

METHODS OF USING NON-TRADITIONAL METHODS IN PHYSICAL EDUCATION CLASSES IN HIGHER EDUCATION INSTITUTIONS

Khalmukhamedov Rustam Dekanovich

Ph.D., prof. Uzbek State University of Physical Culture and Sports, **UZBEKISTAN**

Kupalov Sanjar Ulugbekovich

Ph.D., docent, Urgench State University, **UZBEKISTAN**

&

Makhmudova Musharraf Mirrahmatovna

PhD, Uzbek State University of Physical Culture and Sports, **UZBEKISTAN**

ABSTRACT

The following article deals with the physical fitness of female students of higher educational institutions of Uzbekistan. The average indicators of physical qualities (strength, speed, endurance and flexibility) of girls were determined. A program of Physical education based on the use of national sports has been developed and a lesson on physical education has been analyzed as well.

Keywords: Higher education, female students, physical training, sports-oriented physical culture, Uzbek martial arts, national sports.