

MODERN PEDAGOGICAL MECHANISMS OF THE GROWTH OF PHYSICAL CULTURE AMONG THE STUDENTS TRAINED IN THE HIGHER EDUCATION SYSTEM OF UZBEKISTAN

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ABSTRACT

This article analyzes the pedagogical and psychological process of education on the basis of a new approach to the development of physical culture, physical education, fitness, physical maturity, physical development and promotion of healthy lifestyles in the growth of students' physical culture. Also, the scientific and theoretical mechanisms for improving the physical culture of students in the pedagogical process are substantiated.

Keywords: Physical culture, physical perfection, physical development, strengthening of the health, healthy lifestyle, physical endurance, sport, physical training.

INTRODUCTION

Today, in many countries around the world, a lot of researches are being conducted on the creation of new scientific and practical models of education and also on the use of innovative methods and technologies in their implementation. Also, in the age of rapid information exchange in the new stage of world civilization, the breadth of human communication is increasing people's mental tension. The cases of intolerance, nervousness and depression have been observed in the members of the society. In this situation, the task of improving the environment in every society, educating the next generation, students and staff both mentally and physically healthy, is becoming increasingly important from pedagogical and psychological point of view. In the world's leading research centers like Islamic Azad University (Iran), Luhansk Taras Shevchenko National University (Ukraine), Sport and Gender Politics at Brighton University (UK), Kharkov State Academy of Physical Culture (Ukraine), and Erzincan University (Turkey), we would like to emphasize that scientific research in the field of identifying effective methods and tools for the development of physical culture is not enough.

Method and Methodology

The methods of studying best practices, comparative analysis, pedagogical observation, pedagogical experiment, modeling, interview, testing, pedagogical experiment, mathematical-statistical analysis and generalization of the results of the analysis have been used in the article.

The analysis of the bibliography

Numerous scientific researches have been carried out on the formation and development of physical culture of students, increase of their physical potential and upbringing a harmoniously developed generation. The problem of improving the physical culture of the students in Western countries was studied by the scientists, such as V.Ilinicha, O.Fadayeva, Z.Kozbaev, V.Medvedov, V.Koleda, O.Markevich, N.Tikhonova, J.Hargrives, P.Vertinski, O.Otravenko, A.Vett, E. Zadarko, J. Yunger, Z. Barabas, D. Browns. It should be noted that the scientists like Yili Sun, Saadi Sami, Sadih Mahmudi, Sarhad Aghai, Yakup Koch analyzed the pedagogical aspects of the qualities of physical culture in students, methods of developing the

physical and mental potential of students in higher education[1] in Eastern countries. The physical culture of students in Uzbekistan has been studied by pedagogical scientists such as J.E. Eshnazarov, R. Abdumalikov, G.B. Bilyalova and K. Shokirjonova. During the years of independence of Uzbekistan, they have developed methodological and public recommendations aimed at improving the physical culture of women, especially female students, in accordance with the ideas of national independence and national traditions.

Analysis and review

Modern pedagogical methodology of formation of physical culture among the students of higher education is a complex educational process, which includes the features, tasks, forms and methods of the pedagogical process of physical culture. In fact, physical culture is a view of a person's physical development based on physical qualities and abilities. In the process of human maturation, each area offers unique solutions to preserve the body's abilities, increase its activity, restore damaged functions. The development and research of the criteria of physical culture which is specific to each age group shows how important physical maturity is in human civilization today.

The analysis and the experimental work carried out in the the scope of this research are aimed at shaping the physical culture of students and determining its effectiveness. This chapter is devoted to the enlighten the methodology of the pedagogical process for the development of students' physical culture.

Physical culture reveals the natural tendencies of human motor activity. Through this, the body grows depending on the laws of human physical condition and health, and realizes important abilities for life. Therefore, in the educational process, it is important to strengthen the physical culture of students and develop important skills for health. The higher education institution also conducts internships to develop physical culture skills in students through physical education classes. Today, the aim is to increase the effectiveness of this pedagogical process through new methods, interactive methods.

The pedagogical process aimed at the development of physical culture in the students in the higher education system mainly has the purpose of:

- formation of knowledge, skills and abilities of students in physical culture, as in other disciplines;
- achieving the qualities of diligence, courage and willpower in practical activities through the formation of physical strength, the formation of qualities of resistance to work and activity in professional activities;
- to increase students' interest in sports and physical education through the development of physical culture, to guide them to become strong athletes and to discover their talents;
- formation of a healthy lifestyle among young people by teaching exercise on a daily basis;
- gradual maintenance of a healthy genetic environment by demonstrating the social significance of physical culture, its impact on society [2].

For this purpose, it would be expedient to organize physical education classes in the system of higher education, as well as events related to the formation of physical culture and the promotion of sports, meetings with strong Olympic and world champions.

Today there is a need for organization of physical education classes through a new methodology, for emphasizing the methods of psycho-psychological education in the classroom, along with physical training, mental training and the correct direction and distribution of mental energy. Because today, if we pay attention to the physical fitness, health and body composition of students, we can see the signs of maturity and fitness in them. However, the high level of underdevelopment of physical culture among students, early abandonment of sports is caused by the misuse of their mental will and energy, the lack of strong inner confidence. In the pedagogical process, there is a need for technology to address these issues on the basis of spiritual education through new methods.

In fact, the first 10-15 years of a human's life, the state of physical fitness is a fundamental part of shaping physical culture. Games and activities of various clubs that develop physical culture in children affect this significantly. Later, these formed skills make certain skills in students and are the basis for their professional success.

As a result of historical development, sports began to become the elements of physical culture. Sports are the process that develops physical culture through the discovery of a person's unique abilities. Higher education institutions also have the system of attracting the students to sports, create conditions for them to be involved in sports and in physical training. At the same time, depending on the physically restoring characteristics of this field, it fulfils the function of rehabilitation of the students who suffer from mental exhaustion caused by overstudying.[3]. That is why physical education classes are held in every form of education. Such exercises restore the student's mental fatigue, nervousness and other psychological disorders.

Today, the need for developing in students the skills related to the development of hygienic physical culture is also relevant. Hygienic physical culture skills include morning hygienic gymnastics, walks and other exercises that do not involve large loads. In the pedagogical process and in the development of physical culture in students, it is also necessary to prepare them for hygienic health activities.

It is known that classes aimed at the development of physical culture of students are conducted on the basis of traditional and non-traditional forms of education in the pedagogical process organized for educational institutions. Today, the education process is organized on the basis of specific laws based on the needs and requirements of the time. These laws are presented in modern pedagogy as follows:

- the law of determination of education through the needs of society;
- education itself depends on the current pedagogical conditions;
- the law of internal connection between educational and development processes, which are part of a single process of teaching;
- the relevance of teaching to general and career-oriented activities for learners;
- the law of necessity of realization of the content, forms, methods, means of all disciplines in the whole pedagogical process in interrelation.

These didactic laws are carried out in all educational institutions in traditional and non-traditional forms of teaching process and are followed today.

Classes on the development of physical culture of students consist of theoretical and practical parts, which are conducted in the form of lectures, seminars, trainings and others.

Modern teaching technologies include the competitions in the form of contests, problem-based modules, integrated collaborative learning, computer-based learning, differentiated and active learning.

In order to apply advanced pedagogical technologies in the lessons aimed at growing students' physical culture skills, first of all, didactic systems such as clear definition of learning objectives based on the content of lessons, guarantee of results, design of educational process based on guaranteed results are included [4].

Another feature of the use of pedagogical technology is that it stimulates and develops students' interest in the formation of physical culture skills on the basis of strengthening strengthening exercises, fitness exercises, general movement-forming exercises which express the goals of physical culture. After all, it is a didactic system that increases the activity of students in the educational process, organized on the basis of advanced pedagogical technologies.

After exercising, a special functional change occurs in the body, and it leaves a mark on the body for a certain period of time. Against the background of the resulting change, the effect of the next exercise may be even different. Training efficiency may increase or decrease during the first and last exercise. For example, while attention based exercises make it easier to perform movements that require difficult coordination in turn, the exercises of mastering balance after tumbling exercises can be difficult. The degree of intensity of the effect depends on its depth and duration, the state of the student, his physical and mental readiness, etc.[5]. The development of the complex of the exercise effects makes possible to take into account the results of the main effects of the actions. The process of physical training requires the advance of exercise effects system for each age group.

CONCLUSION

In conclusion, the high importance and significance of the development of physical culture skills, in particular, physical qualities, is obvious. It should be noted that in the development of physical qualities, the process of education requires the integration of all of them (strength, speed, agility, endurance, etc.). But in a particular type of sport, a certain quality is more strongly formed, developed, and it is seen in the form of a leading quality of movement. Other qualities also develop relatively, but they can be seen as the quality of auxiliary actions. For example, basketball is thought to be improving the quickness, speed is enhanced as an auxiliary quality. But basketball is also a key tool in cultivating endurance. In weightlifting, strength is the leading quality. In practice, we see that through these exercises, endurance and flexibility also develop as an auxiliary physical quality.

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