



EXAMINING AND MONITORING OF THE IMPACT OF HYPODYNAMIC FACTORS ON THE STATE OF PHYSICAL FITNESS IN STUDENTS

Ruzieva Maxliyo Qayumovna, teacher

Mamadova Feruza Mirzaahmad qizi teacher, Fergana state university

ANNOTATION

By this article the results of sociological research on the relationship of physical education and sports with students of various disciplines, not specializing in physical culture, and current issues in the formation of a healthy lifestyle physical culture in students were described.

Keywords: healthy lifestyle, monitoring, state standards, hypodynamic factor, movement training, functional capabilities, physical education.

The occurrence of the SOVID-19 corona virus pandemic in the world has shown that in Uzbekistan, as well as in other countries of the world, the health of the population, physical health and a healthy standard of living are weak (1).

Therefore, great attention is paid to the further development of physical culture and mass sports, and relevant tasks in this area have been identified. Serious attention has been paid to the training of highly qualified specialists in the field of physical culture and sports, and in recent years many agreements on cooperation with foreign higher education institutions have been signed, raising the higher education system to a new level.

Through our research, we studied the attitudes of students towards the physical culture of a healthy lifestyle.

Long-term monitoring of the health status of student youth, carried out by a team of physical education teachers, showed that the influence of the hypodynamic factor on the health of student youth is in unfavorable limits.

Sociological studies carried out on the contingent of students who entered various faculties of the university had the task of identifying their attitude to a healthy lifestyle. The results obtained made it possible to reveal that 37.4% of young men smoke, 43.4% eat irregularly, 52.3% do not sleep enough, 43.7% are outdoors for up to 1 hour, only 33.5% of



students resort to hardening procedures. 32.3% of students are engaged in independent forms of physical culture and mass sports, and only 13.2% systematically (3).

An objective assessment of this factor provides a basis for making pedagogical adjustments to educational programs for physical education of students and introducing a set of measures developed by us into the educational process aimed at overcoming the influence of physical inactivity on their body.

In order to obtain information about the state of the studied issue, massive studies of the physical status of student youth were carried out, and according to the results of monitoring, it was revealed that in the existing state standards for physical education there is no clear continuity, consistency and uniform regulatory requirements for the motor fitness of student youth (3) .

In the course of monitoring studies, it was revealed that the basic physical education classes for students at various faculties, except for the Faculty of Physical Education, do not cope with the requirements of the program material and do not fulfill the social functions assigned to them in the formation of a harmoniously developed personality. It should be noted that the provided compulsory basic physical education classes in the curricula, which are planned for only two courses, do not provide the minimum needs to reduce the hypodynamic factor, even if all the remaining students will be involved in optional forms of classes. Unfortunately, it is practically impossible to cover this contingent of students with physical exercises outside the classroom.

Long-term practice of the Department of Physical Education shows that it is not possible to solve this urgent problem by popularizing forms through the mass media, to reduce the level of influence of the hypodynamic factor as a sedentary lifestyle of modern students, without a radical restructuring of the system of university physical education, it is not possible to solve this problem.

For this purpose, organizational and administrative measures should be involved, which are of a generally binding nature and even elements of coercion are possible, their practical implementation will make it possible to structurally modernize the system of physical education of students within the framework of the content of the process of their vocational education in accordance with existing state educational standards.



In accordance with the WHO standards, the basic amount of time for organized physical exercises provided for by state programs is laid down, this is the amount of motor load that constitutes the minimum threshold to prevent further progression of functional de-training of student youth.

The current state educational standards of higher professional education for undergraduate programs imply the obligatory presence of physical education classes for students with a duration of at least 4 academic hours per week.

The study of the motor fitness of student youth revealed a lag in individual indicators of physical status, which is the result of a flaw in the educational system of physical education.

In this regard, it is necessary to modernize the content of physical education of student youth and within the framework of the existing technical capabilities of the university, as well as on the basis of objective indicators of physical development and functional fitness of students determined by the conclusion of the expert commission, which includes representatives of medical personnel and teachers of the department of physical education held in at the beginning of each academic year, make appropriate adjustments to the educational process.

Based on the results of the student survey, it was found that 46.7% of students preferred the sport of volleyball. Due to the fact that the university volleyball team "Yoshlik" participates in the Uzbek Super League and Cup, many official volleyball competitions are held in the volleyball hall of the university sports complex, and students watch these competitions. Athletics, which is important for the professional activity of students, is played by 15.2% of respondents, sports games in the development of coordination skills in professional training: basketball (29.5%), table tennis (26.7%), football (19%), handball (15, 2%) and gymnastics (19%) were preferred by the respondent (table 1.).

There was a decline in interest in wrestling (2.9%) and students (31.4%) preferred to swim. This, in our opinion, is due to the lack of wrestling halls where students will have their future careers.



Table 1.

Results of a sociological survey of students studying in different areas on the importance of sports in the curriculum (n = 105)

Types of Exercises	Percentages %
Volleyball	46,7 (49 people)
Swimming	31,4 % (33 people)
Basketball	29,5 % (31 people)
Table tennis	26,7 % (28 people)
Gymnastics	19 % (20 people)
Football	19 % (20 people)
Athletics	15.2% (16 people)
Handball	15.2% (16 people)
Wrestling	2,9% (3 people)

Respondents studying in different fields expressed their attitude to the form of training at the university. According to them, theoretical, methodological and practical training is needed. The majority of students surveyed prefer classes based on an individual plan under the general guidance of a teacher of physical education, with a ten-point grading system ($x = 8.93 \pm 1.98$; $V = 22.1\%$) (4).

Methodologically well-organized physical education and sports have a positive effect on the mode of rest and work to ensure a high intensity and productivity of work. Such training increases the level of functional capacity, physical and emotional stability, reduces morbidity, accelerates the process of starting work, provides the ability to maintain the optimal speed, speed and economy of work movements for a long time (2).

Effective management of the physical education of student youth requires objective information about the physical condition of the participants and changes in the body under the influence of the tools and methods used in the process of exercise.

Research has shown that health and pedagogical tasks in the physical education of students are inextricably linked. Rational implementation of physical education is carried out during the academic year through the rapid control of students, taking into account the



characteristics of physical development and movement training in each course. A continuous system of supervision and management of the physical education process of students leads to an increase in the quality of the educational process by providing motivation for exercise and sports (6).

One of the most effective teaching methods is modular training, the essence of which is that students can work independently on the proposed program, which includes a database, and its methodological management aims to ensure flexibility, individuality and basic training; (5).

In modular teaching, the educator acts as a coordinator-consultant. In practice, the use of the principle of modular teaching leads to the creation of educational material in such a way that the sections are not separate from each other, but allow to create and supplement the educational material without changing the single content.

A pedagogical task aimed at expanding the functional capabilities of students through the use of physical education tools specially developed by us and adapted to their level of physical development should be taken into account by teachers in the educational process. It should be remembered that organized physical education lessons with a methodologically competent approach to their construction, correct dosage of the volume and intensity of the proposed physical activity, taking into account the student's capabilities on the part of the teacher, are quite sufficient to provide a student's motor potential deficit in the process of basic lessons.

The introduction of modern innovative pedagogical technologies into the educational process of physical education of students of higher educational institutions will significantly increase the level of physical activity and reduce the influence of the hypodynamic factor on the body, followed by successful preparation for passing the control standards provided for by state educational standards.

The processes of modernization in the field of physical culture of student youth should be aimed at detailed differentiation of the content of the pedagogical process, depending on the physical development, physical fitness and functional capabilities of students. For many years, the idea of creating a data bank of the physical status of all students has been proposed. Unfortunately, the creation of this bank by representatives of



the interfaculty department of physical education is not possible due to the low level of professional training of the teaching staff.

According to the conclusion of the expert commission, most of the surveyed students were attributed to the main group, however, some students who did not pass the control standards were recommended to engage in adaptive physical education, where the content of their physical education process is focused on solving a pedagogical problem aimed at the formation of basic skills and abilities that are not formed. during the period of study in the college education system.

A pedagogical task aimed at improving the functional capabilities of students through the use of means of physical education specially adapted to the level of their physical development should be taken into account by teachers in the process of training. Physical culture lessons for 1 and 2 courses with a gradual increase in the functional fitness of students experiencing the effects of hypodynamia will create the necessary prerequisites for successful preparation for mastering the program material and passing the normative requirements for physical education.

Circumstances above allow us to conclude that it is necessary to separate the physical education of student youth into a separate branch of pedagogical science and to recommend the relevant interested educational institutions to conduct large-scale scientific research in order to determine the current directions in the field of physical education with a focus on reducing the influence of the hypodynamia factor.

From the above, it is clear that the promotion of a healthy lifestyle among students, the training of qualified personnel for various sectors of our country and the improvement of their professional physical training is a modern requirement. However, the hours allocated for physical education in the curricula of higher education institutions are not enough to develop students' professional physical fitness and prepare them in a comprehensive way for their future careers. Therefore, it would be expedient to introduce various forms of physical education and sports with students.



REFERENCES

1. Decree of the President of the Republic of Uzbekistan PF-6099 "On measures to promote a healthy lifestyle and further development of mass sports." Tashkent, October 30, 2020.
2. Matveev L.P. Theory and methods of physical culture. // L.P.Matveev. - izd. 4-e. - St. Petersburg. Lan. Omega. 2004. - 158 p.
3. Xankeldiev Sh.X., Khasanov A.T. Metodicheskie osobennosti zdorovesberegayushchix technologies in the learning process of students.// Fan-sportga. Scientific-theoretical journal. Number 1. Tashkent. 2016 y. Pages 7-10.
4. Khasanov A., Bobojonov N., Mamadova F. Methodological approaches to the development of a programmiogram for a physical education teacher.// International Journal of Research in Economics and Social Sciences (IJRESS) Vol. 10 Issue 12, December- 2020
ISSN: 2249-7382. Pages 45-51.
5. Khasanov A.T., Kozlova G.G., IkromovI.I. New pedagogical technologies in improving the physical fitness of students.// Frontline social sciences and history journal. Volume 01 Issue 05, 2021. Pages 22-29.
6. KhankeldievSh.Kh., AbdullaevA., KasachYu.M., HamrokulovR., YuldashevM., KhasanovA. Physical culture of a healthy lifestyle. Study guide. Fergana, 2010.-227 pages.