

PROMOTING STUDENT HEALTH THROUGH THE GAME OF BASKETBALL

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ABSTRACT

The level of health of students of non-physical education universities was studied. It is shown that the modernization of the system of physical education has led to a significant reduction in classroom physical education. The connection between the low level of health of students and the reduction of classroom physical education classes is considered. Lack of motivation for self-study physical exercises, decrease in physical activity of students. The effectiveness of the use of basketball in the process physical education of students.

Keywords: level, health, organism, activity, basketball, harmonization, motivation, development

УКРЕПЛЕНИЯ ЗДОРОВЬЯ СТУДЕНТОВ С ПОМОЩЬЮ ИГРЫ БАСКЕТБОЛА

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BASKETBOL O'YINI ORQALI TALABALAR SALOMATLIGINI MUSTAHKAMLASH

Sport va chaqiruvgacha bo'lgan harbiy ta'lim fakulteti katta o'qituvchisi
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ANNOTATSIYA

Jismoniy tarbiya bo'lmagan oliy o'quv yurtlari talabalarining salomatlik darajasi o'rganildi. Jismoniy tarbiya tizimini modernizatsiya qilish sinfda jismoniy tarbiyaning sezilarli darajada qisqarishiga olib kelganligi ko'rsatilgan. Talabalar sog'lig'ining past darajasi va sinfdagi jismoniy tarbiya darslarining qisqarishi o'rtasidagi bog'liqlik ko'rib chiqiladi.

O'z-o'zini o'rganish uchun motivatsiyaning yo'qligi jismoniy mashqlar, o'quvchilarning jismoniy faolligini kamaytirish. Jarayonda basketboldan foydalanish samaradorligi talabalarning jismoniy tarbiyasi.

Kalit so'zlar: daraja, salomatlik, organizm, faoliyat, basketbol, uyg'unlik, motivatsiya, rivojlanish

АННОТАЦИИ

Изучен уровень здоровья студентов не физкультурных вузов. Показано, что модернизация системы физического воспитания привела к значительному сокращению аудиторных занятий по физической культуре. Рассмотрена связь между низким уровнем здоровья студенческой молодежи и сокращением аудиторных занятий по физическому воспитанию.

Отмечается недостаточная мотивация к самостоятельным занятиям физическими упражнениями, снижение двигательной активности студентов. Обоснована эффективность применения баскетбола в процессе физического воспитания студентов.

Ключевые слова: *уровень, здоровье, организм, активность, баскетбол, гармонизация, мотивация, развитие*

INTRODUCTION

The level of health of modern student youth causes serious concern on the part of employees of medical institutions and pedagogical systems. Studies aimed at monitoring the health status of students indicate not only significant deviations in the health of students, but also show the dynamics of a decrease in the level of health over the period of their education in higher educational institutions.

Education at a university is characterized by chronic emotional and intellectual stress against the background of a lack of physical activity, and therefore the process of students' adaptation to studying at a university is significantly slowed down. As a result of a survey of 339 students (117 boys and 222 girls) aged 17 to 21, classified as the main medical group, not involved in sports, Yu.V. Bushuev, it is certain that 93.1% of students and 96.5% of female students are outside the safe level of health. Since the necessary conditions for the normal functioning of the body is optimal physical activity, it becomes obvious that increasing the level of physical culture among students and their involvement in an active lifestyle is a socio-pedagogical problem, the solution of which is entrusted to the physical education of students in the course of their professional training. At the same time, experts argue that improving the system of sports training and indicators of physical development of students has a positive effect on increasing the level of their professional training.

The modern system of physical education of students of non-physical education universities is a priority in the formation of physical culture as a kind of general culture of the individual, healthy lifestyle and sports lifestyle of future specialists. However, according to the research results, significant changes that the system of physical education of students has undergone over the past decades do not always contribute to maintaining health. S.V. Korolinskaya draws attention to the aggravation of the problem of insufficient efficiency of the physical education process due to the transition to a credit-modular form of education, which led to a revision of the number of hours allotted for physical education with their transfer to the category of independent work, which led to a decrease in students' motor activity in general. Indeed, in contrast to the typical curriculum for a Ukrainian university of III-IV levels of accreditation dated November 14, 2003 No. 757, physical education has become an elective course, and the volume of independent work has grown to 67% of the total workload in this discipline. Consequently, physical education specialists face a number of problems, the main of which is teaching students such types of physical activity that are available and attractive for leisure. Purpose, tasks of the work, material and methods.

The aim of the study is to substantiate the effectiveness of the use of basketball in the process of physical education of students of non-physical education universities.

In the course of the study, we used such research methods as the study, analysis and systematization of literary sources, pedagogical observation, as well as a pedagogical survey. The object of the study is the physical education of students not of physical education universities, but the subject

- accentuated use of basketball in the process of physical education of students.

RESEARCH RESULTS

As a result of studying the scientific-methodical and special literature, it was found that the priority direction in the organization of physical culture classes is the organization of classes at the choice of students. In this regard, the question arises, what kind of physical activity is the best for students. The priority of training areas and the choice of a sport that is being introduced into the educational process are also based on numerous studies of students' interests. Among the sports that are of particular interest to students, experts name sports games, athletic gymnastics, swimming, tourism, and athletics. Numerous studies point to the popularity of basketball among college students.

Influencing versatile and multifaceted, basketball is a means of harmonizing the student's personality, their physical, psychological, emotional and intellectual development.

Consider the impact of basketball on the education of certain personal qualities of student youth. Basketball characterizes competitiveness, which affects the education of players' perseverance, determination and purposefulness. Each player during the game independently determines what actions he needs to perform and decides when and how to act, which forms a creative initiative among those involved. Basketball is a team game, which contributes to the development of the habit of subordinating your actions to the interests of the team. The development of these qualities has a beneficial effect on reducing the period of adaptation when entering a university and further successful education.

When playing basketball, a player has to act depending on the situation, and not according to certain programs. The main form of brain activity under these conditions is creative activity - instant assessment of the situation, solution of a tactical problem, selection of appropriate actions. Therefore, the use of basketball in technical universities is an effective means of developing students' creative thinking. A large volume and high intensity of training and competitive loads, the need for fast and accurate differentiation lead to an increase in the strength and mobility of nervous processes, which contributes to the development of mental performance of students. Basketball is an aerobic-anaerobic load, and therefore the use of basketball as a means of physical education for students of non-physical education universities is effective for the development of endurance, which is important for representatives of professions that require prolonged mental stress.

Improving the general physical training of students in the process of physical education with an emphasis on basketball promotes health, education of basic physical qualities, and increases the level of overall performance. Motor activity has a positive effect on the vital activity of the body, in particular on the balance of metabolism, the activation of vegetative systems, the formation of nervous mechanisms, process control, and the development of the body as a whole. Thus, a complex methodology for training basketball teams of humanitarian higher educational institutions contributed to an increase in almost all indicators of testing special physical fitness.

Playing basketball is emotionally exciting, so this pastime helps to relieve psycho-emotional stress. Such a feature of basketball as emotionality creates favorable conditions for educating basketball players in the ability to manage emotions, not to lose control over their actions.

Thus, it can be noted that the use of basketball in the organization of the process of physical education of students of non-physical education universities has a positive effect on the harmonization of students' personalities.

Basketball training presupposes high physical activity of players, therefore, basketball training in the process of physical education of students of non-physical education universities satisfies the needs of students in physical activity. A variety of movements characteristic of basketball, such as walking, running, stopping, turning, jumping, catching, throwing and dribbling, help strengthen the nervous system, locomotor system, improve metabolism and the activity of all body systems involved. In order to compensate for the lack of physical activity of students, specialists proposed a program for the physical training of university students based on basketball as a basic sport in combination with additional exercises.

All the special fitness of a basketball player is based on the preparation of the musculoskeletal system for high-intensity promising loads, the formation of active muscle mass of the body due to fat, strengthening the joints for various powerful "throw" movements [9]. Thus, the game of basketball involves the development of special physical qualities, namely, speed (the player's ability to perform his actions in the shortest periods of time), dexterity (the ability to quickly and accurately perform complex movements in coordination), strength and power of the calf muscle, ankle and knee joints, on which the problems of physical education and sports largely depend on the strength and height of the jump. About 70% of all movements of a basketball player are of a speed-strength nature, which leads to the development of explosive strength (the ability to show one's strength qualities in the shortest period of time).

Due to its attractiveness for the general population, basketball contributes to the formation of the motivation of students of non-physical education universities to engage in physical education both during school hours and after school hours.

In conjunction with training sessions, properly organized independent sessions provide optimal continuity and effectiveness of the problem of physical education and sports, the strength and height of the jump. About 70% of all movements of a basketball player are of a speed-strength nature, which leads to the development of explosive strength (the ability to show one's strength qualities in the shortest period of time).

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Together with training sessions, properly organized independent sessions provide optimal continuity and effectiveness of physical education.

Conclusions; As a result of the study, we have obtained the following conclusions.

1. Modernization of the physical education system for students of non-physical education universities has led to a significant reduction in classroom physical education and a shift of 67% of the total number of hours in the discipline "Physical culture and sports" to the category of independent ones. This situation, with insufficient motivation for independent physical

exercises, led to a decrease in the motor activity of students, which negatively affected the health of students of non-physical education universities.

2. Physical education classes at the choice of students is a priority direction in the organization of the process of physical education of students. Basketball is one of the most popular sports among students. Basketball lessons contribute to the harmonization of the student's personality, their physical, psychological, emotional and intellectual development.

Further research is planned to be directed to a qualitative and quantitative assessment of the impact of basketball on students of non-athletic universities.

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