

STUDENTS OF HIGHER EDUCATION INSTITUTIONS INDICATORS OF AGILITY QUALITIES

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Annotation: The article describes the results of pedagogical experiments conducted in the process of physical education on the ability of students to re-adapt to changes in physical qualities and activity of agility in physical activity and further develop their health and physical qualities.

Keywords: exercise, movement activity, exercise adaptation, health, physical performance circular exercises, stereotype and nostereotype movements, physical exercise correction.

Relevance of the topic. The complex processes taking place in the world are human in addition to preparing the body for the changes that are taking place in the external environment, to strengthen the body's immune system, the population great attention is paid to strengthening the increase in physical activity of all layers, in particular students. Consistent measures are being taken to popularize physical education and sports, to create the necessary conditions and infrastructure for promoting a healthy lifestyle among the population, especially young people, to ensure the country's worthy participation in international sports fields. Including some components that make up innovative educational technologies in the educational process of students studying in the higher education system of the Republic of Uzbekistan, namely the educational process the organization, taking into account the physical fitness of students, makes comprehensively strengthened requirements for the level of practical qualifications and skills, its adaptation to dynamic and rapidly changing living conditions, increasing the level of health, achieving high working capacity and further increasing the activity of the character. In these conditions, it is especially important to realize the importance of the influence of physical exercise on the part of the individual, these exercises are the maximum realization of their own interests and abilities on each person, as well as the effective conduct of the level of physical fitness allows to provide.

It is not for nothing that much attention is paid to physical education for students. Because, it is this layer of the population of the country that is the greatest physical

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and for the further progress of society in the process of obtaining education in higher educational institutions must have intellectual power. However, many years of work experience and the results of scientific research indicate that a certain part of the students do not have the necessary level of physical education and physical training during their studies showed. Therefore, the coordination complexity of the measures is the first measure of agility. If the spatial, temporal, force characteristics of an action are consistent with the action task, the action becomes clear enough, the action tasks give rise to the concept of the accuracy of the action. The accuracy of the movement is the second measure of agility. Accordingly, we divide all the actions that can be encountered in life and in sports into two groups: - relatively stereotypical actions, nonstereotypical actions.

The object of research is the process of physical education of students of higher educational institutions.

The subject of research is the physical qualities of students of higher educational institutions.

The purpose of the study is to study the physical agility qualities of students of higher educational institutions.

In accordance with the purpose, it was determined to determine the interests of students of higher educational institutions in physical education and sports, physical qualities of agility as tasks of research.

In the course of the studies, research methods were used, such as studying the physical qualities of agility in physical education lessons and evaluating them using methods of circular exercises.

Organization of the study: the studies were carried out at the Kokand State Pedagogical Institute, in which a total of 236 students of stages 1-2 years old took part. University's experimental research on improving physical qualities was established. The experimental work was carried out from three months to two stages in the lessons of physical culture of students, in the study of students with different levels of physical qualities. At the beginning of the school year, control tests were carried out in order to find out the state of development of the physical qualities of students. From it, changes were assumed in relation to its previous preparation, depending on the data obtained from control exercises aimed at the development of physical qualities. Therefore, this experimental work is precisely to develop the physical qualities of students in the experimental group it was planned on the basis of a focused and differentiated training methodology.

Also, for the experience, students of Fergana State University, considered non-specialized faculties of physical education, were selected. Of the total 161 students

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selected for the experimental group, 81 were girls and 80 were boys. A total of 75 students (37 girls, 38 boys) were selected for the control group. Experience before Research and control group of student girls the difference in indicators shown in control tests on the quality of agility it was as follows. Maximon running, 3x10 experience group in student girls average 13.70 seconds, control group average 13.50 seconds in student girls (difference 0.2 milliseconds). Grabbing the drawing falling from above experience group average 24.30 centimeters in student girls, control group student in girls, the average was 24.70 centimeters (the difference was 0.4 centimeters). Barriers experience Group" snake-shaped " 10-meter run from among student girls average 4.30 seconds, control group average 4.48 seconds in student girls (difference 0.18 milliseconds).

The maximum run 3x10 experimental group averaged 9.70 seconds in student boys and the control group averaged 9.46 seconds (difference 0.24 milliseconds) in student girls. The experimental group of capturing a drawing falling from above averaged 21.80 centimetres in student boys and the control group averaged 22.04 centimetres (difference 0.24 centimetres) in student boys. Running between obstacles "ilonizisimon" in 20 meters the experimental group averaged 5.70 seconds in student boys and the control group averaged 5.51 seconds (difference 0.19 milliseconds) in student boys.

The experimental and control group found that student performance in all pre-research physical qualities was at nearly the same level in student girls and boys. (See Table 1).

Physical education with his students in the course of circular and corrective training in classes, a motivational principle supporting students was implemented, which included training in methods of self-control of the functional state of his organism in the process of training, volitional tension to overcome subjective difficulties and relaxation exercises after physical load.

The introduction of a circular training method of the development of a student's organism in a pedagogical specialty, the process of solving the tasks of the main part of training, included 10-12 stations.

During the pedagogical experiment with students, personal body weight, exercises with various objects, exercises in pairs were widely used. In each session, monitoring was carried out on objective and subjective indicators of the functional state of students.

During the period of experimental observations, the number of individuals who were considered a means of passing the "test" of physical education in a higher educational institution decreased 4 times, while it was noted that the number of

students who wanted to show creativity and initiative increased 2 times.

The effectiveness of the observed changes was such that the content of exercise classes was determined taking into account the individual characteristics of students, which ensured the rapid development of the general physical fitness of students-young people studying at a pedagogical higher educational institution. When the results obtained are calculated, the team of experience will be able to run a maximum of 3x10 meters in terms of the quality of agility of students Monday, Wednesday of the week, in the first half of Fridays, running in place in front of the starting line after 10 seconds, the running exercise is repeated 15-20 seconds, 6-8 series, 3-4 times, including the jump from the seat to the height from 15-20 seconds, 3-4 series, after 3-4 runs, running 100 meters is carried out strictly following the procedure of 1-2 minutes, 4-6 series, provides an opportunity to improve.

Conclusion: the results of the 3 indicators of the quality of agility of students of the control and experimental group, whose physical development at the beginning of the experiment is different, make axolini see that there are practically no big changes when the types and criteria of sports tests "level of physical fitness" are compared with the sports wellness program.

In the course of our research, it was found that, as a result of the formation of volitional qualities in students of the experimental group, the result of conducting the markga circular Training 2 times during training, reliably grew them positively when compared with the initial obtained results.

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