

THE IMPORTANCE OF MODERN TECHNOLOGIES IN THE DEVELOPMENT OF PUBLIC SPORTS AND PHYSICAL EDUCATION LESSONS

Ahmedjanov Shuhrat Boltayevich

Teacher of Samarkand State Medical University

Bahrullayev Mamur

Student of Samarkand State Medical University

ANNOTATION

This article talks about innovative technologies for the development of mass sports. Today, innovative technologies are an integral part of any human activity. Physical education and sports are no exception. In modern conditions, innovative technologies help to improve physical results, create comfort for sports, as well as the effectiveness of physical exercises.

Keywords: mass sports, technologies, innovation, communicative methods, population health.

INTRODUCTION

Forming a healthy lifestyle in our society, creating conditions for the population, especially the young generation, to regularly engage in physical education and mass sports, strengthening the confidence of young people in their will, strength and capabilities through sports competitions, valor and patriotism, developing feelings of loyalty to the motherland, as well as systematic organization of selection of talented athletes from among young people, and large-scale work aimed at the further development of physical education and mass sports is being carried out.

LITERATURE ANALYSIS AND METHODOLOGY

The representatives of our country are achieving high results in the Olympic Games, world championships, Asian Games and championships, and international competitions, the prestige and sports potential of Uzbekistan is increasing in the world, magnificent sports facilities are being built in the territories of our republic that meet world standards, It is especially noteworthy that the three-stage sports games "Sprouts of Hope", "Barkamol Avlod" and Universiade are becoming popular among pupils and students. The decree of the President of the Republic of Uzbekistan dated January 24, 2020 "On measures to further improve and popularize physical education and sports in the Republic of Uzbekistan" among the main directions of reforming the physical education and sports system until 2025. the total number of regularly engaged population is indicated. and sports are increased to 30 percent.

Due to the deterioration of the health of the population, the growth of economic losses due to illness and trauma, and the intensification of production, the requirements for the level of physical health and professional training of persons engaged in active labor are increasing. Maintaining workers' health is not only a necessary condition for high labor productivity and improvement of well-being, but also a guarantee of stable socio-economic development of the country. That is why it is important to organize physical training, wellness and sports activities in labor teams. In enterprises and organizations of all forms of ownership, they are directed to

the prevention of occupational diseases, reducing the impact of unfavorable factors of production on people, recovery (rest) after work, increasing professional practical physical training, and implementing measures for the recovery of occupational diseases should be. The main forms of physical culture use by workers in everyday life include:

- long-term physical training;
- hygienic and recreational physical culture;
- fitness and fitness physical culture;
- major sports.

The main direction of this form is to extend (extend) the general physical training base created in the process of physical education under state programs during the period of study in educational institutions. Therefore, in the main period of labor activity, general physical education continues, but taking into account the state of health, functional capabilities, professional activity, individual interests and needs. Basic long-term physical culture is used by almost healthy people who do not have serious disabilities in their physical condition and health

RESULTS AND DISCUSSIONS

Within the scope of this physical education, the enterprise can organize wellness and preventive gymnastics groups. This type of training is most suitable for those who have limited physical activity, unfavorable sanitary and hygienic conditions, and increased nervous-emotional stress with heavy physical work. Recreational and preventive gymnastics are more effective in a group method. Classes are held after work. It is better to do it outdoors, in winter - in a well-ventilated place. Workers in special clothing must change clothes and shower before class.

Depending on the nature of work, gymnastic complexes mainly include breathing, correction and development exercises, and relaxation exercises. Corrective exercises are recommended for those who have to stand in a forced position and perform the same work movements, because during long-term work, flat feet, curvature of the spine, varicose veins and cerebrovascular accident can develop. Analyzing the working position and working movements, it is necessary to determine for which muscle groups to choose corrective exercises, what should be the form and nature of their performance. Basically, the complex should consist of exercises that form the correct posture, eliminate defects in physical development, and also relax and stretch muscles in a static position during work.

Rehabilitation and preventive gymnastics complexes include the following exercises:

- 1) walking with relaxation elements;
- 2) stretching the muscles of the shoulder girdle;
- 3) twists of the body;
- 4) side folds;
- 5) rotational movements of the body;
- 6) sitting and lunging;
- 7) swing movements;
- 8) self-massage of muscles involved in labor operations;
- 9) release the muscles of the arms, legs, trunk.

During physical exercises, it is necessary to combine the phases of the movements, avoiding arbitrary retention of breath. At the same time, dosing and short voluntary delays included in the breathing cycle can be used as special exercises. Also, the main forms of basic-extended physical education are general physical education (GPP) departments and independent training. Physical education departments are organized for those who want to do physical exercises in physical education groups, but are not interested in doing a type of sport. Groups are filled with 20-25 people according to their age and gender characteristics. Classes are held 2-3 times a week, each of which is an average of 1.5-2 hours. The main task of training in the department is to ensure an optimal level of comprehensive physical training, which guarantees the health and working capacity of the trainees. Usually this is a variety of physical exercises, including athletics, basic gymnastics, sports and outdoor games, etc. These funds are easy to distribute and at the same time are aimed at improving the functional systems in the body. Preference is given to exercises that develop endurance and strength in the main muscle groups. The methodology of the classes is conducted in accordance with the methodological principles of physical education. Independent exercises solve a number of problems - from simple prevention and recovery of working capacity after work to achieving high physical fitness. The means of self-learning are various physical exercises: fitness walking and running, sports gymnastics, swimming, various types of fitness (Pilates, stretching, etc.). The number of lessons per week can vary from 2 to 7. The hygiene function in this direction is performed with morning and evening exercises. Morning hygienic gymnastics is the most convenient and common form of physical exercise in daily activities. Its main purpose is related to gradual adaptation of body systems to future work and household activities. The number of exercises in the complex is usually from 8 to 12, each of them is repeated 8-10 times. The duration of all exercises is 10-15 minutes. The sequence of exercises should look like this: walking with breathing exercises; performing exercises for the muscles of the shoulder girdle, as well as general exposure (squats, swings, lunges, jumps and relaxation exercises). In conclusion, a quiet walk is given in combination with breathing exercises.

REFERENCES

1. Normaxmatov Ilxom Zayniyuddinovich, & Sattarov Qarshiboy Norqulovich. (2022). BARKAMOL AVLOD TARBIYASIDA JISMONIY TARBIYA VA SPORTNING TUTGAN O'RNI. SKILLS FOR ADAPTING PHYSICAL EXERCISES TO CHILDHOOD IN THE EDUCATION OF A DEVELOPED GENERATION. <https://doi.org/10.5281/zenodo.7213944>
2. Ergashevich, O. A., Islamov, S. E., & Zainitdinovich, N. I. (2022). FORENSIC ASSESSMENT OF THE NATURE OF DENTAL INJURIES. *The American Journal of Medical Sciences and Pharmaceutical Research*, 4(03), 70-73.
3. Исламов, Ш. Э., Ураков, К. Н., & Нормакматов, И. З. ЗАЩИТА ПРАВ ПАЦИЕНТА ПРИ ПРОВЕДЕНИИ МЕДИЦИНСКИХ ЭКСПЕРИМЕНТОВ. ТВЕРСКОЙ МЕДИЦИНСКИЙ ЖУРНАЛ Учредители: Тверской государственный медицинский университет, (4), 93-95.

4. Zayniddinovich, N. I. (2023). ERTALABKI BADAN TARBIYA HAMDA JISMONIY TAYYORGARLIKNING INSON ORGANIZMIGA FOYDASI.
5. Исламов, Ш. Э., Махматмурадова, Н. Н., & Норматматов, И. З. ЭТИЧЕСКИЕ ВЗАИМООТНОШЕНИЯ МЕЖДУ МЕДИЦИНСКИМ РАБОТНИКОМ И ПАЦИЕНТОМ. ТВЕРСКОЙ МЕДИЦИНСКИЙ ЖУРНАЛ Учредители: Тверской государственный медицинский университет, (4), 90-92.
6. Ahmedjanov Shuhrat Boltaevich, & Normahmatov Ilhom Zayniddinovich. (2022). IMPROVING THE METHOD OF TRAINING BOXERS WITH THE APPLICATION OF PROTECTION "LEAVING TO THE SIDE". World Bulletin of Management and Law, 8, 139-140. Retrieved from <https://www.scholarexpress.net/index.php/wbml/article/view/745>
7. Shermamatovich, M. M., Tursunovna, H. U., Zayniddinovich, N. I., Boltayevich, A. S., & Yalgashevich, K. S. (2021). Physical education of student youth in modern conditions. ACADEMICIA: AN INTERNATIONAL MULTIDISCIPLINARY RESEARCH JOURNAL, 11(2), 1589-1593.
8. Shermamatovich, M. M., Tursunovna, H. U., Zayniddinovich, N. I., Boltayevich, A. S., & Yalgashevich, K. S. (2021). Physical education of student youth in modern conditions. ACADEMICIA: AN INTERNATIONAL MULTIDISCIPLINARY RESEARCH JOURNAL, 11(2), 1589-1593.
9. ShamshidinYalgashevich, K., Abriyevich, E. Q., & Kuchkarovich, N. B. (2023). Analysis of the Technique of Teaching the Jerk in Weightlifting. Eurasian Research Bulletin, 17, 121-128.
10. Yalgashevich, K. S., Kuchkarovich, N. B., & Abriyevich, E. Q. (2023). Results of Therapeutic Physical Culture with Students with Significant Health Impairments. JOURNAL OF ENGINEERING, MECHANICS AND MODERN ARCHITECTURE, 2(2), 16-18.