

IMPROVEMENT OF THEORETICAL KNOWLEDGE OF HIGH SCHOOL STUDENTS IN THE SUBJECT OF "PHYSICAL CULTURE"

Makhsudov, R. A.
Ferghana State University

ABSTRACT

The article presents the results of experimental studies to improve the system of theoretical knowledge of students in X-XI classes of secondary education schools.

Keywords: Monitoring, methods, innovations, sociological research, pedagogical experiment, high school students.

INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

Along with the practical part of the educational process on physical culture in the national education system, the theoretical part of the curriculum on physical culture, presented in the state standards, becomes an actual problem. The insufficient knowledge of the theoretical foundations of physical education among students in the X-XI grades of secondary education was identified during the sociological research. Analytical monitoring of pedagogical abilities of physical culture teachers carrying out the educational process in senior classes of a school level of education has revealed the fact that the theoretical section carried out in the course of a lesson on basic classes on a physical culture of the provided curriculum is not given due attention. (1)

The studies carried out by the method of questionnaire revealed that the majority of the surveyed teachers of physical culture working with students of the X-XI classes do not pay attention, only practical activities with a focus on mastering the skills and skills necessary in carrying out the final results, and the theoretical part of training is not considered.

The analysis of available scientific-methodical literature on the given problems has allowed revealing that only the fragmentary researches directed on theoretical readiness of schoolboys in the field of physical culture have been carried out and scientifically-based innovative methodical recommendations on improvement of the given process are not found out.

At the early stages of our research in the development of "professiogram" of physical education teachers" for work in high schools were detailed goals and objectives of physical education teachers, where their duties were to provide continuous improvement, taking into account their age, level of physical education and theoretical literacy. Despite recent positive developments in the field of physical education in schools, the problem of teaching the basics of physical education theory remains a weak link.

Due to a pedagogical experiment was carried out in secondary education school No. 29 in Margilan, Fergana region. The experiment involved 60 high school students divided into one control and two experimental groups. Each group consisted of 20 pupils. Our choice of this age group is due to the fact that it is at this age that there is a conscious need to master theoretical knowledge in the field of health saving technologies.

In the process of conducting a pedagogical experiment in high schools of secondary education, we recommended the allocation of up to 4 hours in a one-year training cycle of theoretical lessons evenly divided into quarters. (2)

The control group was engaged in the generally accepted program of basic physical culture of the secondary school conducted in the traditional way, where during each class topics included in the educational minimum in the subject "Physical culture".

According to the results of conducted sociological researches in experimental groups, it was decided to conduct theoretical classes in the process of the whole lesson of physical culture, then to study them on themes at the beginning of each lesson, which was not always conducted by teachers immediately before practical classes, which in our opinion is due to the violation of the integrity of perception.

In the second experimental group theoretical knowledge, besides carrying out by the teacher of a basic lesson of physical culture, performance of homework on a studied theme of the program that has been experimentally proved about expediency of the given form of studying of a theoretical material and promoting successful mastering with possibility of creative comprehension was offered.

The level of theoretical preparedness of high school students was determined on the basis of the use of a specially designed questionnaire based on program material provided by the state standards on physical culture. Testing was conducted on students of X-XI classes in two stages, where the initial data were obtained in mid-September, and the final - in mid-March 2019.

The established expert commission on the results of the mathematical processing of test results conducted an assessment of knowledge on standard standards of the theory of physical culture. To determine the reliability of the relationship between the applied innovative methods to increase the amount of theoretical knowledge in each quarter and their impact on the development of physical qualities of young men of high school was carried out control testing of motor capabilities.

The results of the experiment of initial and final testing of the motor abilities of high school students are presented in Table 1.

Table 1

Group		Control tests (n=60)											
		Running 30 m			Shackle Running 3x10 m			Cross Running			Pull up		
		x	σ	%	x	σ	%	x	σ	%	x	σ	%
Control	Before	5,4	0,2	4,1	9,4	0,1	8,1	1039,4	98,9	11,8	3,5	1,5	85,1
	After	5,3	0,1		8,8	0,2		1167,0	108,2		7,7	1,8	
Exper.1	Before	5,4	0,2	4,2	9,4	0,2	8,1	1070,9	103,2	12,2	3,9	1,7	86,4
	After	5,2	0,3		8,5	0,3		1193,1	82,3		7,3	1,7	
Exper.2	Before	5,4	0,2	8,7	9,3	0,1	8,1	1098,2	94,6	12,3	3,8	1,4	87,7
	After	4,9	0,3		8,7	0,2		1194,1	91,01		7,1	4,5	

In the second experimental group, where theoretical knowledge was conducted in every quarter with additional homework on the recommendation of the physical education teacher, the increase in the level of physical qualities was in the average range from 8.7% to 87.7%.

In the first experimental group, where it was recommended to study the theoretical foundations of physical culture in each quarter with one theoretical lesson, the increase in motor ability was in the range from 4.2 to 86.4 per cent.

Analysis of the results revealed that the average score in the initial testing in all three groups is not reliably identical, but the final test was found in the first experimental group growth of 5.7%, the second experimental group growth was 4.5%, and in the control group - 3.9%.

According to the results of pedagogical research, teaching pupils of X-XI classes the basics of theoretical knowledge experimentally revealed that, along with the basic lessons of physical education, mastering theoretical knowledge at home is more effective compared to students of the control group studying in the traditional way.

The results of the study show the below:

1. In the practice of physical education lessons in general education schools, insufficient attention is paid to teaching the basics of the theory of physical culture.
2. The analysis of the results of the pedagogical experiment has shown that the study of the theoretical foundations of physical culture in a separate lesson in every quarter of a year's cycle contributes to the level of theoretical preparedness of high school students and does not affect the development of their motor skills.

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