

**MONITOR OF THE STUDENT'S PHYSICAL CULTURE FORMATION**

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**ABSTRACT**

The development of monitoring of the formation of physical culture of a student based on the use of a complex of diagnostic methods provides a comprehensive and comprehensive study of the characteristics of the formation of physical culture of subjects. different outlook, activity and cognitive conditions. A detailed analysis of various aspects of the learning process helps to adjust the learning process in time.

**Keywords:** monitoring, formation of physical culture of the student's personality, diagnostic tools

**МОНИТОР ФОРМИРОВАННОСТИ ФИЗИЧЕСКОЙ КУЛЬТУРЫ СТУДЕНТОВ**

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**АННОТАЦИЯ**

Разработка мониторинга сформированности физической культуры студента на основе использования комплекса диагностических методов обеспечивает всестороннее и всестороннее изучение особенностей сформированности физической культуры субъектов. разные мировоззрение, деятельность и познавательные состояния. Детальный анализ различных аспектов процесса обучения помогает вовремя скорректировать учебный процесс.

**Ключевые слова:** мониторинг, формирование физической культуры личности студента, средства диагностики.

**TALABALARNING JISMONIY MADANIYATINI SHAKLLANTIRISH MONITORI**

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**ANNOTATSIYA**

diagnostika usullari majmuidan foydalanish asosida talabani jismoniy madaniyatini shakllantirish monitoringini ishlab chiqish sub'ektlarning jismoniy madaniyatini shakllantirish xususiyatlarini har tomonlama va har tomonlama o'rganishni ta'minlaydi. turli

xil dunyoqarash, faoliyat va kognitiv holatlar. O'quv jarayonining turli jihatlarini batafsil tahlil qilish o'quv jarayonini o'z vaqtida tuzatishga yordam beradi.

**Kalit so'zlar:** monitoring, talaba shaxsining jismoniy madaniyatini shakllantirish, diagnostika vositalari.

The transition of the society to a new historical situation, which causes objective changes in human development, objectively requires a fundamentally new organization of such an important field as the education system, which is responsible for preparing a person for life and forming his cultural potential. .

Modern higher education is aimed at forming a specialist with sufficient professional culture and qualifications. Within the framework of the formation of a new paradigm of higher professional education, the issues of ensuring the social adaptation of the student to the changing living conditions, and the formation of a mentally and physically healthy specialist are gaining urgent importance. The formulation of these questions is especially related to the changed value orientations of the social system and the re-examination of activities in all spheres of society and the individual, where one of the main places is given to the physical culture of the individual.

Modernization of physical culture activity of future teachers in higher educational institutions on the basis of formation of physical culture of the individual will help to increase the quality of professional training in humanitarian university. Contradictions were identified in the current state of professional pedagogical education:

- between the increasing requirements of the regulatory documents for the quality of pedagogical education and insufficient use of comprehensive diagnostic tools for timely assessment, monitoring, and forecasting of the state of the pedagogical process and its development prospects in educational practice:
- between the broad possibilities of psychological-pedagogical diagnostics of the formation of the physical culture of a person systematically and from different sides, and the traditional one-sided monitoring that covers only the physical side of this phenomenon in educational institutions. In this regard, the development of a systematic monitoring of the formation of the physical culture of the student's personality in the conditions of studying the subject of "Physical Culture" is of particular importance.

The concept of monitoring is close to general scientific pedagogical and psychological concepts such as feedback, reflection, control, certification, but all these concepts are only separate elements of monitoring or its special cases. In this regard, monitoring has a number of universally recognized characteristics: consistency, integrity, scientific character, continuity, diagnostics, information efficiency and feedback. A.A.Talipdjanov considers monitoring as a universal type of activity, indifferent to the content of science, from a methodological point of view. According to I.A.Moydinov, monitoring can be defined as the process of observing the state of the object with the help of continuous or periodically repeated data collection, which is a set of certain leading indicators. In his research, A.A.Umarov considers monitoring as a continuous scientifically based diagnostic-prognostic observation of the educational process. From the point

of view of Q.T.Arabboyev, monitoring is necessary when it is important to observe real changes in the state of objects in order to manage this process in a scientifically based way.

In the practice of physical education and sports, programs and software-methodical complexes based on the use of modern information technologies are widely used, both simple communication programs - questionnaires, and complex expert systems consisting of several main and auxiliary blocks. An important advantage of using such diagnostic and advisory systems is their cost-effectiveness and high throughput.

Pedagogical monitoring - diagnosis, assessment and forecasting of the state of the pedagogical process; monitoring its progress, development prospects. The beginning of this activity is the psychological-pedagogical diagnosis of the level of development of groups of subjects, the upbringing and formation of each individual person, the educational environment where the student is located. The essence of pedagogical diagnostics is to collect information about the diagnostic subject using various methods and diagnostic methods.

The basis for the selection of diagnostic methods that provide research was a theoretical analysis of the problem of forming the physical culture of a future teacher. Based on the study of special scientific literature, psychological-pedagogical diagnostic methods and procedures for their use are determined in the process of forming the physical culture of a student in the pedagogical space of a humanitarian university, which determines the real contribution to the pedagogical space of a humanistic university. to the theory of psychological-pedagogical measurements, monitoring and diagnostics, to the theory of qualimetry. They determine the initial and final level of formation of the physical culture of the student's personality on the basis of determining the level of formation of its main components.

A systematic analysis of the phenomenon - the physical culture of the student - the future teacher made it possible to distinguish three main components in it: motivational-emotional (spiritual), activity (physical), as well as cognitive (intellectual) or physical. cultural competence. In order to develop comprehensive diagnostic tools that allow comprehensive and systematic monitoring of the process of forming the physical culture of students, we identified the main indicators and criteria for each component.

The indicators and criteria of the motivational-emotional component of the student's physical culture include:

- sports-oriented worldview: the presence of sports-oriented consciousness, the level of sports and wellness thinking, the indicator of the formation of sports and wellness ideas;
- motivational-value attitude to physical culture: formation of motivation for physical culture activity , indicator of interest in physical culture activity, existence of a conscious need in it;
- emotional indicator: emotional readiness for physical activity, level of development of emotional state during physical activity, emotional comfort indicator.

To the indicators and criteria of the activity component of physical culture of a student, we define the following:

- mental index: the optimal level of neuropsychic preparation for professional activity, expressed by professional improvement, resistance to emotional fatigue, stress resistance, sufficient self-esteem as an optimal complex of psychological and characteristic qualities of the teacher. the ability to establish personality and interpersonal relationships (aggression in relationships); level of formation;

- health indicator: the level of somatic health determined by monitoring the intensity of life manifestation under normal environmental conditions, determined by the compatibility of structural elements, based on the assessment of adaptive potential as a quantitative indicator of health. of the body.

We offer the following indicators and criteria of the cognitive component of the student's physical culture:

- operational indicator: physical education and health-giving knowledge, understanding and acquisition of health-giving knowledge, ability to apply physical culture and health-giving knowledge in practice;

- reflexive and evaluation indicator: the ability to analyze physical culture and wellness skills, the ability to master and creative use of wellness skills, the ability to systematically evaluate and correct the results of creative use of physical culture skills;

- behavioral indicator: lifestyle level of physical culture, formation and maintenance of healthy lifestyle of students.

A set of special diagnostic tools was created for psychological-pedagogical diagnosis of the components and main indicators of a student's physical culture (Table 1).

**A set of methods and objectives for studying the components and leading indicators of the formation of physical culture of a person.**

Components of personal physical culture	Indicators of personal physical culture	The purpose of the study	Learning methods
Motivational-emotional	A worldview focused on physical culture:	Determine the existence of physical culture-oriented consciousness and physical culture thinking.	The author's methodology for determining the worldview of physical culture through the analysis of data in his social network
	Motivational-value attitude to physical activity	Determine the formation of motivation, interest and need for physical activity	The author's method of selecting a group of motivations for physical exercise and physical stress
	Emotional indicator	Determination of emotional readiness for physical activity, determination of the level of development of emotional state and emotional comfort during physical activity.	1. Methodology for assessing emotional state by the type of shift of color sensitivity. 2. SAN test (well-being, activity, mood). A modified methodology for the differential scale of emotions according to scientists.
activity	Mental score	Determine mental readiness based on the analysis of self-esteem, determination of the level of stress resistance, emotional exhaustion, resistance to emotional exhaustion and aggressiveness, character and temperament types.	1. Questionnaire for the analysis of self-esteem QTArabbojev. According to it, it is a test to determine the level of resistance to emotional exhaustion and aggression. Assinger. 3. Questionnaire survey on the methodology of determining the level of stress resistance according to AAUmarov.

	Physical index	Determine the level of development of strength, speed, endurance, agility and flexibility.	Tests to determine the level of physical development according to the 100-point system
	Health indicator	Determine the level of somatic health based on the assessment of adaptive potential as a quantitative indicator of functional characteristics ;	Assessment of physical health according to AMG'ofurov
cognitive	Performance indicator	Revealing the knowledge of sports and wellness, understanding and mastering the knowledge of sports and wellness, determining the competence of applying them in practical activities.	B. Bloom's taxonomy of learning levels (knowledge, understanding, application) modified system of educational levels.
	Reflective-evaluative indicator	Strengthening the ability to analyze physical culture and wellness skills, master and creative use of wellness skills, systematically evaluate and correct the results of creative use of physical culture skills.	According to B. Bloom's taxonomy, a modified system of learning levels (analysis, synthesis, evaluation) based on the identification of mental operations necessary to achieve them.
	Behavioral rating	Determine the level of maintaining physical culture and a healthy lifestyle	Methodology of "Healthy lifestyle" according to Sh.H. Khankeldiyev

Thus, the development of psychological-pedagogical monitoring of the formation of the physical culture of the student's personality based on the use of a set of diagnostic methods allows to study the progress and results of the components step by step. It helps to gradually develop the physical culture of examinees and increase the effectiveness of monitoring the dynamics of the formation of personal culture in different groups of students. A detailed analysis of various aspects of the learning process helps to adjust the learning process in time.

The integrity and efficiency of the system of criteria-diagnostics used to assess the level of physical culture formation of a student is ensured by the method of gradually forming the components of the physical culture of a person according to their indicators. the best method collects individual diagnostics, including the author's diagnostics, and allows creating a complete picture of the formation of the physical culture of the subject's personality. The use of the diagnostic apparatus at different stages of the work allows for a comprehensive and comprehensive study of the features of physical culture formation of the subjects of different outlook, activity and cognitive conditioning .

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