

PHYSICAL EDUCATION AND SPORTS IN THE HIGHER EDUCATION SYSTEM

Talipdjanov Alidzhan Akramovich

Kokand State Pedagogical Institute

Associate Professor of the Department of Sports and Action Games.

Email: alidjantalipdjanov@gmail.com

ANNOTATION

The article examines the problems of teaching physical culture in higher educational institutions. The process of personal development of the student in physical education classes and the interaction of the teacher in this field.

Keywords: Physical culture; health; sports.

ФИЗИЧЕСКОЕ ВОСПИТАНИЕ И СПОРТ В СИСТЕМЕ ВЫСШЕГО ОБРАЗОВАНИЯ

Талипджанов Алиджан Акрамович

Кокандский государственный педагогический институт

доцент кафедры

Спортивные и подвижные игры..

Электронная почта: alidjantalipdjanov@gmail.com

АННОТАЦИЯ

В статье рассматриваются проблемы преподавания физической культуры в высших учебных заведениях. Процесс личностного развития учащегося на занятиях по физическому воспитанию и взаимодействие педагога на этом поприще.

Ключевые слова: физическая культура; здоровье; виды спорта.

OLIV TA'LIM TIZIMIDA JISMONIY TARBIYA VA SPORT.

Talipjanov Alijan Akramovich

Qo'qon davlat pedagogika instituti

Kafedra dotsenti Sport va ochiq o'yinlar. .

Elektron pochta: alidjantalipdjanov@gmail.com

ANNATATSIYA

Maqolada oliy o'quv yurtlarida jismoniy madaniyat fanini o'qitish muammolari ko'rib chiqiladi. Jismoniy tarbiya darslarida o'quvchining shaxsiy rivojlanish jarayoni va bu sohada o'qituvchining o'zaro aloqasi.

Kalit so'zlar: jismoniy madaniyat; salomatlik; sport turlari.

INTRODUCTION

Physical culture classes affect all aspects of personality development: not only physical, but also personal skills are developed, which contributes to the further growth of a well-rounded person.

IMPORTANCE

In connection with innovations in the field of education, the quality of teaching physical culture in higher educational institutions is an urgent problem. Teachers of higher education are faced with the important problem of raising a healthy specialist who meets the requirements of the modern world.

PURPOSE

To observe the factors and conditions that contribute to the development of a well-rounded personality by teaching physical culture at the university.

DUTIES

1. Study the literature on this topic.
2. Data processing and its organization.
3. Determine the tasks of physical culture classes and the conditions under which they are performed.

SCIENTIFIC INNOVATION

The role of physical culture in the system of higher education has hardly been studied before. At the current stage, the problem of physical education and sports in the higher education system has become relevant in scientific circles. Modernization of higher education in the Russian Federation requires its construction on the basis of modern technologies and approaches to education, training, development and improvement of students. In this regard, it is necessary to build the work of a physical education teacher in higher educational institutions in a unique way.

In the generally accepted understanding, physical education and sports are an integral part of the general culture, which represents the values, norms, and knowledge necessary for the intellectual and physical development of human abilities. This is a field of social activity aimed at achieving physical development of a person with the help of conscious physical activity. Performing physical exercises helps to improve the anatomical structure of the human body, the physiological capabilities of its tissues and organs, its motor activity and social adaptation. The development of physical education and mass sports in the Republic of Uzbekistan is encouraged by laws, decisions and regulations.

The content of physical education and sports with students of a higher educational institution "is based on the knowledge and skills of using the means of physical culture." It is based on conducting professional practical physical and sports training to gain collective and individual experience in physical education and sports training. Forming a perfect personality, physical education helps to educate university students aesthetically, morally, intellectually, and to form a healthy lifestyle in them.

For students, physical activity and sports, which relieve stress, increase work efficiency, and reduce the level of aggression, are an important condition for the normal development of their body and mind. Physical culture is a unique means of youth health potential. In the monthly education system, the following are recognized as the main tasks in the field of physical education and sports development among university students: 1) formation of students' skills

to organize a regular movement regime; 2) development of students' leadership qualities; 3) teaching students movement skills and abilities and applying them in difficult conditions; 4) increase the level of knowledge of students in the field of physical education and sports; 5) formation of students' needs for a healthy lifestyle and physical development. The quality of the process of physical education and upbringing of the young generation depends on the successful completion of the above tasks.

In the targeted pedagogical process of physical education, physical culture fulfills its developmental functions. The educational process is organized depending on the state of health of the students. In the framework of physical education of students of higher educational institutions of Uzbekistan, it is necessary to implement a set of educational, promotional, methodological activities that contribute to the improvement of students by physical culture teachers. The personality of the physical education teacher, who has special technology for the formation of practical skills among students, plays an important role in the formation of the health of Russian students.

Thus, physical education and sports are aimed at maintaining and strengthening people's health. One of the indicators of the state of physical education and sports in society is the level of use of physical culture in the field of education. The modern level of social development requires a systematic increase in physical fitness of university students. Expanding physical education and sports activities will help increase the popularity of physical education and sports in the Republic of Uzbekistan.

LIST OF REFERENCES

1. Yakubjonova F.I., Umarova Z. U., Mo'yudinov SH.M. "JISMONIY MASHQLAR ORQALI TENNISCHILARNING CHAQQONLIK SIFATLARINI RIVOJLANTIRISH USLUBIYATI." International scientific and practical conference the time of scientific Progress: (2022): 50-55.
2. Yakubjonova F. I., Axmedov U. U., Mo'yudinov SH.M. "JISMONIY TARBIYA O'QITUVCHILARINING PEDAGOGIK MAHORATI OSHIRISH OMILLARI." International scientific and practical conference "the time of scientific Progress: (2022): 56-61.
2. Yakubjonova Feruzakhon Ismoilovna, Azizov Muhammadjon Azamovich, Aminov Batir Umidovich. "METHODS OF EDUCATION OF ENDURANCE IN BASKETBALL PLAYERS OF SENIOR SCHOOL AGE." INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH ISSN: 2277-3630 Impact factor: 7.429 11.10 (2022): 105-109.
3. Шодиев Эргашали, Ирматов Шавкат, Якубжонова Ферузахон. "Jismoniy tarbiya darslarida pedagogik texnologiyalardan foydalanish." Общество и инновации 2.2/S (2021): 683-687.
4. Yakubjonov I. A., Yakubjonova F. I., Azizov M. A. "INSON ORGANIZMINI RIVOJLANISHIDA JISMONIY TARBIYA VA SPORTNING O'RNI." International conference: problems and scientific Solutions. (2022): 124-130.
5. Якубжонов И.А., Муйдинов И.А., Хамракулов Т.Т. "ЭФФЕКТИВНЫЕ СИСТЕМЫ РАЗВИТИЯ В ФИЗИЧЕСКОЙ ВОСПИТАНИИ И СПОРТЕ." International scientific conference "INNOVATIVE TRENDS IN SCIENCE, PRACTICE AND EDUCATION" (2022): 93-98.

6. Муйдинов И. А., Хамрақулов Т.Т., Якубжонова Ф. И. "СПОРТИВНОЕ-ОЗДОРОВИТЕЛЬНОЕ ВОСПИТАНИЕ СТУДЕНТОВ." International scientific conference "INNOVATIVE TRENDS IN SCIENCE, PRACTICE AND EDUCATION" (2022): 99-105.
7. Yakubjonov Ikrom Akramjonovich. "Modern Requirements For Teaching Discipline "Sports" In Higher Education." The American Journal of Interdisciplinary Innovations Research 3.02 (2021): 21-23.
8. Yakubjonov Ikrom Akramjonovich, Azizov Mukhammadjon Azamovich, Muydinov Iqboljon Abdukhamidovich. "THE BENEFITS OF TABLE TENNIS ON THE DEVELOPMENT OF THE CHILD'S BODY." INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH ISSN: 2277-3630 Impact factor: 7.429 11.09 (2022): 5-8.
9. Якубжонов И., М.Азизов, Ф.Якубжонова. "РАЗВИТИЕ ФИЗИЧЕСКОЙ ПОДГОТОВКИ И СПОРТА В ФОРМИРОВАНИИ ЗДОРОВОГО МОЛОДОГО ПОКОЛЕНИЯ." Educational Research in Universal Sciences 1.3 (2022): 170-173.
10. Yakubjonov Ikrom Akramjonovich 1, Umarov Abdusamat Abdumalikovich 2, Umarova Zulxumor Urinboyevna 3, Mo'yudinov Iqbol Abduxamidovich 4, Azizov Muxammad Azamovich 5, Aminov Botir Umidovich 6, et al. "Main Characteristics Of Table Tennis In International Sport And Technologies Of Playing It." Journal of Positive School Psychology 6.10 (2022): 2183-2189.
11. Yakubjonov Ikrom Akramjonovich, Azizov Muhammad Azamovich, Muminov Sherzodjon Pyasovich. "Developing human thinking and moving speed through table tennis." Asian Journal of Research in Social Sciences and Humanities 12.4 (2022): 164-165.
12. Икром Якубжонов "Jismoniy madaniyat jarayonida aqliy madaniyat." "Общество и инновации 2.2/S (2021): 688-691.
13. Рахимов Шермат Мирзарахимович, Якубжанов Икром Акрамжонович, Якубжанова Ферузахон Исмоиловна. "НЕКОТОРЫЕ ПРОБЛЕМЫ В УЧАСТИИ МЕСТНЫХ ЖЕНЩИН УЗБЕКИСТАНА В СПОРТЕ." "Интернаука 19-2 (2020 19-20.
14. Якубжонов Икром Акрамжонович., Нурматов Бахром Бектемирович., Пармонов Акмал Абдупаттаевич. "Использование физических упражнений для укрепления сердечно-сосудистой системы и улучшения работы кровообращения." INTERNATIONAL CONFERENCE: PROBLEMS AND SCIENTIFIC SOLUTIONS. (2022): 18-22.
15. Xatamov Z. N., Ahmedova N.A., "Importance of travelling and tourism at the formation of healthy lifestyle of the pupils of beginning classes." International journal of social science & interdisciplinary research issn: 2277-3630 impact factor: 7.429. (2022): 81-86.
16. Xatamov Z. N., Ahmedova N.A., "The importance of travel and tourism in the formation of a Healthy lifestyle danang primary school students." International journal of social science & interdisciplinary research issn: 2277-3630 impact factor: 7.429. (2022): 75-80.
17. Xatamov Z. N., "Педагогические условия формирования спортивной мотивации." International scientific and practical conference "the time of scientific progress "(2022): 35-45.
18. Xatamov Z. N., "Special physical of students of higher education preparation." Educational Research in Universal Sciences. (2022): 151-157.

19. Alikulov Akmal Akramovich, Yakubjonova Feruzakhon Ismoilovna, Xatamov Zafar Nazirjonovich. "Technologies for developing of future physical education teachers through media education tools." *ACADEMICIA: AN INTERNATIONAL MULTIDISCIPLINARY RESEARCH JOURNAL* 11.2 (2021): 885-890.
20. Khatamov Zafarjon Nazirjonovich. "The use of modern educational technologies in the organization of physical education is a guarantee to increase the effectiveness of education." *ACADEMICIA: An International Multidisciplinary Research Journal* 11.10 (2021): 477-480.
21. Хатамов Зафаржон Назиржонович. "Педагогические условия формирования спортивной мотивации." *International scientific and practical conference "the time of scientific progress (2022): 32-45.*
22. Juraev Voxidjon Muhammedovich. "THE ROLE OF REACTION IN THE FORMATION OF COMPETITION MOTIVATION IN ATHLETES." *INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH* ISSN: 2277-3630 Impact factor: 7.429 11.10 (2022): 28-29.
23. З.У.Умарова, Ш.Эргашев. "АНАЛИЗ ФИЗИЧЕСКИХ ОБРАЗОВАТЕЛЬНЫХ УЧРЕЖДЕНИЙ ДЛЯ ИССЛЕДОВАНИЯ СОСТОЯНИЯ ФИЗИЧЕСКОГО ОБРАЗОВАНИЯ." *Актуальные научные исследования в современном мире* 5-3 (2018): 166-171.
24. З.Умарова, Ш.Эргашев. "ПЕДАГОГИЧЕСКИЕ ПРОБЛЕМЫ ПРЕПОДАВАТЕЛЕЙ ФИЗИЧЕСКОЙ КУЛЬТУРЫ ПРИ ПОДГОТОВКЕ К ФОРМИРОВАНИЮ У УЧЕНИКОВ НАВЫКОВ ЗДОРОВОГО ОБРАЗА ЖИЗНИ." *Актуальные научные исследования в современном мире* 5-3 (2018): 159-165.
25. Muydinov Iqbol Abduhamidovich, Muydinov Shuhrat Mansurovich, Akhmedov Umid Usmonovich "SELECTION OF TALENTED WRESTLERS AND EDUCATION OF PHYSICAL PERFECTION IN THE PROCESS OF WRESTLING ACTIVITIES IN SPORTS SCHOOLS." *Asian Journal of Research in Social Sciences and Humanities* (2022): 166-167
26. Sultanov Usmon Ibragimovich. "METHOD OF CONTROLLING THE TRAINING PROCESS OF LONG-DISTANCE RUNNERS." *Eurasian Journal of Academic Research* 2.3 (2022): 132-137.
27. Talipdjanov, A. A., Axmedova N. A., "“UzBridge” электрон журналы."
28. O.Мамаясупов. "REQUIREMENTS FOR THE SPORT OF FOOTBALL AND METHODS OF ORGANIZING AND HOLDING FUDBOL COMPETITIONS." *INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH* ISSN: 2277-3630 Impact factor: 7.429 11.09 (2022): 74-76.
29. Boltaboyev H. The theoretical foundation of a healthy lifestyle, physical education and physical activity of pupils // *European journal of research and Reflection in educational science in Voles.* – 2019. – Т. 7. – n. 12.
30. Boltaboyev H. The opportunities for independence: traditions and renewed postmodernism // *Ghafur Ghulam publishing house.* – 2006.
31. Boltaboyev H look at the physical health lifestyle b. k. a new culture of student youth // *Konferentsii.* – 2020.

32. Ziyayev Abduraxmon Abdullayevich The effectiveness and developing young basketball player of the technique metho your play through special exercises. //Asia pacific journal of marketing & management review 2319-2836 2022. – T. 11. n. 12. S. 123-125.
33. Ziyayev Military Affairs. Abdullayevich young sambo wrestlers in the power of Improving the quality of the process in your deal with sambo wrestling. International journal of social science & interdisciplinary research (2022): 231-233.
34. Ziyayev Abduraxmon Abdullayevich Uzbekistan" superligasi" latest football of governors of physical activity indicators on special training to the level of analyze to. Innovative development of the global science /2/1 (2023) 29-37.