



## Methods of Pedagogical Control in Sports Activities

Zaripova Farida Abdullaevna, PhD<sup>1</sup>

<sup>1</sup> Senior teacher, Department of Physical Culture, Navoi State Pedagogical Institute

**Abstract:** Pedagogical control is a planomeric process of obtaining information about the physical condition of physical culture and sport.

**Keywords:** pedagogical control, test, interview, task, goal, education, training, research.

An important place in the system of managing the training of athletes is given to scientifically based pedagogical control, the improvement of which is the most important prerequisite for increasing the effectiveness of the training process. Pedagogical control in the system of training of athletes is considered by many specialists as a means of providing information about the most important aspects of the training process to assess its effectiveness. It is from this point of view that leading experts point out the importance of pedagogical control in the modern training of adults and young athletes. In order to control the effectiveness of the pedagogical process, the physical fitness of those involved in physical culture and sports is checked.

The objective basis of any plans with the help of which the decisions made are implemented is the information obtained in the process of control. In sports practice, it must be carried out according to the state of the athlete, training loads, technical skills and competitive activity.

At the same time, successful management of the training process can be ensured only if there are connections from the controlled object (athlete) to the control object.

In sports and pedagogical practice, an analogue of such feedback is pedagogical control. Control tests make it possible to identify the level of development of individual physical qualities, compare this level with normative indicators and, on this basis, draw up reasonable plans for the directed development of the physical qualities of those involved.

At present, the training of highly qualified athletes is largely determined by the extent to which the training process will be carried out in accordance with the requirements of strictly controlled processes.

In the practice of physical education, the following methods of pedagogical control are used:

- collection of opinions (questionnaires, surveys) of athletes and coaches;
- analysis of the working documentation of the training process;
- pedagogical observations during training; measurement and registration of indicators reflecting the activity of an athlete in a training session;
- control tests (method of tests) of different sides of sportsmen's readiness;
- prediction of sports results.

Most of the information can be obtained using the method of pedagogical observations. Observing students during the lesson, they pay attention to their behavior, manifestation of interest, degree of attention (focused, scattered), external signs of reaction to physical activity (changes in breathing, color and facial expressions, coordination of movements, increased sweating, etc.).

The survey method provides an opportunity to obtain information about the state of those involved on the basis of their own indicators about how they feel before, during and after classes (about muscle pain), about their aspirations and desires.

Subjective sensations are the result of physiological processes in the body. They must be reckoned with and at the same time remember that they do not always reflect the true capabilities of those involved. Control competitions and testing allow obtaining objective data on the degree of fitness and the level of physical fitness of those involved. They are very indicative, and on their basis they make appropriate conclusions and adjustments in the plans. So, for example, if the level of physical fitness does not increase or becomes lower, then the content, methods of training, and physical activity are reviewed. To control the mastery of the technique of physical exercise, some lead-up exercises used at this stage of training can be used.

### **Types of pedagogical control in sports activities**

The success of the process of physical education is largely determined by the timeliness of control (its correlation in time with the structural links of this process) and its constancy. The content of the control is determined by the specifics of the subject and the didactic tasks of the learning stage.

Based on the tasks of managing the preparation of an athlete, the following types of pedagogical control are distinguished:

- ✓ preliminary;
- ✓ operational;
- ✓ current;
- ✓ milestone;
- ✓ final.

Preliminary control is carried out to determine the opportunities involved in mastering physical exercises and fulfilling the standards of the curriculum. It allows you to make clarifications in the planning of educational tasks, means and methods for their solution.

This type of control allows you to check:

- performing exercises that are structurally similar to new ones;
- test knowledge, skills and abilities after long breaks in classes for planning individual lessons.

The exception is physical exercises that require long-term preparation of the body for large amounts of work (cross-country skiing, long-distance running). Operational control in the process of training athletes involves assessing the reactions of the body engaged in physical activity during and after the session, as well as mobile operations, decision-making during the session, correction of tasks based on information from the student. Operational control is designed to register the load of a training exercise, a series of exercises and a lesson as a whole. It is important to determine the magnitude and direction of biochemical changes in the athlete's body, thereby establishing the ratio between the parameters of the physical and physiological load of the training exercise.

When organizing operational control, some indicators are recorded only before and after training, others - directly in the process of training. Current control involves continuous control at each lesson (from lesson to lesson) during the week. The effectiveness of training and the daily change in the state of those involved are determined. The dynamics of the indicators of the individual state between the given and the next lesson is also traced to assess the consequences and the course of the recovery processes (on which the effect of the next lesson depends).

The results of the current control contribute to clarifying the content of the plan at this stage and more effective implementation of the training process. Staged control is carried out to determine the change in the state of the athlete under the influence of a relatively long period of training and develop a strategy for the next macrocycle or period of training.

Consequently, in the process of stage-by-stage control, the level of development of different aspects of preparedness is comprehensively assessed, shortcomings in preparedness and further reserves for improvement are identified.

According to the results, individual plans for building the training process for a separate training period or for the entire macrocycle are developed. It is recommended to carry out step-by-step control 3 times during the macrocycle.

It includes, in addition to operations specific to control in general:

- generalizing processing of current control materials to characterize the common features and parameters of the stages and cycles of the pedagogical process (calculation of the total time spent on sections and solving various problems of physical education; total values of physical activity in sports and shares by level and direction; determination of average values of indicators of state change. Thus, the structure and dynamics of the pedagogical impact and the trends in changing their effect are analyzed);
- final testing and other diagnostic procedures at the end of the stage to determine the overall cumulative effect of the classes and changes that have taken place in the state of the students (pedagogical diagnostics: control procedures to identify the effect of pedagogically directed influences and changes in the state of the students);
- comparative analysis of the dynamics of the 1st and 2nd indicators. The final control is carried out to determine the success of the annual plan-schedule of the educational process, the degree of solving the tasks, identifying the positive and negative aspects of the physical education process and its components. The data of the final control (the state of health of those involved, the success of their fulfillment of test requirements and educational standards, the level of "normative results") are the basis for the subsequent planning of the educational process. Its main indicators are:
  - ✓ the results of the final progress of students;
  - ✓ number of sportsmen-dischargers and tourists;
  - ✓ sports records and achievements;
  - ✓ conclusions and suggestions for improving the process of physical education. To obtain information about the stages of training of athletes, subjective and objective control criteria are used (Table 3). To control the intensity of loads in sports, indicators of heart rate (HR) and blood pressure (BP) are used, focusing on their dynamics during the exercise. Comprehensive control during the lesson also takes into account changes in external environmental conditions: a decrease in air temperature, a change in wind direction, the appearance of rain, snow, which leads to the need to make changes to the content of classes, the distribution of funds, methods, and so on.

All types of integrated control represent the necessary information used in the process of managing the training process, which allows you to set the initial level of the athlete's physical condition and control the dynamics of the resulting indicators of training effects in the process of training. Control over the growth rates of results determined in various tests and unified by the system in points can be presented graphically, which gives an idea of the individual profile of physical fitness and helps to correct control actions.

The overall positive health effect during the training process is assessed by improving the level of individual physical condition, the criteria of which can be:

- decrease in the number of acute recurrent diseases, exacerbations of chronic diseases;

- acceleration of recovery processes after diseases and so on;
- reducing the severity of risk factors for the development of cardiovascular diseases (normalization or reduction of overweight, normalization or reduction of blood pressure, normalization of lipid metabolism, abandonment of bad habits, increased physical activity);
- decrease in heart rate at rest, after sleep and during standard physical activity;
- improvement of results in motor tests;
- increasing the level of physical condition;
- increasing motivation to study. Increasing the level of physical condition serves as the basis for making adjustments to the parameters of health programs in accordance with the age level of physical condition. The methodological basis of pedagogical control can be formulated as: determining the degree of stability in the development of indicators of the athlete's physical condition, their significance and influence on the process of sports improvement; search and development of separate tests and complex testing programs; development of regulatory requirements, norms, methods of statistical and pedagogical assessment of test results.

Thus, control in sports activities is a kind of specialist's activity and a necessary component of the expedient construction of the process of training and education of those involved, management of its effectiveness. Accounting for the results obtained is a necessary condition for the purposefulness of any pedagogical process. Checking and evaluation allow to determine the level of physical fitness, the degree of development of individual physical qualities and the forcing of motor skills. An objective analysis of the results obtained gives specialists specific data for operational influence on the use of various means and methods in order to manage the process of physical education. The essence of control in physical education is the determination of the effect of pedagogical influences, that is, the comparison of the planned and actually achieved. Making regular adjustments to the plan and the process of its implementation in the event of a discrepancy implies the existence of a "principle of permanent planning and control". Consequently, the problem of management in the process of physical education is solved with the help of the management apparatus, which is pedagogical control.

## References

1. Toshtemirova S. A. (2020). Quality of education and its democratization as a scientific problem // Continuous education. No. 1 (86). - S.5
2. Gaffarov. Ya., Toshtemirova. S. (2020). Ways To Increase The Effectiveness Of Education In An Integrated Environment. European Journal of Molecular & Clinical Medicine, 7(7), 647-655.
3. Shermatov G'.Q. (2021) DYNAMICS OF PHYSICAL DEVELOPMENT OF STUDENTS WITH ONE AND TWO TIME COMPULSORY LESSONS, World Economics & Finance Bulletin (WEFB) <https://www.scholarexpress.net/4>. Khayitov T. Formation of physical culture: //Physical education, sport and health. – 2022. – no. 3.
4. Kholova S. M. PECULIARITIES OF THE MOTOR ACTIVITY ORGANIZATION OF STUDENTS //ResearchJet Journal of Analysis and Inventions. - 2021. - Vol. 2. - No. 04. - S. 348-364.
5. PHYSICAL EDUCATION OF STUDENT YOUTH IN MODERN CONDITIONS, 1Kholova Shakhnoza 2Khayitova Ulfatoy 3Sobirov Orif, International Journal of Psychosocial Rehabilitation, Vol.24, Issue 09, 2020 ISSN, 4214-4218 p.
6. SOCIAL AND PEDAGOGICAL FACTORS FORMING A HEALTHY LIFESTYLE KT Shomurodovich - Gospodarka i Innowacje., 2022,
7. Shomurodovich T. K. et al. PYRIDINE BASE SYNTHESIS CATALYSTS //Austrian Journal of Technical and Natural Sciences. – 2020. – no. 3-4. - S. 39-45.