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MONITORING OF THE INFLUENCE OF HYPODYNAMIC FACTORS AND PHYSICAL PREPARATION OF STUDENTS

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Abstract: The article describes the results of sociological research conducted on the relations of physical education and sports activities with the students of different departments of the university in addition to the faculty of physical culture, and the current issues of organizing activities for the purpose of forming the physical culture of a healthy lifestyle in students.

Key words: healthy lifestyle, monitoring, state educational standards, hypodynamia factor, movement readiness, functional capabilities, physical status, training.

INTRODUCTION

It is known that the emergence of the COVID-19 coronavirus pandemic in the world showed that the health and physical health of the population, both in Uzbekistan and in the countries of the world, is poor.

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

In the course of our study, we studied the attitude of students to the physical culture of a healthy lifestyle.

Long-term monitoring of students' health by professors of the Department of Physical Education showed that the influence of hypodynamic factors on students' health is close to the limit of adverse effects.

MATERIALS AND METHODS

It is known from the researches that the sociological research conducted with the contingent of students admitted to different faculties of the university allowed to determine their attitude towards a healthy lifestyle. The results showed that 37.4% of students smoke, 43.7% of students do not sleep enough, 43.4% of students do not eat enough, spend 1 hour in the fresh air, only 33.5% of students engage in exercise procedures. Only 32.3% of students are regularly engaged in independent forms of physical culture and mass sports, and only 13.2% are engaged in physical education and sports.

An objective assessment of this factor will be the basis for pedagogical corrections with the introduction of complex measures developed by us into the educational process, aimed at overcoming the effects of hypodynamia on the students' physical education programs and on the students' bodies.

In order to obtain information about the state of the issue under study, public studies of the physical status of young students were conducted, according to the monitoring results, it was determined that the current state educational standards for physical education do not have clear continuity, agreement, and the same normative requirements for the readiness of young students to move.

During the monitoring studies, it was found that the basic physical education training with students studying in different faculties, except for the physical culture faculty, could not meet the requirements of the program material and could not fulfill the social functions assigned to them in the formation of a harmoniously developed personality. It should not be forgotten that the mandatory basic physical training provided by the curricula cannot provide the minimum needs to reduce the

impact of hypodynamic factors, even if all other students are involved in optional forms of training. Unfortunately, there is no practical possibility to make this contingent of students do physical exercises during extracurricular time.

The long-term practice of the Department of Physical Culture has shown that it is possible to solve this urgent problem in the forms popularized by the mass media, to reduce the level of influence of hypodynamic factors on modern students as a sedentary lifestyle, and to solve this problem without a radical restructuring of the physical education system of the higher educational institution. no.

For this purpose, it is envisaged to create an opportunity to modernize the physical education system in terms of its structure in order to implement organizational and management measures of a general mandatory nature and apply them in accordance with current state educational standards. In this, it is necessary to consider the improvement of professional and practical physical training of students.

The study of student youth movement readiness showed that lagging behind in individual indicators of physical status was found, which is the result of deficiencies in the physical education system.

Therefore, based on the technical capabilities of the higher educational institution, it is necessary to modernize the content of the physical education of young students, and again, according to the conclusions of the expert commission consisting of the employees of the physical education department and the teachers of the department of physical culture, taking into account the objective indicators of the physical development of students and functional training, at the beginning of each academic year It will be necessary to make appropriate adjustments to the process.

RESULTS AND DISCUSSIONS

In order to make changes to the educational process, we conducted questionnaires to determine the interest of young students in sports. Based on the results of the student survey, it was found that 17.5% of students preferred

volleyball. Because of this, it can be shown that many official volleyball competitions are held in the volleyball hall of the university sports rehabilitation complex and students are watching these competitions, as the university "Yoshlik" volleyball team participates in the Uzbekistan Super League and Cup competitions. 8.5% of respondents consider athletics important for students' professional activities, sports games for developing coordination skills in professional training: basketball (12%), table tennis (10%), football (16.5%), handball (8%) and gymnastics (9%) was preferred by the respondent.

Students preferred swimming (13%) and a decrease in interest in wrestling (5.5%) was observed. This, in our opinion, is due to the lack of sports wrestling halls in the place where the future professional activities of students will take place.

Results of a sociological survey of students studying in different faculties of the university about the importance of sports subjects in the curriculum (n=200)

№	Sport type	Interest ratios (%)	n
1	Volleyball	17,5	35 нафар
2	Football	16,5	33 нафар
3	Suzish	13	26 нафар
4	Basketball	12	24 нафар
5	Tennis table	10	20 нафар
6	Gymnastics	9	18 нафар
7	Yengil athletics	8,5	17 нафар
8	Handball	8	16 нафар
9	Kurash	5,5	11 нафар

Respondents studying in different areas expressed their attitude to the form of training at the university. According to them, it is necessary to conduct theoretical, methodical and practical training. The majority of the surveyed

students prefer classes conducted on the basis of an individual plan under the general guidance of a teacher of the physical culture department, with evaluation based on a ten-point system ($x=8.93\pm1.98$; $V=22.1\%$)(4).

It has been proven that methodically correctly organized physical education and sports training in the mode of rest and work have a positive effect in order to ensure high intensity and productivity of work. Such training increases the level of functional capabilities, physical and emotional stability, reduces morbidity, accelerates the process of getting to work, provides the ability to maintain the optimal pace, speed and efficiency of work activities for a long time.

In order to effectively manage the physical education of young students, objective information is required about the physical condition of the participants and the changes in the body under the influence of the tools and methods used during physical exercises.

According to famous scientists Sh.Kh.Khankeldiev, A.Abdullaev, who have conducted studies in this field for many years, students - any action should solve a specific goal and task according to its content, structure, form of execution, what is the scope of the effect it has on the body of the participant, they must familiarize themselves with the physical culture of a healthy lifestyle. Only then will there be a conscious reaction to the action being performed. It is very important to know why this act of action or action should be performed exactly as it is indicated, and what the resulting effect will be. Because every organism is different from each other.

Studies have shown that health and pedagogical tasks in physical education of students are inextricably linked. Rational implementation of physical education is carried out during the academic year by means of rapid control of students, taking into account the characteristics of physical development and movement readiness in each course. A permanent system of control and management of the physical education process of students, providing motivation to engage in physical exercises and sports, leads to an increase in the quality of the educational process.

One of the effective methods of education is modular training, the essence of which is that students can work independently on the program that includes the information bank offered to them, and its methodical management aims to ensure flexibility, adaptation to the individual requirements of the person and the level of his basic (basic) training. .

In modular training, the pedagogue performs the function of coordinator and 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 gives the opportunity to create and complete the educational material without changing the single content.

It is necessary for teachers to take into account the pedagogical task aimed at expanding the functional capabilities of students through the use of specially developed physical education and tools adapted to the level of physical development of students in the educational process. It should not be forgotten that training sessions organized on physical education, approach to their structure with methodical knowledge, the intensity and size of the load given by the teacher, taking into account the capabilities of the student, are fully sufficient to ensure the deficiency of the student's movement potential during basic training.

The introduction of modern innovative technologies into the educational process of students of higher educational institutions on physical education will help to significantly increase the level of movement activity and reduce the impact of hypodynamic factors on the body, and in the future will help to successfully pass the control norms stipulated in the state educational standards.

The student should be oriented to the detailed differentiation of the content of the pedagogical process based on the modernization process in the field of youth physical culture, physical development, physical fitness and functional capabilities of the learners. For many years, the idea of creating a database of physical status of all students has been proposed. Unfortunately, the structure of this bank is not

established due to the low level of professional training of the pedagogical team of the department of physical culture.

According to the conclusions of the expert commission, the majority of the studied students should be included in the main group, but individual students who could not pass the control tests were recommended to adaptive physical culture classes, where the content of their physical education will solve pedagogical tasks aimed at the formation of basic qualifications and skills that were not formed during the period of study in special educational institutions. intended to do.

Pedagogical task, physical training tools aimed at improving the functional capabilities of students through exercises specially adapted to the level of their physical development should be taken into account by teachers in the course of training sessions.

The circumstances described above lead to the conclusion of the need to separate the physical education of young students as a separate field of pedagogy, and it is recommended to conduct multidisciplinary scientific research by appropriate educational institutions in order to determine the current trends in the field of physical education with the aim of reducing the effect of the hypodynamia factor.

CONCLUSION

As can be seen from the above, promoting a healthy lifestyle among students, training qualified personnel for various fields of our country, and improving their professional physical fitness is the need of the hour. However, the hours allocated for physical education in the educational programs of higher educational institutions are not enough to develop professional physical fitness of students and comprehensively prepare them for their future profession. Therefore, it would be appropriate to introduce various forms of physical education classes and physical and sports activities conducted with students. In this case, it would be appropriate to organize sports clubs in higher education institutions.

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