



METHODOLOGY OF USING NON-TRADITIONAL EXERCISES TO IMPROVE PHYSICAL FITNESS OF FEMALE STUDENTS

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Annotation

This article discusses scientific and methodological indicators for the development of physical fitness of female students engaged in physical education, development with the help of non-traditional exercises.

Keywords: Female students, non-traditional exercise, physical fitness, physical qualities, running, jumping.

Дунёнинг кўпгина мамлакатларида соғлом авлодни тарбиялаш, жисмоний тарбия ва спортни ривожлантириш ҳамда мамлакат аҳолиси саломатлигини яхшилаш масалалари устувор йўналишлардан бири бўлиб келмоқда. Дунёда кечаётган жараёнлар инсон организмидаги иммун тизими фаолиятини ошириш учун аҳолининг барча қатламларида, хусусан қизларнинг ҳаракатга бўлган фаоллигини ошириш талабини қўймоқда.

Талаба-қизларнинг жисмоний тайёргарлигини ошириш ҳамда уларнинг организмига замонавий воситалар таъсирини ўрганиш муаммоларига бағишланган тадқиқотлар етарлича очиб берилмаган. Бугунги кунда дунёдаги ижтимоий шароитдан келиб чиқиб, талаба-қизларни ноанъанавий воситалар орқали ҳаракат кўникма ва малакаларини оширишга қаратилган тадқиқотларни илмий асослаб бериш муҳим аҳамият касб этади.

In our republic, one of the urgent problems is to increase the level of physical fitness and internal capacity of students, to prevent various changes in their health, or to reduce the rate of development with the help of non-traditional means in physical education classes. It sets the task of "fundamental improvement of the higher education system, based on the priority tasks of the socio-economic development of the country, a fundamental review of the content of personnel training, and the creation of necessary conditions for the training of highly educated specialists at the level of international





standards."¹. Today, in higher education institutions, there is a regular decrease in the number of hours in the curriculum for physical training, although physical training is the only way to maintain the physical fitness of students. In higher education institutions, the task of increasing the physical activity of female students based on the means of physical fitness of female students is included in gymnastics (aerobics) and national sports. However, in scientific research, the unique features of non-traditional means of developing physical fitness of female students have not been sufficiently taken into account. Development of a program for physical education training based on non-traditional means using the resources of physical education correctly, rational selection of non-traditional means and methods by classification, use in physical education classes, as well as , issues such as managing the process of improving physical fitness of female students are becoming urgent.

In our republic, G. A. Yusupov on the introduction of "fitness aerobics" classes from "classic aerobics" to "fitness aerobics" for the physical fitness of female students in higher educational institutions, M. M. Makhmudova on the issues of increasing the physical activity of female students based on the tools of the national sport who conducted research². However, in their scientific research work, not enough information has been studied on the issues of increasing and strengthening physical fitness of students of non-specialized higher education institutions, taking into account their wishes.

Based on the analysis of scientific and methodical literature, the physical fitness of female students is widely discussed as a very important problem in scientific and methodical literature. It should be noted that scientifically based developments on increasing physical fitness of female students using non-traditional means have not been sufficiently revealed. These tasks determine the general understanding and relevance of the work of the research in the selected areas.

The research work was carried out at the Samarkand State University, during the physical training classes of female students, during the training of female students with different physical training.

¹Ўзбекистон Республикаси Президенти Ш.Мирзиёевнинг 2017 йил 20 апрелдаги “Олий таълим тизимини янада ривожлантириш чора-тадбирлари тўғрисида”ги ПҚ-2909-сонли Қарори. www.lex.uz.

² Юсупов.Ф.А. “Соғломлаштирувчи гимнастика воситалари орқали талаба ёшларнинг жисмоний ривожланишини коррекциялаш методикаси” Пед... ф.б.ф.д (PhD) диссертацияси автореферати. Чирчиқ. 2020.й Б 24-26, Махмудова М.М. “Миллий спорт турини қўллаган ҳолда олий таълим муассасалари талаба қизларнинг жисмоний тайёргарлиғни такомиллаштириш”. Пед. ф.б.ф.д (PhD) диссертацияси автореферати. Чирчиқ.2020.й Б 3-5.



The research work was divided into two phases of a 5-month experiment of two and a half months. At the end of each stage, control exercises were conducted in order to find out the state of physical fitness of the students. For each phase of the experiment, training tools were selected based on non-traditional exercises and a training program was developed.

It was hypothesized that the content of the training tools will change compared to the previous training depending on the data obtained from the control exercises to determine the state of physical fitness of the students. Therefore, a general lesson was planned on the basis of training tools to improve the physical fitness of students in the entire pedagogical experience.

Before the study, the difference between the results of the experimental and control groups of female students in the control exercises was as follows.

In an average 30-second body lifting exercise, the average result of the control group students-girls was 12.0 repetitions, the average result of the experimental group was 12.3 repetitions, the difference was 0.3 repetitions.

In the standing long jump exercise, the average result of the control group students-girls was 146.5 cm, the average result of the experimental group students-girls was 147.2 cm, the difference was 0.7 cm.

It was found that the physical fitness status of female students in the experimental and control groups was at the same level before the study (**See Table 1**).

Table 1 Comparative description of physical fitness indicators of control and experimental group students at the beginning of the study

Indicators	Groups	Faculty of Pedagogy n=34				Faculty of Uzbek Philology n=34			
		I-course		II course		I-course		II course	
		\bar{X}	σ	\bar{X}	σ	\bar{X}	σ	\bar{X}	σ
Raise the body during 30 seconds on average, times	CG	9,8	1,24	13,7	1,57	11,4	1,29	13,4	1,64
	EG	10,1	1,31	13,9	1,65	11,1	1,32	14,1	1,77
Standing long jump, cm	CG	134	14,46	147,5	15,67	146,7	15,66	158	17,8
	EG	135	14,79	148,1	16,07	147	16,05	159	18,6

Note:CG- control group, EG- experimental group The table shows the pre-research results of the control group and the experimental group in the denominator.

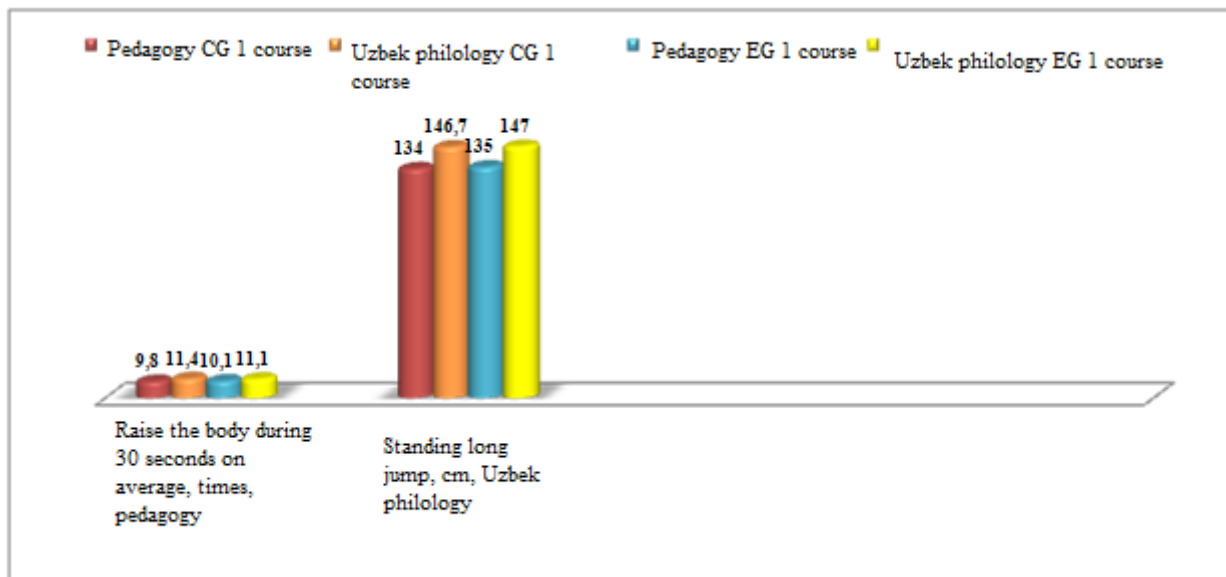


Figure 1 shows the dynamics of growth of female students' physical fitness.

During the research, in order to improve the physical fitness of female students studying at Samarkand State University, we developed a five-month training program outside of their training, and this training program includes the execution of non-traditional exercises, the number of repetitions, and the sequence of their execution in training.

A set of exercises performed with a filler ball

1. Throwing the ball back between the legs while bending down (to develop arm and back muscle strength).
2. Throwing the ball forward from the chest with both hands (to develop arm and shoulder girdle muscle strength).
3. Throw the ball forward with the right hand in front of the chest (to develop the muscle strength of the right hand).
4. Throw the ball forward with the left hand in front of the chest (to develop left arm muscle strength).
5. Throwing the ball forward while bending down (to develop back and arm muscle strength).

A set of exercises performed with football

1. Lifting the soccer ball forward and over the head with the legs together (develops arm and leg muscle strength).



2. Legs shoulder width apart, lifting the soccer ball to the right and left sides (develops abdominal and back muscle strength).
3. With the help of hands, squeeze the soccer ball with force (arms and fingers develop muscle strength).
4. With feet shoulder-width apart, the soccer ball is placed behind the head and the hands are folded (develops arm muscle strength).
5. Soccer ball squeeze exercise with hands every month
6. 4 days were done through 2-3 repetitions of 8 times. During the total 5-month preparation, 800 times the exercise of squeezing the soccer ball with the help of laces was performed.

Table 2

Comparative description of physical fitness indicators of control and experimental group students at the end of the study

Indicators	Groups	Faculty of Pedagogy n=34				Faculty of Uzbek Philology n=34			
		I-course		II course		I-course		II course	
		\bar{X}	σ	\bar{X}	σ	\bar{X}	σ	\bar{X}	σ
Raise the body during 30 seconds on average, times	CG	10,33	1,22	14,39	1,69	11,96	1,34	12,7	1,54
	%	5,41		5,04		4,91		5,22	
	t / P	1,78	>0,05	1,74	>0,05	1,76	>0,05	1,81	>0,05
	EG	10,94	1,35	14,95	1,72	11,97	1,46	15,25	1,86
	%	8,32		7,55		7,84		8,16	
	t / P	2,60	<0,05	2,57	<0,05	2,58	<0,05	2,61	<0,05
Standing long jump, cm	CG	141,4	19,3	154,3	16,33	153,1	14,57	166,9	18,1
	%	5,52		4,61		4,36		5,63	
	t / P	1,79	>0,05	1,75	>0,05	1,74	>0,05	2,04	<0,05
	EG	145,8	19,16	158,6 2	17,24	156,79	15,13	170,5 6	18,06
	нис %	8,00		7,10		6,66		7,27	
	t / P	2,60	<0,01	2,60	<0,05	2,59	<0,05	2,60	<0,05

Note: **CG**- control group, **EG**- experimental group. t_{cr} - the critical value of the Student's distribution calculated with respect to the values at the beginning of the experiment, P- the degree of significance of the change compared to the indicators at the beginning of the experiment, nis. The % line shows the percentage increase of this test indicator during the experiment compared to the beginning of the experiment

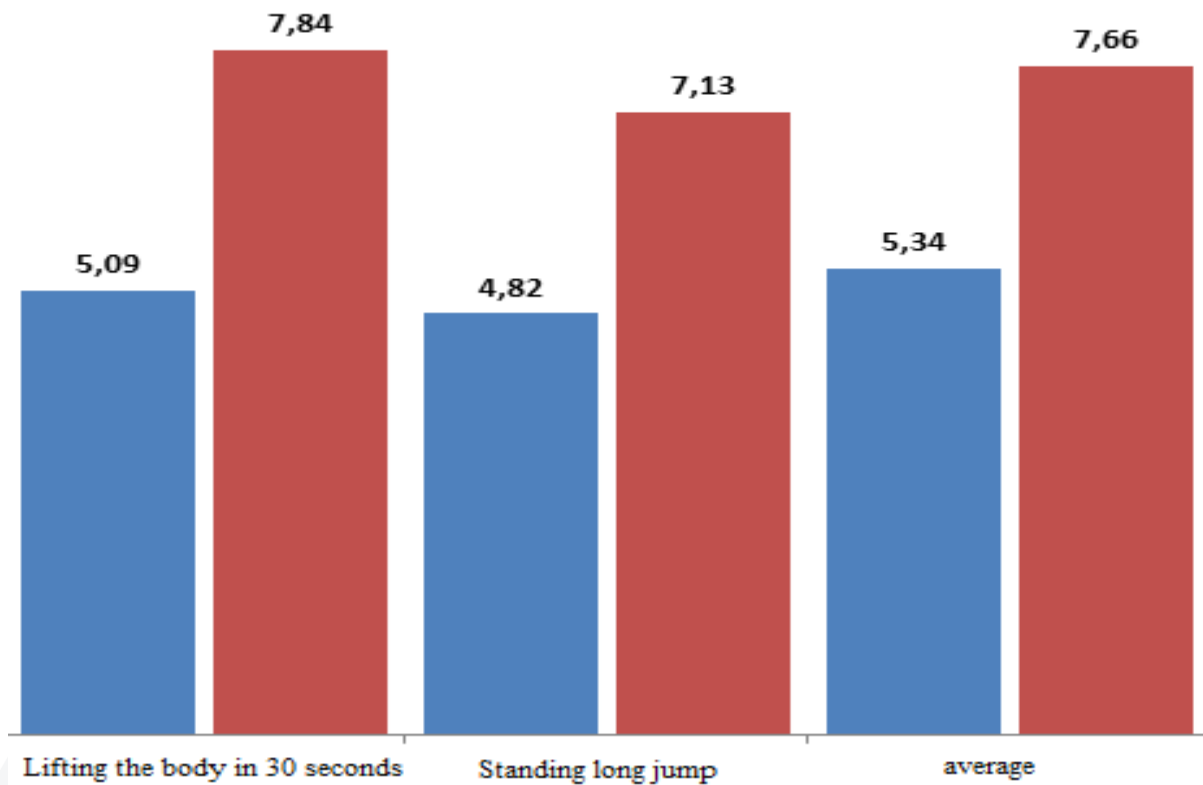


Figure 2. At the end of the experiment, the dynamics of the relative growth of the physical fitness indicators of male and female students during the pedagogical experience (in %)

After the study, the relative growth of female students of the experimental and control groups in terms of physical fitness was the same: the relative index of raising the body for 30 seconds in the experimental group was 7.84, while the relative index of the control group was 5.09. It was found that the relative growth difference increased by 2.75% in the experimental group compared to the control group, while the relative index of the long jump of the female students of the experimental group was 7.13, it was 4.32 in the control group, the relative growth difference in the experimental group compared to the control group It was found that it increased by 2.31%. (See Figure 2). The features of the program developed by us are different from other programs: first, non-traditional exercises were found to be the most effective for the physical fitness of female students, and secondly, the development of physical fitness of female students through exercises performed with a supplementary ball, exercises performed with football, had a good effect.



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