



# PEDAGOGICAL BASES OF FORMATION OF PHYSICAL EDUCATION AND SPORTS TRAINING IN HIGHER EDUCATION SYSTEM

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## ANNOTATION

*Special attention is paid to the formation of a healthy lifestyle in our society, creation of conditions suitable to the modern requirements of the population, especially the younger generation for regular physical education and mass sports, strengthening confidence in their will, strength and opportunities in young people through sports competitions, perfection of courage and patriotism, feelings of loyalty to the Homeland.*

**KEYWORDS:** *healthy lifestyle, physical education, physical culture, physical maturity, sports, sports psychology, preparation, training of athletes, modernization.*

## INTRODUCTION

The current development of science, technology, production and technology determines the image of modern society. The most important characteristic feature of modern society is that in all its spheres globalism is conspicuous. Globalization itself is subject to rapid movement, the immediate capture of the necessary information, their processing and effective implementation into practice. They will have the opportunity to move in this way only those personnel who are knowledgeable in their field, have a high level of professional skills, have rich experience and skills. Therefore, in the process of training personnel in higher educational institutions, it is desirable to take into account this requirement of the period.

It is established through a culture of physical harmonious generation education and its perfection, a stable lifestyle. The main criterion for it is the level of health, health of the individual. Health, as well as health, goes to the perfection of the human body, and the laying of its foundation is carried out from the very first period of its biological age.

To date, one of the important factors of living a healthy life is paid attention to the sports sector at the level of Public Policy. This is due to the fact that sport has become one of the factors of a healthy lifestyle and sustainable development, as well as a means of ensuring peace and harmony between peoples.

It is necessary to modernize the system of physical education in educational institutions and implement it with the main directions of improving physical training for young people, taking measures

to improve the system of physical education and sports for students, as well as making recommendations on increasing the effectiveness of compulsory physical education classes in the educational system. To this end, today the issue of development of physical education and sports in Uzbekistan is considered at the level of state policy, and it is used as a guaranteed tool for the improvement of the gene pool of the nation, the education of the generation with physical and mental potential and an important area of strategic importance in the promotion of national.

Physical education is understood primarily by the anatomical structure of the human body, the formation, development of organs and the degree of performance of movement activities (physiologic). They express the concept of nurturing, strengthening and growing the human body with natural movement skills and special exercises.

“I must admit that the great wisdom of the science of Medicine in physical education was that Abu Ali ibn Sina no one could give a definition and assessment. That is, according to its description, those who regularly engage in physical education do not need any medications. For this reason, Ibn Sina recommended that everyone should constantly walk in the fresh air, work, rest while traveling to the mountains, ride on boats and fight depending on their health and freshness, perform active practical actions such as horse riding, etc., get used to it. Performing physical training exercises in the norm and in a timely manner, and then bathing in water or rubbing the body with a damp towel, wiping ways are also first tested in Ibn Sina experiments, writing in his



books "Medical law" and leaving it as a scientific heritage"[1, 11].

It is known that the guarantee of regular success in sports competitions is in the improvement of general and special sports preparations of athletes. What are the preparatory classes themselves? In order to prepare these athletes for a variety of sports, competitions, regardless of what kind of competition they have, in order to achieve good results in these competitions, the human body must be able to perform the exercises more quickly, compactly, beautifully than others.

Preparatory classes as a single pedagogical process are divided into two types: general and special physical training.

In general physical training, athlete focus on the comprehensive training of all physical attributes (Strength, Agility, agility, flexibility and endurance).

The basis of preparation for physical training and sports competitions is divided into the following classes:

### **THEORETICAL PREPARATION**

"Sport is a broad concept of human activity. It is known from a long history of society that it is formed in competitions between communities, groups and is characterized by the manifestation of the highest degree of activity, ability of the human body. Even today, sport is an area of great ideological, political and economic importance in our society" [2, 126].

Preparation is important in all sports and consists in knowing the rules of the competition. In such sports as chess, checkers, aviamodelization, this preparation is the most important. Athletes who are engaged in chess and checkers read a lot of stylistic literature, which helps to remember the most interesting of the parties, which were played during the competitions of the previous different stages, to know the opponent's thinking earlier than before and to confront him with his combinations.

### **TECHNICAL PREPARATION**

This type of training will be of two types:

The first are technical methods and skills that depend on dynamic sports, such as performing exercises or a particular movement technically correctly. In all dynamic sports, a lot of attention is paid to technical training, technical properly performed movements are worthy of the applause of the audience. For example, the shooting of Argentine football stars, excellent technical performance in S.Bubka's jump to height with an anchor stick, world record player in mid-range running morocco S.Auita it is possible to name the skills that showed in competitions.

When we talk about the second type of technical training, we mean Technical Sports. For example: a ship fashion designer should know a few professions in order to make his own model and prepare for competitions. In order to make a model body from light material, it is necessary to make a squirrel from wood - for this it is necessary that my carpentry profession is well mastered. In order to paint the Model well - it is necessary to be aware of painting. And in order to make the top devices of the deck (they are made of copper, iron) - it is necessary to know the toxicity and the locksmith.

### **TACTICAL PREPARATION**

The ability of athletes, along with physical, psychological training, is closely related to under what conditions this sport is performed. Tactical training is not only characterized by studying the movement of a person, but also ensures the achievement of high results by athletes. Athletes are obliged to educate in themselves different qualities in order to win over their rivals.

### **PSYCHOLOGICAL PREPARATION**

It plays an important role not only in all sports, but also in the life of a person. Striving for high results requires strength and mental effort. There are more such extreme cases in sport than in other types of activity, from which a person can get out only when he is spiritually well prepared.

Even when putting athletes in very difficult conditions, it is possible to give many examples that they have overcome these difficulties. Spiritual qualities are formed during study and preparation. Competitions of different levels and before them one or two mouths of the coach warm so, educates the necessary qualities.

### **PHYSICAL PREPARATION**

It is the most important type of preparation for sports. As a physical preparation, it is said that he or she nurtures the basic physical qualities that are inherent in this or that sport. They are basically 5 different:

- a) Agility;
- b) Elasticity;
- c) Power;
- g) Durability;
- d) Quickness.

Of these, some are small to some extent, if they are of great importance for sports, but in the upbringing of these, all must also be brought to their own norm.

Planning of sports training. Before embarking on the issue of planning sports training exercises, it is necessary to determine its tasks and



goals. The main goal of sports training exercises is to train highly qualified athletes. They must be prepared for effective labor, for the protection of their homeland.

In order to solve this main issue, it is necessary to pay attention to the following in training:

1. Educational issue. Training of the athlete passes in the following stages:

a) morality-is aimed at shaping the athlete's worldview, interest, attitude to himself, to those around him, to Labor;

b) intellectual-provides the creative and cognitive ability of the individual to nurture;

c) aesthetic-educates the environment, labor to be able to accept beauty in sports activities;

d) the will is aimed at educating the athlete himself the suicidal ability to set a goal and solve it.

2. Wellness is a solution through comprehensive physical education of a person. The way of physical improvement we need to know in advance the physical qualities of health strengthening and the formation of the body.

3. Education is a pedagogical process, the goal is achieved through technical, tactical and theoretical preparation.

## CONCLUSION

Physical education and sports training should comply with certain hygienic and medical requirements in order to have a positive effect on health. In the last year, the importance of controlling the rapid development of great sports and mass physical education in our independent country has been increasing. In particular, wellness, running, walking at different distances, swimming, rhythmic gymnastics, etc., each person plays an important role in self-control. General control indicators are established either in the athletes' diary or in a simple notebook. Those who are engaged in mass physical education groups should reflect in the self-control notebook on the physical activity performed by their indicators in a calm state, the response reaction of the organism to them (based on simple physiological indicators).

Sports training exercise is a pedagogical process aimed at bringing the individual to all-round physical perfection. The content and methods of the preparation process for sports training should be in accordance with the age, sex and level of preparation of the athlete, and also take into account the climate, specific climatic characteristics, location, conditions. Failure to comply with this can lead to an extreme depletion of the functional networks of the student body involved in sports. The program of preparation for sports training should be gradually complicated,

increasing or improving by one norm, both in terms of the amount of exercises and in terms of strength, not exceeding one.

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