

DYNAMICS OF PHYSICAL FITNESS INDICATORS OF WRESTLING STUDENT GIRLS

Xasanov Ilyos To'ychievich

Professor of the Department of theory and methodology of Physical Culture of the Termez State Pedagogical Institute

ABSTRACT

In this article, in accordance with the criteria for assessing the results of the acquisition of female students involved in the sport of wrestling, the results of the test for determining their indicators in general and special physical training, as well as the results of their performance in the performance of methods of struggle indicating their technical and tactical training, were obtained and.

Keywords: General physical fitness, technique, tactics, speed, strength, agility, endurance, flexibility, physical qualities.

INTRODUCTION

Currently, in almost all educational institutions, the struggle for women's activities also arose the need to develop and popularize the national sport, to scientifically and methodically develop the algorithm of teaching the elements of the initial basic technical movements of the chosen sport.

The decision of the president of the Republic of Uzbekistan “on measures to further develop the National Sport Of Wrestling” PQ-3306 of October 2, 2017,”on measures to radically improve the public administration system in the field of Physical Education and sports “of March 5, 2018, This research work serves to a certain extent.

The purpose of the work is to improve the effectiveness of wrestling training for student girls and improve the methodology for applying digital technologies in mastering the technical actions of wrestling.

- improving the methodology of rational formation of technical actions of student girls in the sport of struggle of higher education institutions engaged in the initial training stage;

- to test in experience the effectiveness of the methodology developed in the initial teaching of physical education through the use of digital technologies in teaching the technical actions of struggle to student girls of higher educational institutions that do not specialize in physical education.

- In research, the Faculty of Physical Culture of the Termez State Pedagogical Institute in Termez, the direction of Education of Physical Culture (Women's sport), the sports activities of the Faculty of sports activities and management of the Termez State University, the direction of Education “Wrestling” (Women's), the Faculty of Physical Culture and Exact Sciences of the Uzbek-Finnish pedagogical Institute, Faculty of Physical Culture of Bukhara State Pedagogical Institute 30 students engaged in the sport of struggle in the areas of Education of Physical Culture (Women's sport

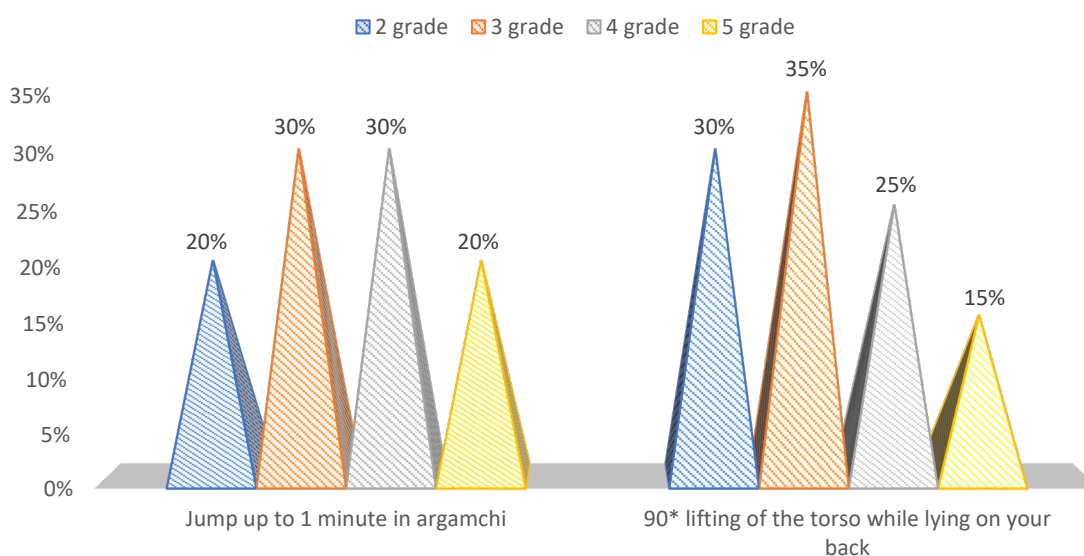
Currently, the results of the analysis of research work and literature carried out by scientists in foreign countries, which remain in our independent country, indicate that a number of scientific

studies have been carried out on the physical education of female students studying in higher education institutions and their involvement in wrestling sports. In Particular, K.T.Yusupov, J.T.Toshpolatov, J.M.Nurshin, A.R.Taimuratov, F.A.Kerimov, N.A.Tastanov T.S.The scientific work of usmankhodjayev, and others can be cited as an example of this.

He carried out scientific theory and methodological work on the analysis of wrestling girls on their physical training in the sport of wrestling, as well as on their, physical and technical-tactical training processes.V.Nelubin, I.R.Rasulov, M.M.Bogen, R.A.Piloyan, L.S.Vigotsky, L.P.Matveyev, V.V. Davidov, O.A.Sirotin, A.M.Kuzmin, N.G.Scientists such as Ozolin and K, who were the founders of the concept of the formation of driving skills in Solo struggles.T.Yusupov, R.D.Halmukhamedov, A.A.Fundamental literature created by mature researchers such as Karelin has been studied to the degree of necessity in the process of carrying out this research work.

This research practice was carried out in order for girls to record high results during the determination of physical fitness indicators and the correct assessment of physical quality levels of student girls studying at higher educational institutions in the system of the Ministry of Higher Education, Science and innovation of the Republic of Uzbekistan. Based on the experiments carried out as well as the results of the study, the annual dynamics of physical fitness indicators of student girls were determined.

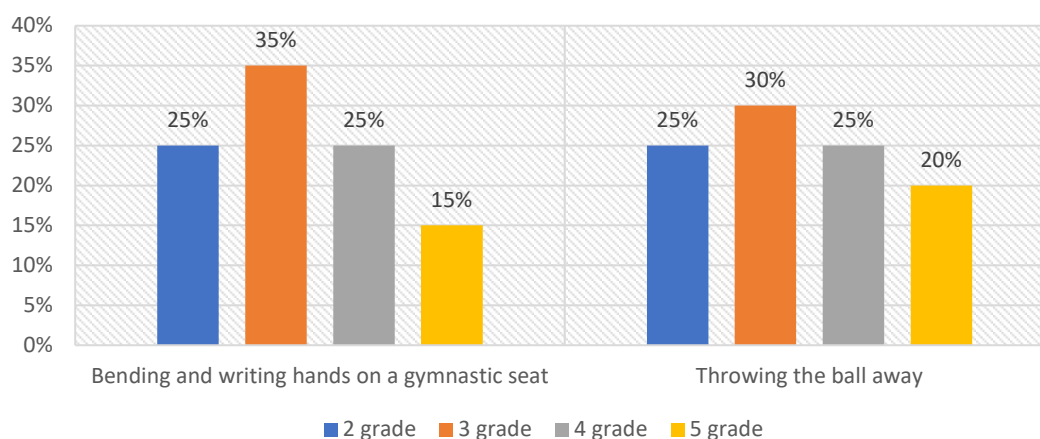
The initial stage of the research work carried out consisted of a jump control-test exercise in argamchi for 1 minute. The indicators determined on the basis of the results obtained were evaluated on the basis of the assessment criteria. The jump control test for 1 minute on the rope serves to determine the indicators of physical quality of strength. By the end of this control test, initially 20% of student girls could not perform the prescribed practice and could not pass the control test with an unsatisfactory “2” grade. 30% of the girls, on the other hand, received a “satisfactory” result, A grade of “3” based on the evaluation criteria. According to the overall result, 50% of girls found low physical quality indicators (see Figure 1).



1- fig. Dynamics of indicators of physical fitness of student girls in higher educational institutions

In order to determine the indicators of the physical quality of endurance of student wrestling girls, as well as to correctly assess the changes in the levels of this physical quality in them,

900 lifting of the torso while lying on the back was taken control-test practical exercise. Based on the results of the study conducted, it was found that in 30% of student girls, the indicators of physical quality of endurance were at an “unsatisfactory” level, and on the basis of the assessment criteria were assessed with a Grade “2”. This low indicator means that students have the need to form training processes. And in 35% of our wrestling student girls, the level of physical quality of endurance was manifested at a “satisfactory” level. They were also recorded with a grade of “3” based on the evaluation criteria. Taking into account the overall results, it was found that 65% of student girls have low indicators of endurance physical quality (See Figure 1).



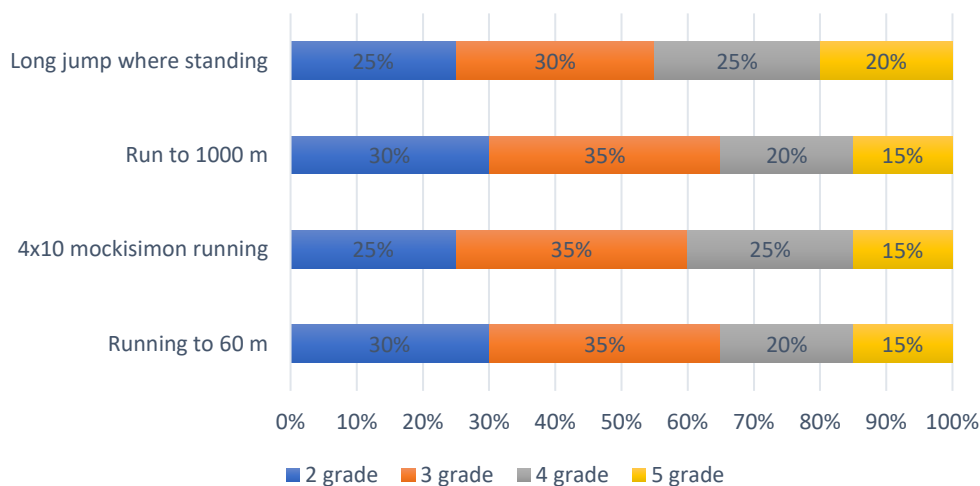
2- fig.

Dynamics of indicators of physical fitness of student girls of higher educational institutions

In the initial period of mastering the activity of movement, training methods are nothing more than methods of learning to perform these actions in practice. This includes the method of combining the exercise movements into details, adding the details together, in one whole, and the methods of performing the exercises to the fullest, going selectively and selectively out of the details. The study of movements in practice takes place under the guidance of a coach. High results were noted by the approach of girls to physical training processes in Aloxi, the formation of their physical quality indicators.

To determine whether the indicators of the physical quality of strength of student girls engaged in sports clubs organized from wrestling sports are being formed correctly, a practical control-test exercise was carried out, bending and writing hands, relying on a gymnastics seat. During the given load, indicators of the physical quality of strength of girls were evaluated. According to the results, our student girls could not perform the control-test exercise, which was given 25%, and recorded an “unsatisfactory” indicator with a grade of “2”. Girls who passed the control test results for a “satisfactory” “3” score were 35%. Girls who recorded an overall low of 60% found that physical quality indicators were not at a “satisfactory” level.

When determining the next physical quality indicators, the control test norms of throwing the ball far away were used. Throwing the ball far away power serves to determine physical quality indicators. In the research work carried out, it was found that in 25% of our student girls, the indicators of physical quality of strength are at an “unsatisfactory” level and were rated “2” based on the evaluation criteria. Girls who passed the control test at a “satisfactory” level accounted for 30% and were recorded with a “3” grade. Indicators of strength physical quality were found to be low in more than 50% of student Girls (See Figure 2).



3- fig. Dynamics of indicators of physical fitness of student girls of higher educational institutions

Looking at Figure 3, the results of the practice of control testing of running at a distance of 60 M are presented among our student girls in order to determine the level of development of speed physical quality indicators. From this diagram, the indicators of the speed physical quality of our student girls were found to be at an “unsatisfactory” level in 30% of girls, and they were rated “2” and could not pass the control test. In 35% of girls, this indicator was found to be “satisfactory”, and based on the evaluation criteria, they were also recorded with a grade of “3”. The indicators of the speed physical quality of our student girls were found to be at a low level in 65% of this class.

The development of the level of speed physical quality 3x10 m.ga mokisimon has found its proof even more clearly in the running practical control test. This is based on the results obtained through the control test, showing that the indicators of the speed physical quality of 25% of girls are “unsatisfactory”. During the study, our student girls, whose indicators of speed physical quality were satisfactory, accounted for 30%. The fact that our student girls, who recorded a low level of physical fitness, found evidence during research work. The fact that this indicator greatly prevents girls from recording high results is evidenced by the lack of functional training in them (see Figure 3).

The next level of physical fitness was aimed at determining the quality of endurance, and this obtained control-testing exercise was carried out by running to 1000 m. Looking at the diagram given in Figure 3, it turns out to what extent the indicators of the physical quality of endurance of our student girls are. Based on the results, in 30% of our student girls, the indicators of physical quality of endurance were found to be at an “unsatisfactory” level and were rated “2”. In the case of 35% of schoolgirls, the rate was found to be “satisfactory” and was recorded with a grade of “3” based on the assessment criteria. To the final conclusion, it was found that 65% of girls have low indicators of endurance physical quality (See Figure 3).

Physical development is a healing process, a gradual decision-making of changes in the functions and forms of the human body.

According to the results of the research carried out, indicators of physical quality, the formation of a general level of physical fitness are being determined through the control tests carried out. An auxiliary exercise designed to determine the indicators of strength physical quality is a jump

in length from where it stands. In this prescribed control exercise, our student girls who recorded an “unsatisfactory” result were 25% and could not pass the given practical control test. In 30% of our student Girls, a “satisfactory” result was recorded and marked with a “3” grade. According to the final results, more than 50% of girls were found to have low indicators of strength physical quality (See Figure 3.13), and the determination of physical development indicators in our student Girls was completed through this control test.

CONCLUSION

It turned out that in order to improve the effectiveness of the wrestling training organized in student girls and improve the methodology for applying digital technologies in mastering the technical actions of the wrestling sport, there is a need to radically insulate training programs;

It is necessary to develop programs and implement them in a new way, studying the experience of types of struggle in developed countries and studying new methods and methodologies that contribute to the training plans of science programs and circles, improvement of general physical training, special physical training, technical and tactical training and individual training.;

In order to enrich the reserve of athletes from among our student girls who can become part of the national team in the sport of wrestling, there is a need to increase the number of wrestling sports competitions among girls and organize at a high level.

By improving the material technical base of the clubs of the wrestling sport, which is being organized for student girls in higher educational institutions, to improve the training of sports girls engaged in the sport of wrestling, universal, specialized, as well as technical and tactical;

According to the special assessment criteria based on the physical training levels of the wrestling girls and the characteristics of the women of the wrestling sport, test exercises to determine their level of training were taken and evaluated in accordance with the results specified in the criterion in the prescribed manner.

Based on the results obtained, conclusions were developed with the development of the necessary proposals and recommendations for them in order to improve the training levels of wrestling student girls.

It is necessary to develop and implement methods that promote the improvement of general and, special physical training of students of girls engaged in wrestling sports circles organized in higher educational institutions;

The struggle of developed countries (judo, sambo and x.k) having studied their experience in types, it was determined that it is necessary to make the necessary changes and adjustments to the training programs of wrestling girls;

By improving the material technical base of wrestling clubs organized in higher educational institutions, it became known that there is a need to improve the physical fitness of girls engaged in the sport of wrestling, general and special;

In order to expand the ranks of our girls who have the opportunity to become part of our national team in the sport of wrestling, it is necessary to organize regular and high-level

competitions in the sport of wrestling among student girls of higher educational institutions and encourage winners and laureates.

REFERENCES

1. 1. Decree of the president of the Republic of Uzbekistan “on measures for the further development of the National Sport” Wrestling”dated October 2, 2017 " PQ-3306 lex.uz
2. 2. Decree of the president of the Republic of Uzbekistan dated March 5, 2018 No. PF-5368 “on measures to radically improve the system of Public Administration in the field of Physical Education and sports lex.uz
3. Abdulkhakov M.R., Trapeznikov A.A. – Fight to win! Sport in your life. – M.: Enlightenment, 1990 – p.1444. Abdiev A.N. - Borba monograph. Tashkent, 2004 G.
4. 5. Abdullaev Sh.A. - Free fight. Tashkent, information press 2017.
5. 6. Aliev I.B. - Training downloads of students engaged in wrestling. Tashkent – 2012.
6. 7. Astakhov L.M. - Novoe V metodike obucheniya Teche borbi // Sportivnaya Borba: Ejegodnik. - M, 1976g. S.29-30
7. 8. Arslanov Sh.A. - Wrestling types competition rules. Tashkent, prospect 2016.
8. 9. Abdullaev Sh.A. – Scientific and methodological foundations of training qualified athletes. Methodical guide. Tashkent-2015y
9. 10. Abdullaev Sh.A. - Theory and methodology of free struggle. Educational-methodological manual. Tashkent-2016y.Pp. 25-26.