

FORMATION OF STUDENTS' THEORETICAL KNOWLEDGE DURING SPORTS TRAINING

М.Абдуллаева,
Д.С.Абдуллаев,
Н.С.Абдуллаева,
НамДУ

ABSTRACT

We all know that educating the young generation has risen to the level of state policy. A number of decrees and decisions have been adopted in this regard. Unparalleled work is being done to develop children's sports. The large-scale work being carried out in our country places great responsibility on physical education teachers and children's sports coaches.

Keyword: Young generation, perfect upbringing, state policy, decree, decisions, sport, physical education, teacher, children's sports coaches.

АННОТАЦИЯ

Ёш авлодни баркамол қилиб тарбиялаш давлат сиёсати даражасига кўтарилгани ҳаммамизга маълум. Бу борада қатор фармон ва қарорлар қабул қилинган. Болалар спортини ривожлантириш бўйича мислсиз ишлар амалга оширилмоқда. Мамлакатимизда олиб борилаётган кенг кўламли ишлар жисмоний тарбия ўқитувчилари, болалар спорт мураббийлари зиммасига улкан масъулият юклайди.

Калит сўзи: Ёш авлод, баркамол қилиб тарбиялаш, давлат сиёсати, фармон, қарорлар, спорт, жисмоний тарбия, ўқитувчи, болалар спорт мураббийлари.

РЕЗЮМЕ

Все мы знаем, что воспитание подрастающего поколения поднялось на уровень государственной политики. В связи с этим принят ряд указов и постановлений. Беспрецедентная работа ведется по развитию детского спорта. Масштабная работа, проводимая в нашей стране, возлагает большую ответственность на учителей физкультуры и тренеров по детскому спорту.

Ключевые слова: Молодое поколение, совершенное воспитание, государственная политика, указ, решения, спорт, физическая культура, педагог, детские спортивные тренеры.

Since the day of independence, Uzbekistan has paid great attention to the development of Physical Culture and sports, the promotion of a healthy lifestyle. It is known to all of us that the upbringing of the younger generation, especially competently, has risen to the level of Public Policy. A number of decrees and decisions have been made in this regard. Unparalleled work on the development of children's sports is being carried out. The large-scale work carried out in our country puts a huge responsibility on the responsibility of physical education teachers, children's sports coaches.

It is no secret that the theoretical training of student youth in physical education classes, sports training remains a lame field for some time. It is not uncommon for a student – student who comes to sports to hear a lecture, but to be passionate about performing various exercises on a sports field or gym. Teachers and coaches, on the other hand, were mainly those who emphasized physical, technical and tactical training, the implementation of sports standards. Theoretical training is the process of acquiring knowledge about Game techniques and tactics, about the laws of hygiene, physiology, self-control, exercise, training structure. This knowledge is the basis of creative thinking, which helps the student – student to boldly go the chosen path in sports training, to show his strengths. Theoretical training gives the student – student confidence in participating in the training process planned by him, makes it possible to competently analyze his training and results in competitions together with the coach. For such preparation, such forms as lecture, conversation, study of films, viewing the game played, analysis, discussion and analysis of theoretical training are used.

Theoretical classes are considered very important in student-student training. Zero in these activities, students and students, those involved, are trained not only in sports techniques and tactics, but also in high human qualities.

It is not so correct that theoretical training in training in the process of sports training is devoted only to the technique and tactics of a particular sport. We know that this training should dwell on the glorious path of our sport, the life and work of our famous athletes, the great attention given to sports and wellness in our country.

Through the invitation of famous athletes and coaches to theoretical training, the use of film-video materials, it is possible to achieve great results not only in improving the sports knowledge of young people, but also in the education of their personal qualities. In addition to physical strength, the athlete also needs willpower. Vivid examples from the life of the Masters of sports of our country invite the younger generation to patiently overcome difficulties, to follow an argument towards the intended goal.

In sports training, too, it is necessary to provide for the moral education of young people.

Honesty, friendship, respect for his opponent, and, moreover, the upbringing of loyalty to his country and people are among the tasks that are solved precisely during theoretical training.

Preparing for theoretical training, the teacher – coach must thoroughly develop the topic, clearly distinguish between the main and non-main positions in it, thoroughly dizzy about the integrity of the training, rich in content. There is no doubt that examples from life, opinions of celebrities enrich the content of training, make young people interested in the topic. Therefore, the teacher – coach should state each of his thoughts with a reasonable, logical consistency, pay special attention to the correctness, accuracy, fluency and expressiveness of his speech. In a word, it should always be borne in mind that theoretical training in sports is as important as physical training classes.

LITERATURE USED

1. Каримов И.А. Биз келажагимизни ўз қўлимиз билан қураимиз. Том 7.- Т.: Ўзбекистон, 1999.- 410 б.
2. Ўзбек тилининг изоҳли луғати.-М.: Рус тили, Том 1, 1981.- 631 б.
3. Ўзбекистон миллий энциклопедия.- Т.: Давлат илмий нашриёти, Том 2, 2001.- 703 б.

4. Маҳкамов У. Ахлоқ-одоб сабоқлари.- Т.: Фан, 1994.- 133 б.
5. Qizi, A. O. F. A. (2020). Maktabgacha ta'lim yoshidagi bolalarda matematik tasavvurlarni shakllantirish metodikasi. Science and Education, 1(1), 263-269.
6. Abdugopirova, Feruza A. "DESCRIPTION AND ANALYSIS OF PEDAGOGICAL-PSYCHOLOGICAL COGNITIVE ACTIVITY AND RELATED CONCEPTS." CURRENT RESEARCH JOURNAL OF PEDAGOGICS 3.01 (2022): 59-66.
7. Ikramova, M. Kh. "USE OF DIGITAL EDUCATIONAL RESOURCES IN" TECHNOLOGY" CLASSES." Open Access Repository 8.11 (2022): 116-120.
8. Ikramova, M. Kh. "PECULIARITIES OF USING DIGITIZED EDUCATIONAL RESOURCES IN" TECHNOLOGY" CLASSES." Open Access Repository 9.11 (2022): 208-212.
9. Ikramova, M. (2022). SPECIFIC CHARACTERISTICS OF USING MODERN EDUCATIONAL TECHNOLOGIES AND METHODS IN TRAINING FUTURE TEACHERS OF TECHNOLOGY. Emergent: Journal of Educational Discoveries and Lifelong Learning, 3(9), 1-4.
10. Xakimjon og, Ikromov Muhammad Anasxon. "TA'LIMNI KOMPYUTERLASHTIRISH VA O'QITISHNING O'ZIGA XOS USULLARINI RIVOJLANTIRISHNING ZAMONAVIY TENDENSIYALARI." Conferencea (2023): 7-11.
11. Xakimjon og, Ikromov Muhammad Anasxon. "SAN'AT PEDAGOGIKASI SOHASIDA BO'LAJAK MUTAXASSISLARNI BADIY TAYYORLASHNING NAZARIY ASOSLARI." Conferencea (2023): 1-5.