



## ACCELERATED PREPARATION OF STUDENTS FOR SPORTS TESTS IN A MARKET ECONOMY

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### Abstract:

The development of a market economy, the construction of a new Uzbekistan requires a systemic change in the social situation in the field of physical culture, which in turn will create a new system of training personnel for activities in the system of physical education and sports, as well as solve the problem of the "physical education" industry meant that it was necessary. Modern branches of physical education and sports education are at the stage of practical exit from the crisis and should have clear tasks and implement them through other approaches than those used during the crisis.

**Keywords:** Physical culture, physical education, market economy, professional potential.

### Introduction

Today, the training of specialists who know their business in all aspects, technical, tactical, physical. In addition to multifaceted research aimed at improving their functional capabilities, much attention is also paid to the qualities of their preparation for a market economy. The main task of today's scientists is to find effective technologies and methods that give high results in a short time. There is a need for a specialist in the field of physical education and sports not only to prepare athletes for competitive activities, but also to increase the potential of preparation for a market economy, promote a healthy lifestyle among the population, and have the ability to manage the development of mass sports.

In the context of political and socio-economic transformations of modern times, the issues of preserving and strengthening human health, as well as the formation of a healthy lifestyle of various categories and groups of the population, are of particular importance. Physical culture is a universal mechanism for health improvement, a way of self-realization of a person, his self-expression and development, as well as a means of combating antisocial phenomena. That is why in recent years the system of values of modern culture has undergone significant changes, the awareness of the role of physical culture as a factor in improving the nature of man and society has increased.





A healthy lifestyle in general, physical culture and sports in particular, are becoming a social phenomenon, a unifying force and a national idea that contributes to the development of a strong state and a healthy society.

General physical fitness is a set of motor abilities (a certain degree of development of basic physical qualities) and morphofunctional properties of the body, is the result of physical training of a person and a certain dynamic state within this process. It "is in close relationship and unity with such components as knowledge about physical education and a healthy lifestyle, motivation to engage in physical exercises, a value-based attitude to health, technical (motor skills and abilities), tactical and psychological readiness, the ability to independent physical culture and sports activities." All this constitutes a phenomenon of a part of the general culture of a person - physical culture.

The scientific novelty of the research lies in the following: In the field of physical education in the modern market economy, related to professional training forms a new direction in the procedural modernization of higher education in the field of physical education. A rotation was then done to equalize the performance of the groups, and the experimental and control groups were separated. As a result, two homogeneous groups are obtained according to the criteria of the quality of knowledge, average assessment and residual knowledge, which will not dominate in the organization of their lives.

The conducted pedagogical experiment shows that the introduction of the GTO complex for the disabled as a whole can be successful. Students with disabilities have become more active, there is motivation for joint physical education classes, they have overcome the fear of standing out from society due to physical limitations, training is carried out together with healthy students at the same sports facilities, and they have become more sociable.

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