

2 COURSE STUDENTS PHYSICAL CULTURE THEORY AND METHODOLOGY INDICATORS

Olimov Alisher Isokovich
Jizzakh State Pedagogical Institute
Senior Lecturer, Faculty of Physical Education

ABSTRACT

The article discusses the process of teaching of the second-year students of the Faculty of Physical Education in higher educational institutions necessary skills and knowledge for the development of the subject theory and methodology of physical education.

Keywords: Physical education, indicators of digestible material on the theory and methodology of physical education, physical knowledge, physical qualities, applied physical education, physical education specialists.

RELEVANCE

Strengthen the material and technical base of higher education institutions and improve the quality of training of highly qualified specialists. special attention is paid to improving the structure and content of the individual education system [1, 2, 3].

For many institutions of higher education in the republic, the number of students with varying degrees of physical training and education is characteristic. Most students are not fully prepared to handle the loads provided by standard curricula. Training programs designed by students of this type within the training modes are difficult to complete. Development of modern methods of teaching in the theory and methodology of physical culture is one of the most pressing problems of today.

Ensuring continuity of education in the system of higher education and other problems A.Abdullaev, Sh.Khankeldiev, N.N.Researched by D.Sharipova and other scientists.

Students are a distinctive group that is more susceptible to environmental disorders than other social groups, suffering from various diseases. They are also characterized by varying levels of physical training. Students have varying levels of physical training and physical development.

This situation calls for the development of new tools and techniques for improving mobility training for students with varying levels of physical development and training

Purpose of the research: To study the specialties of students studying in higher educational institutions.

Research objectives:

- to determine the position of the problem in the scientific and methodical literature;
- determine the effectiveness of teaching physical culture theory and methodology.

The object of the research: The process of teaching physical education theory and methodology in higher education institutions.

Subject of research: physical culture theory and methodology to study the essence of teaching science.

Research methods: analysis of the scientific and methodical literature, pedagogical observation, interviews, mathematical and statistical analysis.

Organization of the research: The research was conducted to determine the performance of students studying at the Namangan State University, Jizzakh State Pedagogical Institute, Gulistan State University and Bukhara State Universities on the theory and methodology of physical culture.

Discussion of the results of the experiments

The theme of the first theme, "Physical Education", is that physical exercises are the main means of physical education: exercise, the emergence of exercise, the content and form, the classification, the historical classification of exercise. action games. sports games, gymnastics and their types, tourism as a means of physical education, healing forces of nature and hygienic factors, hygienic factors as a means of physical education and determinants of physical education.

Following the statistical analysis of the first theme, the following information was obtained: According to it, the students of NamSU are assessed on average 3.2 points, the students of Bukhara State University have an average of 3.3 points, the average score of the first-year students of JSPI is 3.4 points, and the students of the University have an average of 3.2 points.

The theme of the second theme is "Description of Physical Education and Exercise Techniques": Description of Physical Education and Exercise Techniques, content and form of exercise, what is the technique, technical details, classification of exercise, Greek history five wrestling, Swedish pedagogical gymnastics, "Sokol Gymnastics" by Gehlir, French Eber system.

The following information was obtained from the statistical analysis of the second theme. According to it, the students of NamSU are assessed on average 3.4 points, the students of Bukhara State University have an average of 3.3 points, the average score of the students of the JSPI under the current control is 3.3 points and the students of the University are on average 3.5.

Categorization of the principles of "didactic principles of physical education": features of the process of training, interconnection of principles, principles of "consciousness and activity", "visualization", "continuity", "comprehension and individualization", "requirements slowly and gradually. Increase", the peculiarities of the implementation of principles in teaching students and children.

As a result of statistical analysis of the third theme, the following information was obtained: According to it, the students of NamSU are assessed on average 3,4 points, the students of Bukhara State University on average 3,5 points, the average scores of students from the first control of JSPI with 3,6 points, and the students of GulSU on average 3.2 points.

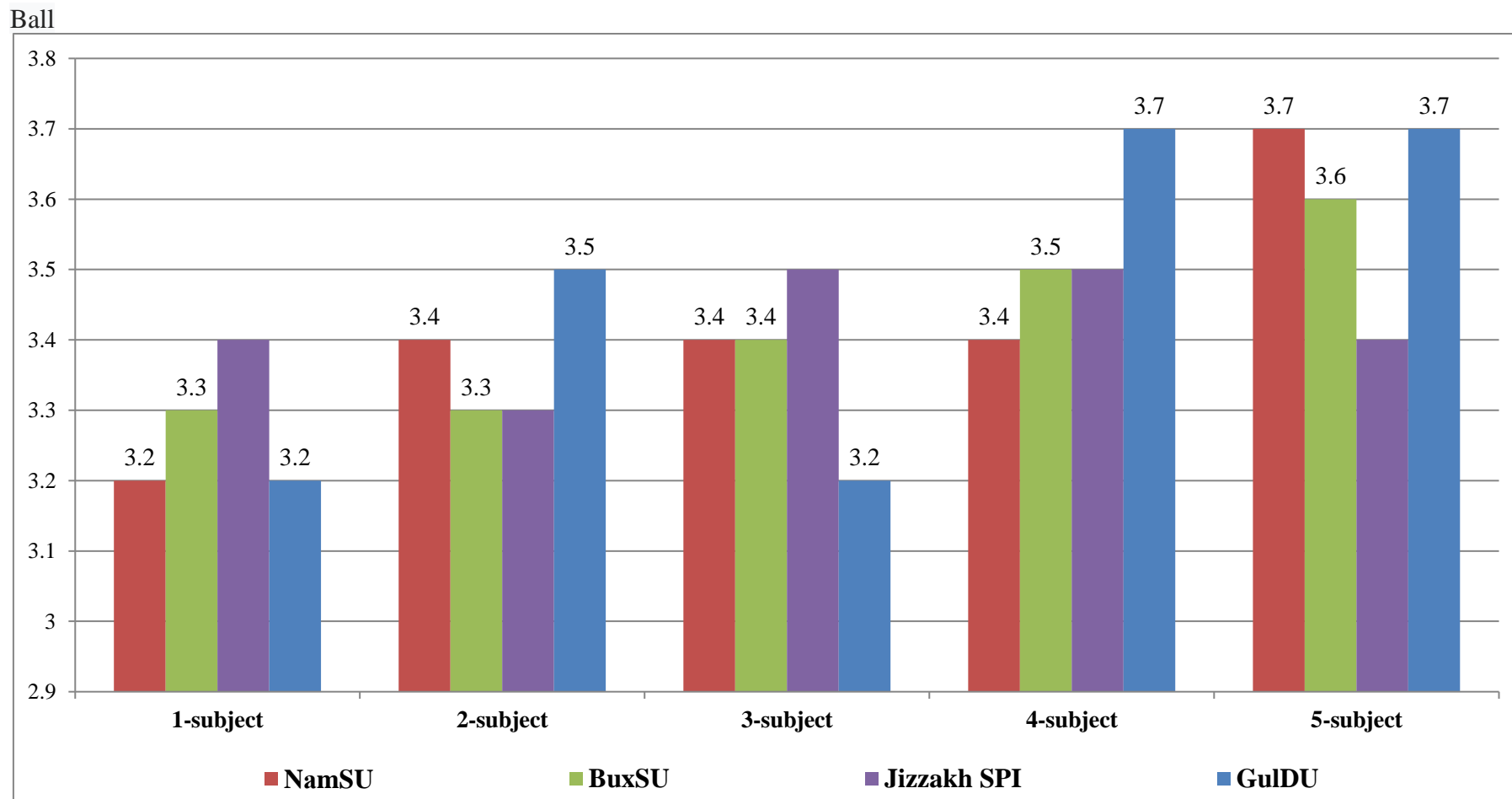


Figure 1. Indicators of learning from the current control of 2nd year students in Physical Education (4th semester)

General requirements for the choice of planned methods on the theme “Methods of physical training used in physical education” are: scientifically sound; compliance with the assigned tasks; the principles of teaching, originality of the training material, personal and group readiness of the students to the personal characteristics and capabilities of the teacher (tutor), the conditions of training, the importance of using words, visualization, games, contests and circular training techniques. and the problem of terminology in physical education, methods of using the emotional function of the word, methods of visual perception (its importance, types and methods of their application), practical methods of teaching (methods of play, competition and strictly organized exercises); the importance of using techniques in different age groups, a rigorously structured exercise style in the training of movements and physical qualities.

Statistical analyzes of the fourth theme have been obtained as follows: According to it, the students of NamSU are assessed on average 3.4 points, the students of Bukhara State University have an average of 3.5 points, the average score of the first-year students of JSPI is 3.5 points and the students of the University have an average of 3.7 points.

“Practical methods of teaching” are practical methods of training, game method, competition method, rigorous training methods, the importance of using methods in different age groups, strictly regulated training methods for training of actions and physical qualities.

Following the statistical analysis of the fifth theme, the following information was obtained: According to it, the students of NamSU are assessed on average 3,7 points, the students of Bukhara State University on average 3,6 points, the average score from the first control of the students of JSPI with 3,4 points and the students of GulSU on average 3,7 points.

CONCLUSIONS

1. The study of the scientific and methodological literature revealed that the implementation of physical culture in the physical culture was achieved with high results and in the physical education of young students it was not used effectively enough.

2. In the course of the analysis, it is appropriate to state the following. At present, teaching the subject "Theory and Methods of Physical Culture" in higher education does not fully meet modern requirements. In this case, there is a need for the use of pedagogical technologies in teaching this subject, which will meet modern requirements.

3. The tools and techniques currently used in teaching physical education theory and methodology in institutions of higher education do not meet modern pedagogical students.

4. Today mobile education can be used in addition to the higher education system and as a component of a mixed education. Active use of mobile education does not aim at replacing computers with portable gadgets, expanding and enriching the learning environment in exciting new ways that make it easier and more fun for students.

LITERATURE LIST

1. Ўзбекистон Республикаси Президентининг 2011 йил 20 майдаги ПҚ-1533-сон “Олий таълим муассасаларининг моддий-техник базасини мустаҳкамлаш ва юқори малакали мутахассислар тайёрлаш сифатини тубдан яхшилаш чора-тадбирлари тўғрисида”ги Қарори Lex.uz

2. Ўзбекистон Республикаси Президентининг 2014 йил 6 февралдаги ПҚ-2124-сон “Ўзбекистон Республикасида ёшларга оид давлат сиёсатини амалга оширишга қаратилган кўшимча чора-тадбирлар тўғрисида”ги Қарори Lex.uz

3. Ўзбекистон Республикаси Президентининг 2017 йил 20 апрелдаги ПК-2909-сон “Олий таълим тизимини янада ривожлантириш чора-тадбирлари тўғрисида”ги Қарори Лех.uz.

4. Абдуллаев А., Хонкелдиев Ш.Х., Жисмоний тарбия назарияси ва услубияти. Т.: ЎзДЖТИ нашриёт-матбаа. 2005 й.

5. Азизходжаева Н.Н. Педагогик технология ва педагогик маҳорат. Ўқув кўлланма. – Т.: ТДПУ, 2003 й.

6. Беленький П.П. ва бошқ. Проблемы формирования информационной компетенции студента в вузе. – М., 2004.

7. Бондаренко С.А. Формирование профессиональной готовности конкурентоспособного специалиста. Модернизация высшей школы: обеспечение качества. Материалы Всерос. науч.-практ. конф. Профессионального образования. Ч. - Барнаул: Изд-во ААЭП, 2004 г.

8. Иванов Д.А., Компетентности и компетентности подход в современном образовании.-М, 2007 й.

9. Кошбахтиев И.А. Основы оздоровительной физкультуры молодежи. – Т., 1994 й.

10. Саломов Р.С. Проблемы высшего физкультурного образования. Моногр., - Т., 1992 й.