

TECHNOLOGY OF ORGANIZATION OF PHYSICAL EDUCATION AND SPORT AT THE DESIRE OF STUDENTS

Rasul T. Ruzmetov

National University of Uzbekistan Tashkent, Uzbekistan

Abstract . This article deals with the involving of female students to physical education and sport activities according to their interest.

Keywords: sport trainings, form of trainings, female students, sport sections, application form, students interests, favorite sport activity.

Introduction

The country is taking consistent measures to develop physical culture and sports, promote a healthy lifestyle among the population, as well as ensure the country's worthy participation in international sports arenas. The focus of our state is on the creation of a legislative system for the regular participation of the population, especially young people, in physical culture and sports, as well as improving their health, and hence expanding the scope of activities. In particular, the Law of the Republic of Uzbekistan "On Physical Culture and Sports" dated September 5, 2015, the Decree of the President of the Republic of Uzbekistan dated June 3, 2017 No. 3031 "On measures for the further development of physical culture and mass sports", January 24, 2020. "Resolution No. 5924" On measures to further improve and popularize physical culture and sports "is an important factor in the further popularization of physical culture and sports in our country. This improves the learning process and provides ample opportunities for young people to develop both physically and mentally. [1]

In our country, great attention is paid to physical culture and sports as a key tool for strengthening the health of the population, the development of young people into versatile people. The Decree of the President of the Republic of Uzbekistan dated June 3, 2017 "On measures for the further development of physical culture and mass sports", the Decree of January 24, 2020 "On measures for the further improvement and popularization of physical culture and sports" is an example of a noble work being carried out to attract a wide range of people for education and sports, for the selection of talented athletes and for the development of youth, who will raise the flag of Uzbekistan in the international sports arena. [1]

Discussion

In particular, the holding of sports competitions among students of educational institutions such as "Umid Nihollari", "Barkamol Avlod" and "Universiada" laid the foundation for the development of talented athletes in our country. At the same time, additional conditions will be

created for the implementation of specific programs in the field of physical culture and sports to improve the health of the population, attract more young people to sports and select talented athletes, and form national teams with qualified athletes. there is a need to create.

This can be achieved through the establishment of priorities for the development of skills and knowledge of students in the field of physical culture and sports in educational institutions, the introduction of innovative technologies and methods in the process of selecting talented athletes.

The methods of training athletes are the result of a complex of scientific and methodological foundations, as well as cooperation of institutions that consistently train athletes in specific specialties. [2]

The relevance of studying the problems of the process of physical culture in higher education also requires the needs of our society for a physically and spiritually harmonious generation, the involvement of students in various types of physical culture and sports. The organization of physical education in educational institutions should be carried out in accordance with the recommendations of the scientific and methodological literature, taking into account the state of health, physical development and fitness of students, as well as the conditions for obtaining higher education. It is noticed that students of higher educational institutions cannot fully control their physical education. This encourages the search for new forms and methods of organizing the process of physical education, the study of their needs in various sports. [3]

The solution to this problem is a differentiated approach to sports, taking into account the interests, abilities and characteristics of different age groups of students, gender, physical development, level of physical and sports training. [7]

It is known that sports sections are formed into groups without taking into account the level of physical fitness of students. As a result, the effectiveness of the training process will be low. Because completing the same course with students of different skill levels does not increase the opportunities for sports. For this purpose, high efficiency is achieved when classes are organized taking into account the interests and physical capabilities of students. To study the existing problem, it is advisable to use the methods of sociological research. This allows students to learn about their interest in sports, to identify the reason for their desire to go in for sports.

The interest of female students in sports is studied according to the results of a questionnaire survey. [4] The results of the survey showed that the majority of female students (90%) consider physical education and sports necessary, 42% of the respondents emphasized the need to go in for sports, and 48% preferred healthier physical education. 56% of the main reason to go in for sports is to be physically beautiful, 41% of students believe that it is necessary to improve health. 23% reported that exercise helped them feel more confident in society, 16% reported that female students improved their mood, and 12% reported a desire to achieve better results in sports

(Table 1).

The student attended physical education and sports lessons for girls.

Interests survey results% (n = 219)

Do you think you should go in for physical education and sports?	
- Yes, you have to go in for sports.	42

- It is necessary to engage in health-improving physical education.	48
- No, you don't have to go in for sports	4
- It's hard for me to answer	6
What do you think, for what reasons it is necessary to engage in physical education and sports? (maximum two)	
- to achieve high sports results	12
- be physically beautiful	56
- to improve health	41
- feel more confident in society	23
- to improve mood	16
Do you do physical education and sports?	
- I exercise regularly	19
- I rarely practice	56
- I don't practice at all	25
What forms of physical education and sports are preferable for you?	
- Physical education at the university	16
- Classes in the sports section of university	62
- Training in a sports club	13
- Selfeducation	9
Why do you prefer this form of study? (two)	
- Convenient time and organization of classes	48
- High professionalism of trainers	14

Continuation of table 1

- Desire to practice the chosen sport	26
- a close-knit team	8
What kind of sport do you want to do? (maximum two)	
- fitness	32
- Athletics	6
- volleyball	21
- basketball	11

- tennis	12
- swimming	11
- other sport (specify)	7
Have you ever practiced the mentioned sport?	
- I'm busy, I have a sports class	6
- I'm busy, I don't have a sport class	35
- I have been practicing for a long time	36
- I did not study	23
Why did you choose this particular sport? (maximum two)	
- forms a beautiful figure in all respects.	41
- This sport has a healing and developmental effect	29
- My friends are engaged in this sport.	12
- I want to improve my skills in this sport.	24
is a spectacular and fun sport	28

The interest of female students showed that only 19% of girls are engaged in various types of physical education in their free time, 56% from time to time and 25% are not engaged in physical education. 90% of girls believe that it is necessary to engage in physical education and sports, because it means being healthy, physically beautiful, and feeling more confident in society. 62% of female students said that sports training is important and convenient and allows them to practice their chosen sport. 21% of female students chose volleyball, 12% of girls preferred tennis, 11% preferred swimming and basketball, and 7% preferred other sports. Fitness was voted the most popular sport among female students, with 32% choosing it. [8]

When analyzing the desire to choose a sport, 41% of girls considered good posture important, 29% of girls emphasized the health-improving importance of the chosen sport, 28% were interested in the audience and popularity of the chosen sport, 24% wanted to have skills. The majority of female students (37%) noted that volleyball training was healthier and more fun, 28% of girls pointed to its audience and popularity, 27% expressed a desire to learn how to play volleyball, and only 8% said that volleyball forms all-round growth.

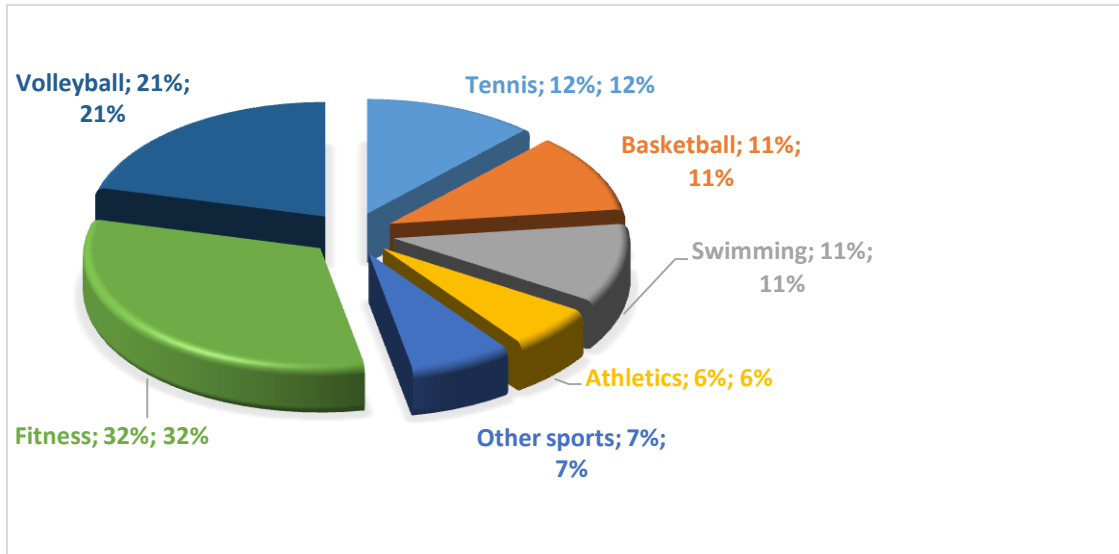


Figure 1. Results of the study of students' interest in sports.

To further enhance the motivation of students to go in for sports, improve the activities of sports sections and organize a system of sports sections on a scientific basis and develop scientific recommendations for achieving high results in sports, a modern sports base, equipment, training materials, computers and multimedia equipment will need to be equipped with video surveillance systems.

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