



Pedagogical Aspects of Students' Physical Education

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Abstract: The article describes the solutions to the problems of increasing the efficiency of the physical education and sports process, the factors that prevent the development of physical education and sports among students, and the opinions about the problems.

Key words: physical education, sport, health, healthy lifestyle, environment, organism, training, medicine, efficiency, training.

According to the practical experience of pedagogues, the information of doctors and representatives of the social sphere, the scientific and technical development and the corresponding increase in demands placed on modern youth lead to an increase in workload and mental stress.

It should also be mentioned that the level of activity of students not only in work, but also in physical activity in their daily life is decreasing. Scientific observations show that about 50% of students do physical exercises 2-3 hours a week, and 45% do not do it at all. This, in turn, leads to a weakening of the body of young people, a decrease in the level of health, physical development and physical fitness. The number of students who are considered to belong to a special medical group (SMT) due to their health status is increasing more and more. The number of students in various higher education institutions (HEIs) of our country who are considered to belong to the special medical group (MTG) does not reach 30% [1].

The health status of most students graduating from educational institutions does not meet the requirements of modern production, society and time. It has been proven that the main reason for this is that the environment and ecological conditions are deteriorating not only in our country, but also in the whole world. Among them, socio-economic factors such as a decrease in the standard of living, deterioration of study, work, rest and food conditions, stress, increasing burdens, including a decrease in the level of physical fitness and physical development of almost all socio-demographic groups of the population play an important role.

This is explained by the fact that in recent years, the number of hours of physical education in the schools (especially in rural schools) and vocational training centers of our republic has sharply decreased, some of them are not held at the level of demand, and the material and technical base of vocational training centers has fallen into an unusable condition. Due to this, the desire, inclination and need to engage in physical education and sports (JT and S) among young people has decreased. Interest in physical training among students of higher education institutions is getting lower and lower in the system of general life values [1].

The concept of scientific study from the point of view of the theory of education of physical culture and the realization of higher education through this concept in the conditions of humanization (humanization) are based on this foundation.

From the point of view of this concept, the physical education system should be built based on the principles of humanitarian pedagogy:

strengthening attention to the individuality of each person as a high social value;

to transform young people from the object of socio-pedagogical influence to the subject of active creative activity based on the development of inner feelings encouraging self-improvement and self-realization;

observe democratization in the interaction of teachers and students;

forming a sense of striving for comprehensive and harmonious development in young people.

As physical education undertakes the task of teaching physical education to students, it is required to realize its pedagogical essence and increasingly strengthen its role in raising the general cultural level of future specialists.

Recognizing personal physical education as a value, it should become one of the influential factors of progressive trends in the development of public opinion and needs for mastering physical education as a tool. The process of forming a person's physical education does not mean the development of individual physical aspects, but through them, the comprehensive and harmonious development of a person, as well as leading to spiritual perfection.

According to this conceptual rule, along with the traditional process related to the formation of physical education, a person must develop his physical potential, constantly gather knowledge about the laws and regulations of its improvement, and ensure the assimilation of other universal values of spiritual and aesthetic form in the process of physical education. Without mastering knowledge, it is impossible to carry out any conscious activity on strengthening human health or mastering movement skills aimed at the goal of physical development, their practical use. Physical education and sports activities can be creative not only based on the knowledge acquired by a person, but also allow him to satisfy his physical interests and build suitable personal programs for him. Without knowing the laws of movement, the methods of performing physical exercises, without understanding the essence of the effect of training, it is impossible to rationally engage in physical self-improvement.

Modern theoretical studies reliably demonstrate that the level of people's physical education and sports participation is largely determined by the lack of knowledge on the independent organization of physical training. Therefore, they help to develop the intellectual capabilities of those engaged in physical education, comprehensively and harmoniously develop physical education in the field of physical education.

For a long time, physical activity as a system of ideas about the basic laws of the development of individualization potential, ways and means of forming an active attitude of a person to the process of achieving physical maturity have been discussed for a long time. Constant research is being conducted on ways and forms of organizing individual physical activity of young people.

In these scientific views, from the point of view of a personal approach, the importance of physical education in it, especially the educational role of transformative activities, in educating students' need for physical activity is considered.

The integrative nature of the field of knowledge formed on the basis of the different characteristics of scientific views, the unity of social and biological aspects, and the appropriate integration of scientific and technological bases in the field of its practical implementation are related to the purpose. The leading idea of scientific views is focused on the development of each

person, taking into account their individual, morpho-functional, mental and age characteristics, taking into account their motor capabilities and personal views as fully as possible.

From the point of view of need and activity theory, the conscious need to master the values of physical education should become the leading factor of youth physical activity (JF). As a system-forming factor that unites all the components of physical education, that is, the activity that directs a person towards physical maturity, can be shown. It is known that personality is formed in the process of activity. The application of an activity-based approach in this regard in the process of education and training envisages the change of relations between the participants of the pedagogical process in the "teacher-student" system and the priority of the emotional aspect of physical education and sports training.

People's need to master the values of physical education is the feeling of enjoyment they get from JF, their achievements in improving their physical capabilities, increasing the level of life activity and work ability, raising their status among the people around them, feeling healthy and being able to manage their physical and emotional state, various activities. Important achievements in various types are encouraged with awards of various forms.

Meeting the needs of students is carried out by providing various forms of physical education (non-specialized physical education, sports, recovery (rehabilitation)) and healthy lifestyle and methods in terms of information and education.

In the development of various forms of physical education in HEIs, the lens for different types of physical education and sports activities (JT and S) (derived from social order, production, science, culture, the needs of society, the demands of society determined by the tasks set before the educational sector) , while subjective need (personal desire) should be recognized as the main criterion.

V. M. Vydrin, N. I. Ponomarev, A. V. Lotonenko and other authors believe that for each type of physical education, it is necessary to organize its own theory, to develop its tasks, tools and methods of connection with other types [3, 4, 5].

Thus, the activity based on the individual approach in modern pedagogy is aimed at developing the activity of students aimed at knowing and learning, presenting them as subjects of activity. The activity-based approach is designed to create the most convenient and optimal opportunities for each young professional to achieve his personal goals and develop physical education. Realization of the need to reach the potential of physical education and the importance of life is ensured by the development of the success of the intellectual component of physical education.

Literature

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