

THE ROLE OF PHYSICAL EDUCATION IN THE DEVELOPMENT OF MASS-SPORTS ACTIVITIES IN HIGHER EDUCATIONAL INSTITUTIONS

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Annotation: a methodology is presented for the adaptive physical education of individuals with impaired regulatory functions of the cardiovascular system. Methodology includes tools (aerobic cyclic and strength training, stretching), methods (strictly regulated exercises) and "circular training"), and a methodological technique that creates conditions for improving the effectiveness of classes. The sequence of application of aerobic and vigorous exercise and methods of normalizing the amount of load during wellness and rehabilitation training are considered. In the process of flexible physical education, it is recommended to use complex physical exercises performed in aerobic mode and strength exercises performed in quasisotonic mode. Using the proposed methodology, the characteristics of the dynamics of physical and functional training caused by the influence of classes are shown.

Keywords: methodology, adapted physical education, means of physical education, students, cardiovascular system.

Аннотация: представлена методика адаптивного физического воспитания лиц с нарушениями регуляторных функций сердечно-сосудистой системы. Методика включает в себя инструменты (аэробные циклические и силовые тренировки, растяжку), методы (строго регламентированные упражнения) и "круговую тренировку"), а также методический прием, создающий условия для повышения эффективности занятий. Рассмотрена последовательность применения аэробных и энергичных упражнений и методы нормализации объема нагрузки во время оздоровительных и реабилитационных тренировок. В процессе гибкого физического воспитания рекомендуется использовать комплексные физические упражнения, выполняемые в аэробном режиме, и силовые упражнения, выполняемые в квазизотоническом режиме. С использованием предложенной методики показаны характеристики динамики физической и функциональной подготовленности, обусловленные влиянием занятий.

Ключевые слова: методика, адаптированное физическое воспитание, средства физического воспитания, студенты, сердечно-сосудистая система.

244 of the Cabinet of Ministers of the Republic of Uzbekistan on the organization of a system of continuous sports competitions aimed at attracting students and students to sports, 271 of the decisions of the Republic of Uzbekistan on measures for the further development of physical education and sports in Uzbekistan, as well as the tasks set out in the decisions of the, the most pressing issue in all educational institutions today is the strengthening of the movement of physical education and sports among the population of the state, increasing its popularity, including organizing and conducting physical education and sports activities in new ways in order to bring up the younger generation in all educational systems in the spirit of physical strength, agility, willpower, patriotism, aimed at

It also aims to address the shortcomings and defects allowed in the further development of physical education and sports among the student-youth by seeking. Therefore, the importance of the science of physical education in the implementation of all educational institutions is invaluable in the further development of physical education and mass sports work, strengthening the movement of physical education and sports among the population, increasing the popularity of sports.

The subject of physical education is considered the most important and mandatory part of the system of continuing education, while in the system of training, it is our main goal to raise the factor of physical education and sports to a new level. In the implementation of the above decisions and regulatory documents, in cooperation with the Ministry of Culture and sports affairs of the Republic of Uzbekistan, the Ministry of Higher Education, Science and innovation, the center of secondary special vocational education, the Ministry of public education, a number of works have been carried out to develop physical education and wellness among students, to attract the masses

In cooperation with the Ministry of Physical Culture and sports of the Republic of Uzbekistan, organizations and interested ministries in its system, in order to attract large segments of the population to mass physical education and sports, the Ministry of Physical Culture and sports annually develops a calendar plan of mass-sports events and, in accordance with it, District (City), Regional, Republican premiums, championships, international tournaments, Asian Games, World premiums and championships Including "healthy and polvonjon" among preschoolers, "football Bunny" among schoolchildren, —youth and —football future,-cups of hope, Republican premiums among students of football boarding schools, "cheerful starts" among students-youth, "sprouts of Hope", "harmonious generation", "Universiade", "Knights" military sports competitions, as well as women's Spartakiad, in

neighborhoods —the future of our football," pahlavons of our neighborhood", "Healthy Family" Family sports competitions, Events such as the Alpomish and Tumaris festival in national sports and people's games and sports events such as Republican premieres, championships, international tournaments, Asian Games, World Premieres and championships in most sports have become widely public. The main purpose of these sports competitions is to mature the feelings of love for sports in the hearts of the growing younger generation, to show them the results achieved in sports, to form the principles of a healthy lifestyle in young people, the qualities of solid will, patriotism and dedication to el yurt, to create conditions at the level of modern requirements for As the main principles of effective management of these processes, the following are established: continuity and continuity; purposefulness and efficiency; prioritizing self-funding based on networking and godly opportunities. The above system of managing public sports games on the basis of a programmatic approach will ultimately ensure the continuity and duration of these events.

The implementation of the system in the above direction affects the positive resolution of the tasks in this regard::

First of all: within the framework of the law "on education "and the National Training Program," physical education and sports law, a unified system of student-youth involvement in sports is created, providing for the needs of student-youth and students in physical education.

Secondly: on the basis of ensuring the popularity of the mass sports movement, a system is created to restore the health of pupils and young people of all ages, increase the role of physical education and sports and form the country's teams from talented young people in sports.

Third: the creation of an effective system of control and assessment of the activities of children's and adolescent sports schools, coaches, physical education teachers is ensured.

Fourth: allows you to further develop sports bases on the premises, improve existing systems, increase the personnel level, create a healthy environment.

Fifth: helps to create systems for the production of sportswear and equipment on a large scale, expand existing ones. The broad involvement of student-youth in mass sports competitions is based on the principles of continuity and permanence, purposefulness and efficiency. It will be advisable to develop the following measures for the formation of the student-youth aspiration for a healthy lifestyle, the creation of a system for the mass development of youth sports:

1. The development of mass sports is formed first of all on the basis of the established games for children, such as personal hygiene of children, physical

education, folk games, "cheerful starts" in preschool educational institutions, children's and teenage sports schools;

2. In all educational institutions, neighborhoods and among the population, it is necessary to organize a day of Sports, Sports holidays, spartakiads, and turn sports into a nationwide movement;

3. Formation of the need for a healthy lifestyle student-youth in schools of general secondary education, academic lyceums and professional colleges and higher educational institutions;

4. Improvement of the system of Organization of physical education and sports;

5. Development of physical education – wellness, mass-sports work and National Sports;

6. Scientific and methodological and medical provision of physical education and sports;

7. Development of the capabilities of the physical education and sports system;

8. Improvement of the system of providing funds in the field of physical education and sports, development of the non-governmental sector;

9. Promote and campaign for mass sports, effectively using the media and the timed press:

10. Introduction into practice of special tests "Alpomish "and" Barchinoy", which determine the level of physical fitness and health of the population of Uzbekistan" among the youth of the Republic;

11. To prepare young promising athletes and create conditions for their participation in international competitions;

12. Promotion of research work aimed at increasing the popularity of physical education and sports.

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