

GOALS, OBJECTIVES AND FORMS OF PHYSICAL EDUCATION OF STUDENTS

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Abstract: The criteria for the effectiveness of the functioning of the system of physical education can be the factors of increasing the level of health, physical fitness, physical activity of students, motivation for systematic physical education and sports.

Key words: Physical education, higher educational institutions, professional direction, knowledge, skills and abilities, physical culture.

In universities, the contingent of students belongs to the youthful and youth ages. When organizing and conducting classes with this contingent of students, it is necessary to take into account their age-related morpho-functional and psychological characteristics.

Modern conditions of a market economy, a high level of competition in the labor market and constantly developing production put forward exceptionally high requirements for the quality of training of graduates of higher educational institutions. Today, competitiveness is determined not only by how a young specialist has formed professional knowledge, skills and abilities, but also by the level of health, ability to work and reliability.

In the selection for prestigious professions, in addition to tests that determine professional competence, it is necessary to pass psychological tests and a medical examination is mandatory. The employer, selecting a young specialist, is interested

in developing him in a professional direction, but at the same time he wants to have a guarantee of his ability to work, which is based, first of all, on health.

However, studies of students of the last decade show a decrease in the level of health and physical fitness of student youth.

The purpose of physical education of students is the formation of physical culture of the individual and the ability to use various means of physical culture, sports and tourism for the preservation and promotion of health, psychophysical training and self-training for future professional activities.

The tasks of physical education of students include:

- understanding of the social role of physical culture in the development of personality and its preparation for professional activity;
- knowledge of the scientific, biological and practical foundations of physical culture and a healthy lifestyle;
- formation of a motivational and value attitude to physical culture, attitudes towards a healthy lifestyle, physical self-improvement and self-education, the need for regular physical exercises and sports;
- mastery of a system of practical skills that ensure the preservation and strengthening of health, mental well-being, the development and improvement of psychophysical abilities, qualities and personality traits, self-determination in physical culture;
- provision of general and professional-applied physical fitness, which determines the psychophysical readiness of a student for a future profession;
- acquisition of experience in the creative use of physical culture and sports activities to achieve life and professional goals.

On the basis of state educational standards of higher professional education, the curricula of university faculties in all areas and specialties of higher

professional education in the cycle of disciplines of general cultural training provide for the allocation of compulsory teaching hours (408 hours) for the discipline "Physical Culture" for the period of study with conducting monthly tests in accordance with with the requirements of the curriculum for universities in physical education.

The following requirements for the knowledge and skills of the student at the end of the course in the discipline "Physical Education" are also defined:

- understand the role of physical culture in human development and training of a specialist;
- to know the basics of physical culture and a healthy lifestyle;
- possess a system of practical skills that ensure the preservation and strengthening of health, the development and improvement of psychophysical abilities and qualities (with the implementation of established standards for general physical and sports and technical training);
- to acquire personal experience in the use of physical culture and sports activities to improve their functional and motor capabilities, to Physical education at the university is carried out throughout the entire period of students' education in the mode of educational activity and during extracurricular time.

Physical education of students in the mode of educational work is carried out in the following forms:

1) training sessions: provided for by the curriculum and timetable of the university, are the main form of physical education classes in universities;

2) optional classes: they are a continuation and addition to the studies, they are included in the study schedule by the educational department (part) of the

university in agreement with the department of physical education in order to provide students with the opportunity to attend them. At optional classes, physical training of students is improved in the amount of requirements of program norms, professional physical training is deepened, knowledge of the theory and methods of physical education is expanded, students continue to prepare for social physical culture and sports activities.

Physical education of students during extracurricular time (outside of compulsory classes) is carried out in the following forms:

1) physical exercises in the mode of the school day: morning exercises, introductory exercises, physical culture breaks, additional classes, etc. Physical education breaks are held after the first 4 hours of classroom or practical classes. Their duration is 8-10 minutes;

2) additional classes (individual or group): are conducted in order to prepare poorly prepared students to pass the test standards and requirements of the curriculum in physical education. Physical exercises in the mode of the school day perform the function of active recreation;

3) organized classes for students during extracurricular time in sports sections, in groups of general physical education, aerobics, shaping, etc. under the guidance of a teacher in physical culture and sports;

4) independent physical exercises for students in their free time: at will (on the basis of full voluntariness and initiative) or as homework (on the instructions of the teacher);

5) mass physical culture and sports events: held on weekends during the academic year and during holidays; their content includes sports evenings, sports days with the participation of combined teams of faculties, mass cross-country races and relay races, physical culture holidays, competitions of various levels, hiking trips, etc.;

6) classes in health-improving and sports camps during the winter and summer student holidays: they provide restorative and health-improving, hardening and developing effects. In the conditions of the camp, many forms of physical activity of students are implemented: morning exercises, swimming lessons, training sessions in various sports, classes with students with poor health (according to medical programs), hiking trips, physical culture and sports entertainment and games, sports competitions, etc.

Optimization of the physical development of students should be aimed at increasing their level of lagging physical qualities and morphological and functional indicators (improving posture, regulating body weight, increasing lung capacity, etc.). The assessment of the morphological and functional data of the trainees is carried out on the basis of a comparison of individual indicators with the standards of physical development available in the literature, tables for assessing the level of harmony of physical development, using the index method, etc.

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