

THE ROLE AND IMPORTANCE OF EDUCATIONAL TECHNOLOGIES IN IMPROVING THE PERSONAL AND PROFESSIONAL QUALITIES OF FUTURE PHYSICAL EDUCATION TEACHERS

Ulugbek Rakhmonov Normahmatovich,
Lecturer at the Pedagogical Institute of Karshi State University

ANNOTATION

From the first days of independence, Uzbekistan has paid great attention to the development of physical culture and sports, the promotion of a healthy lifestyle. Raising a harmoniously developed young generation has been identified as one of the priorities of state policy. A number of decrees and resolutions have been adopted in this regard. The large-scale work carried out in our country places a great responsibility on the professors and coaches of the departments of physical culture and sports of the higher education institution. Physical culture and sports help to prepare young people for life, socially useful work, to improve their physical abilities, to prepare them for the defense of the Motherland, to help them develop to perfection.

Keywords: sports, competition, development, exercise, student, curriculum, sports, training.

АННОТАЦИЯ

С первых дней независимости Узбекистан уделял большое внимание развитию физической культуры и спорта, пропаганде здорового образа жизни. Воспитание гармонично развитого молодого поколения определено одним из приоритетов государственной политики. В связи с этим принят ряд указов и постановлений. Масштабная работа, проводимая в нашей стране, возлагает большую ответственность на преподавателей и тренеров кафедр физической культуры и спорта вуза. Физическая культура и спорт помогают подготовить молодежь к жизни, общественно-полезному труду, усовершенствовать ее физические способности, подготовить к защите Родины, помочь развиться до совершенства.

Ключевые слова: спорт, соревнование, развитие, упражнение, студент, учебная программа, спорт, тренировка.

INTRODUCTION

The article is based on the Law of the Republic of Uzbekistan "On Education", the National Program of Personnel Training, the Law "On Physical Education", President Sh. M. Mirziyoyev in his resolution No. PQ-3031 of June 3, 2017 in all regions of the country to promote the importance of mass sports in human and family life, its basis for physical and mental health, to protect young people from harmful habits. Consideration was given to the important and urgent tasks of maintaining, creating the necessary conditions for them to realize their abilities and talents, selecting talented athletes from them and improving the system of targeted training.

The article describes the basics of theoretical and practical physical training of first-year students of higher education institutions in the field of "Physical Culture and Sports". They are

the foundation of the knowledge, skills, and abilities needed to engage in sports independently, improve physical fitness, and promote good health in the academic process and extracurricular activities of a higher education institution.

REVIEWS AND SUGGESTIONS AND ACTIONS

This group includes exercises related to moving from one place to another.

Shahdam steps - the leg rises forward with a height of 15-20 cm (it is necessary to keep the soles of the feet horizontal and the whole surface firmly on the ground), when moving the arms forward, lift them one inch above the waist (one inch away from the body) and elbows. bends; when the arm is turned backwards, it is held straight and passed from the shoulder blade to the end, the paws being held with a light fist. Command: "Shahdam Step by step!".

There are also the following types of shahdam steps, in which the arm movement is performed on a large scale (forward to shoulder height, back to the end and away from the body), and the movement of the legs is the same as in the shahdam step. This type of Shahdam step is widely used in mass gymnastics performances and ceremonial parades of athletes.

A simple step is different from moving more freely than a straight step.

Commands:

a) "Walk!". A command given at any move (even a step).

b) "Simple step by step!" It is given for the transition from one type of walking, running to another, and for the transition to a normal walk after the exercise performed during the movement: Movement in a standing position.

Commands:

a) "Where you stand - step! (run)!"

b) The "Start-up!" command is given when it is necessary to assemble a group that is walking (running) one step away, as the distance is usually longer when performing the exercise.

Move from standing to walking.

Commands:

a) "That's right!" It is given from the left foot. Step on the right foot and move forward with the left foot.

b) "Two (three, four, etc.) steps forward (backwards, sideways) - step by step!"

"Stop group!" To stop the movement. command (from the left foot). One step is taken with the right foot and the left foot is paired with it.

To change the type of movement, the following commands are given: "Step by step!", "Step by step!". After giving this command, it is necessary to count until the whole group executes.

To change the step width and speed, the following commands are given: "Long step!", "Short step!", "Slow step!", "Big step-step!", "Half-step-step!".

Running. Command: "Group - run!". If you switch from walking to running (accompanied by music), the execution command is given from the left foot, step with the right foot and start running from the left foot. The same goes for the "Go Step by Step!" command is given. If there is no music, "Walk!" the command can be given from the right foot.

Turns while moving. The same commands are given at a turn when you are standing, and the same instructions are given at a turn while in motion. The command to turn right is given when

the right foot is placed, after which the practitioner takes the left foot one step forward, turns at the tip of the left foot, and continues to move in a new direction with the right foot.

The command to turn left is given when the left foot is placed. The turn is made at the tip of the right foot.

To turn back, the command "Back!" Is given. The execution command is given when the right foot is placed, then the practitioner is given when the left foot is placed, after which the practitioner takes a step forward with the left foot and o ' ng is given at the tip of that foot, with the foot half a step forward, and continues to move in a new direction with the left foot.

It is advisable to enumerate in order to maintain the rhythm of movement after the execution command is given during the turn (especially when turning back) during the movement.

Once the participants have mastered the right and left turns, it is best to teach them to break back to teach them to turn back.

Change the direction of movement by moving forward with the wing.

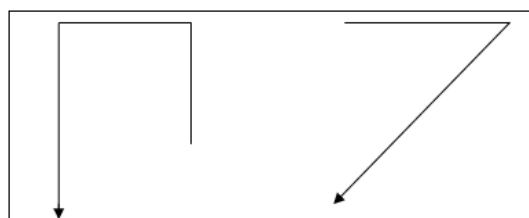
Commands:

a) (beginning) "Right (left) wing forward Step!". According to this command, the group walks around the left wing without breaking the line, and it walks on the ground and turns along with the whole line, keeping the plane.

b) (end) "Right" or "Walk where you stand!" or "Stop the group!"

Walking. (Fig. 155) Command: "Turn left (right) - step !!!". If the command is given while in motion, then "Go!" the execution order must be given in the corner of the hall (platform).

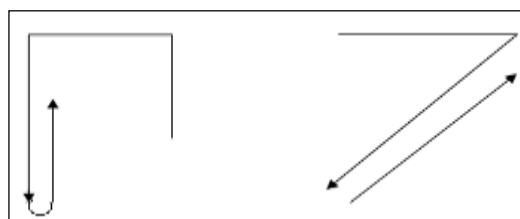
Move diagonally. Command: "Step diagonally!".



Opposite - moving in the opposite direction. This is when the whole sequence moves in the opposite direction from the back of the starting line. Command: "Right G'chapG's opposite - Step-by-step!".

Opposite row spacing is one step.

Walking in the footsteps of a snake. It is a walk consisting of several reverse directions performed one after the other. Commands: a) Opposite to the right (left) - Step by step! », B) In the footsteps of a snake - Step by step!».



CONCLUSION

As a result of mastering the subject, the student:

- Physical culture and sports in higher education serve as a means of social formation of the future specialist, his achievement of physical perfection, active improvement of important personal and professional qualities for students. Improving the level of physical fitness, gaining knowledge and ideas about mastering the system of special knowledge, motor skills and abilities.
- The student knows the basic concepts of physical education and sports, tools and methods aimed at improving the theoretical, physical development and training, practical knowledge, skills and abilities.
- Ability to organize and conduct public sports and sports competitions, to plan extracurricular physical education and sports.
- The student must have the skills to actively participate in public sports and recreation, to know and distinguish between forms of physical education outside the group, to meet the requirements of the criteria of physical training "Alpomish" and "Barchinoy".

Physical education and sports serve as a means of social formation of the future specialist in higher education, his achievement of physical fitness, active improvement of important individual, personal and professional qualities for students. Improving the level of physical fitness, mastering the system of special knowledge, motor skills and abilities provides psychophysical training of future professionals in their professional activities.

REFERENCES

1. T.S.Usmonxodjaye. Action games. T. "Teacher." 1992.
2. A.N.Normurodov. Physical education. T. "Teacher." 1998.
3. I.Sultanov. Gymnastics is a health-promoting developmental tool. 2007
4. Yu.M.Yunusova. Theory and methods of physical culture. T. 2007.
5. K.M.Maxkamdjonov. Naz and Methodology of Physical Culture T. 2008.
- 6.P.Xo'jayev. Sports and movement games and their teaching methods. T. 2007. TDPU. Textbook.
7. R.I.Azizova. Methods of teaching sports and movement games. T. 2010.
8. A.N.Normurodov. Physical education. T. 2011.
9. K.D.Rahimqulov. National Action Games. T. 2012. Textbook