects on the representatives of different occupational groups, is complicated by the fact that at present the natural physiological flexibility of man is unable to keep up with the accelerating pace of life and changing conditions. As a result, people experience high levels of nervous exhaustion, fatigue, decreased ability to work, and an increased risk of various diseases. In modern society, with the help of general social measures aimed at improving working conditions and the lives of workers, it is possible to eliminate the negative situation in a specially organized way. At the same time, special attention is paid to active preventive measures to overcome the negative consequences associated with technical progress.

Raising a healthy generation is one of the top priorities in our country. This, in turn, necessitates the establishment and improvement of professional physical training of future teachers.

Based on the results of the analysis of the specialized literature on specialist training, the content of professional training in the training of teachers in the areas differs relatively, and in turn requires some adjustments, taking into account the nature of the training process.

The formation of theoretical knowledge, practical skills and abilities related to physical training requires a special approach to traditional methods of education.

Through our observations, we found that in the long-term process of training specialists, no attention is paid to professional physical training.

Questionnaires were conducted to determine the level of professional physical fitness of students majoring in non-physical education at Fergana State University. 105 students studying in different areas of Fergana State University took part in the survey.

1. Do you have information about the general physical fitness of students? 75 respondents (71.4%) answered "Yes" and 30 (28.6%) answered "no".



2. **Is it necessary to develop the qualities of movement in improving physical fitness?** 86 respondents (81.9%) answered "Yes" and 19 (18.1%) answered "no".

3. **Do you have an understanding of professional physical training?** 62 (59%) of the respondents answered "Yes" and 43 (41%) answered "no".

4. **Do you take time to engage in physical education in your extracurricular activities?** 73 respondents (69.5%) answered "Yes" and 32 (30.5%) answered "no".

5. **Do you want to participate in sports competitions regularly?** 56 (53.3%) of the respondents answered "Yes" and 49 (46.7%) answered "no".

According to the survey, the process of professional physical training of students can be improved by improving the practical direction of physical education in the existing system of student youth movement training. At the same time, it is necessary to introduce optional physical culture and sports classes for 4 hours a week.

During our research, studying the level of professional physical training in the graduate courses of Fergana State University, we saw that vocational training is conducted only on the basis of basic physical education, training leads to one-sided physical training. When we assessed the physical fitness of the graduates, we saw that they did not meet the standards of the "Alpomish" and "Barchinoy" tests on physical fitness.

The reliability of compliance with the requirements and norms of physical training in the 100m was "excellent" - no, "good" - 18.3%, "satisfactory" - 43.7%, "unsatisfactory" - 38%. In the 3000 meters, "excellent" and "good" - no, "satisfactory" - 9.4%, "unsatisfactory" - 90.6%. The weights on the horizontal bar were "excellent" - 5.1%, "good" - 42.4%, "satisfactory" - 47.8%, "unsatisfactory" - 4.7% .

It can be seen that as students move into the senior year, their physical fitness changes for the worse. This, in turn, showed that physical fitness indicators changed negatively due to the fact that physical training classes for second, third, and fourth year students of specialties were not provided in the curricula and hours were not allocated for professional physical training (Table 1).

Table 1

Active positive attitude of students to physical culture and sports (%)



Physical culture - indicators of sports activity	In fresh manyear	In the graduating course
They met the standards of Alpomish and Barchinoy	58.6	7.8
Those whodosports	75.8	24.5
Performed discharges by sport	7.8	4.3

We believe that the reason for this is that compulsory academic classes are held for prospective teachers only in the first year for one semester of physical training, and other forms of sports training are not included in the standard curricula and programs of specialties. This, in turn, requires changes in the State educational standards and curricula for teacher training in higher education institutions of the country and the improvement of standard plans for the subject of physical culture, based on the requirements of the national training program.

The results of a survey of teachers who specialize in the educational process at the university reflect their attitudes to traditional means of physical education (Table 2).

Table 2

Results of a sociological survey of faculty members of departments specializing in physical education and sports on the importance of sports in the curriculum

Sports Science	Interest rates %
Gymnastics	26.4
Athletics	25.3
Sport games	24.7
Swimming	15.5
Cross	6.8
Table tennis	1.3
Total	100



The results of sociological research have revealed the following:

1. According to professors, the physical training of students is important in the system of educational institutions in the preparation for future careers, 95% of teachers indicated the need for special hours in this department, and 5% found it difficult to answer.

2. The majority of respondents believe that in addition to the mandatory practical training in sports provided for in the state curriculum, it is necessary to introduce elements of vocational training in the educational process, depending on the stage of education, provided that teachers monitor physical activity.

3. All the professors and teachers surveyed pointed out the need to constantly improve the program of professional and practical physical training of students studying at the university.

Experience has shown that the physical fitness of students is one of the main tasks of the university. To do this, it is recommended to organize the activities of the university sports club at a high level, based on the state of professional physical training of students. At the same time, it is necessary to constantly monitor the level of professional physical fitness of students.

Tests are not evident, specialty physical culture directions optional form of physical culture classes for 4 hours a week for a good result, the training 2 hours of teacher based on a variety of exercises by the students' interests, while the remaining two hours of the selected type of sport were held and students in such classes increased the level of professional physical fitness to 11%.

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