

## COMPLEX CONTROL AND ACCOUNTING IN THE PREPARATION OF COLLEGE STUDENTS

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### ABSTARCT

Comprehensive control is the measurement and evaluation of various indicators in training cycles in order to determine the level of an athlete's preparedness (pedagogical, psychological, biological, sociometric, sports-medical and other methods and tests are used).

The complexity of control is realized only when three groups of indicators are registered:

- 1) indicators of training and competitive influences;
- 2) indicators of the functional state and preparedness of an athlete, registered under standard conditions;
- 3) indicators of the state of the external environment.

Comprehensive control in most cases is implemented during testing or the procedure for measuring results in tests. There are three groups of tests.

The first group of tests are tests performed at rest. These include indicators of physical development (height and body weight, thickness of skinfat folds, length and girth of arms, legs, torso, etc.) - At rest, the functional state of the heart, muscles, nervous and vascular systems is measured. This group also includes psychological tests.

The information obtained with the help of tests of the first group is the basis for assessing the physical condition of an athlete.

The second group of tests are standard tests, when all athletes are asked to perform the same task (for example, run on a treadmill at a speed of 5 m/s for 5 minutes or pull up on the bar 10 times within 1 minute, etc.). A specific feature of these tests is the performance of a nonlimiting load, and therefore the motivation to achieve the maximum possible result is not needed here.

The third group of tests are tests, during which you need to show the maximum possible motor result. The values of biomechanical, physiological, biochemical and other indicators are measured (forces shown in the test; heart rate, MPC, anaerobic threshold, lactate, etc.). A feature of such tests is the need for a high psychological attitude, motivation to achieve ultimate results.

Based on the tasks of managing the training of an athlete, there are operational, current and staged control.

Operational control is control over the operational state of an athlete, in particular, the readiness to perform the next attempt, the next exercise, to conduct a bout, fight, etc. It is aimed at assessing the reactions of the athlete's body to training or competitive loads, the quality of the execution of techniques and combinations in general.

Staged control is the measurement and evaluation at the end of the stage (period) of preparation of various indicators of the competitive and training activity of an athlete, the dynamics of loads and sports results in competitions or in specially organized conditions.

The content and direction of integrated control are given.

On the basis of complex control, it is possible to correctly assess the effectiveness of sports training, identify the strengths and weaknesses of the preparedness of athletes, make appropriate adjustments to their training program, evaluate the effectiveness of the chosen direction of the training process, one or another decision of the coach.

Control over competitive influences has two directions: control over the results of competitions in training cycles and measurement and evaluation of the effectiveness of competitive activity. Control over the results of competitions consists in assessing the effectiveness of performance in competitions in a certain (most often annual) training cycle. The dynamics of competitive activity indicators in a training cycle is often used as a criterion that allows assessing the state of an athlete's sports form. So, for example, some experts believe that an athlete is in a state of sports form as long as the fluctuations of his results in competitions lie in the zone of 2-3%. These values largely depend on the characteristics of the sports discipline.

Measuring and evaluating the effectiveness of competitive activity. Modern measuring and computer technology allows to register dozens of different indicators of a competitive exercise and competitive activity. So, for example, in such a simple exercise as a 100-meter run, you can measure the reaction time of a sprinter, the time it takes him to reach maximum speed, the time it takes to hold and fall, the length and frequency of steps at different parts of the distance, the support and flight time, horizontal and vertical components of effort, fluctuations in the general center of mass of the body, angles in the joints in various phases of the support and flight periods, etc. It is simply impossible for a coach to register all of them and then analyze them, comparing them with the criteria of training activity and indicators characterizing the preparedness of athletes. Therefore, it is necessary to choose from a variety of indicators of a competitive exercise only informative ones, which should be measured during the control. Informativeness of indicators (criteria) of competitive activity in various sports is given.

The control over training influences consists in the systematic registration of the quantitative values of the characteristics of the training exercises performed by the athlete. The same indicators are used both for control and for planning loads.

The main indicators of the load volume are the number of training days; the number of training sessions; time spent on training and competitive activities; number, mileage of specialized exercises.

Indicators of the intensity of the load are the concentration of exercises in time, the speed, the power of the exercises.

In the process of load control, the volume of specialized exercises is summarized; the volume of exercises performed in individual zones of intensity (power); the volume of exercises aimed at improving general and special physical, technical and tactical readiness; the volume of restorative exercises performed in microcycles, monthly and in the annual cycle. Comparison of these indicators with the dynamics of sports results allows the coach to identify rational relationships between individual types of training loads, the timing of achieving the highest results after their peak values, the period of delayed transformation of training loads into high sports results.

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