



PROFESSIONALLY APPLIED PHYSICAL PREPARATION OF STUDENTS

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Annotation

The article deals with the issues of physical development and professionally applied physical training of students of pedagogical universities. The factors that most ensure success in the upcoming work are identified. The materials of the correlation analysis convincingly indicate that the special control exercises and basic gymnastics tools used, which formed the basis of the comprehensive training program, have a high level of significance and are informative.

Keywords: Training sessions, elective classes, professionally applied physical training, physical education, control tests, correlation analysis, level of motor readiness.

Relevance

Improving the qualities of movement and functionality of the organism a variety of physical training tools used to increase capacity and Among the methods, practical gymnastics plays an important role. Practical in modern sports practice based on the content and characteristics of gymnastics, it is used. If the objective requirements for a person's profession are known, then any professional-practical types of physical training can determine the functions and content. But physically leading specialists in the theory of education and sports professional-practical physical training (KAJT) technologies and taking into account the future professional activities of students a scientifically developed methodology for the formation of sustainable movement skills manuals and recommendations are insufficient, which in turn is training significantly complicates the process.

In addition to the theoretical substantiation of this problem, the diversity of the national economy based on scientific and methodological in the process of training future professionals in their fields The widespread use of physical education and sports facilities is also becoming more urgent is growing. Therefore, the requirements of scientific and technological development, working and living conditions new scientifically based forms of physical education, tools and

The search for methods is the most important and relevant in the theory and practice of physical education tasks.





The purpose of the study is to determine the specific characteristics of the chosen specialty taking into account the level of professional practical physical training of student's increase Research Objective: Developed specialized higher education institutions gradual formation of professional and practical physical training of students justify the program in practice. Contingent of candidates: three courses of Jizzakh State Pedagogical Institute group (JDPI-60 people) experimental group (TG), Kokand State Pedagogical Institute (KDPI) three groups of first-year students (60 people) formed a control group (NG). Organization of research: Professional-practical physical for experimental group students professional-practical gymnastics as a basic means of training (without and with equipment) with, on the gym wall, on the chair, on the rope, on the back of the gym chair and etc. exercises), athletic gymnastics (AG) exercises, mass sports – light athletics, swimming, sports games, "Kurash" exercises; vocational school located in the educational institution special exercises were used in the preparatory sports sector. Sports in the selection of exercises for the professional-practical direction of the type or for a specific profession (physical education and sports) equipment was also taken into account.

General and KAJT level control T.S. Usmankhodjaev hammual. (8) recommended was performed using a group of control exercises. It is recommended to use the following training course forms during the main experiment:

1. Complex training lessons;
2. Classes on CCT and mass sports;
3. KAJT classes during the internship (optimal level of training save);
4. Sports-practical competitions;
5. Independent lessons according to the teacher's assignment.

QDPI students (control group) are generally accepted training in physical education engaged in the program. Research results: Pedagogical institutes participating in the experiment Preliminary observation materials from the test subjects and the results of a comparative analysis of morphofunctional and physical fitness indicators did not make a significant difference at the beginning of the school year, and JDPI for this age group with an insignificant ($R > 0.05$) predominance in the anthropometric parameters of the students below average was detected. Theoretical knowledge and practical skills of the test student groups The research conducted on the identification process we offer in the course of optional classes The AG exercise training option has shown its effectiveness. AG's theory students of the experimental group independently mastered the section and reflected in the table assessed on the amount of knowledge imparted. Experience and supervision over academic years joint mobility, agility-





strength qualities, and endurance in group students the comparative dynamics of the descriptive indicators derive from the action tasks performed changed out. The desire to increase results in any type of activity is first and foremost his implies knowledge of the factors that depend on the level. For example, I.A. Koshbakhtiev (3); Yu.D. Jeleznyak (7), V.N. Platonov (6) Physical Education and on the physiological and pedagogical basis of the methodology of sports training In addition to expressing ideas, a successful solution is the learning process highlight three key issues related to effectiveness:

1. The factors that ensure success in this type of muscle activity detection
2. The physical qualities of the practitioners formed in one form or another, and develop a skills assessment methodology.
3. Organize effective tools and methodologies in the teaching and learning process planning Conclusion. The results of the study show that practical gymnastics Distinctive features are:

All-round physical development and focus on individual muscle groups form and the human body, which allows to successfully solve the tasks of exposure the presence of a variety of exercises in terms of effect. Work in your chosen profession taking into account the specific features of the activity, the exercises in the prescribed rhythm and tempo opportunity to perform. Variety of gymnastic exercises, forms of training and methods of conducting them, general physical development of practitioners and such as strengthening the body, the student is determined by age, gender and level of physical fitness it also provides a wide range of applications in improving the quality of movement required.

Unlike gymnastic exercises used for general physical training, it is recommended to use acrobatic exercises for special training with a specialized direction made. This exercise is the future professional activity according to the structure and description of muscle tension similar to actions typical of this or that type. The proposed group of acrobatic exercises, which show the musculoskeletal system In addition to the effect, the functions of vestibular analyzers, depending on the chosen specialty, also has a positive effect on performance improvement. These are just training sessions in order to solve the specific tasks of the sport in which the student is engaged in the process, but also the all-round physicality needed to increase the level of movement readiness is also very important for development.



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