GALAXY INTERNATIONAL INTERDISCIPLINARY RESEARCH JOURNAL (GIIRJ)
ISSN (E): 2347-6915
Vol. 9, Issue 11, Nov. (2021)

DEVELOPMENT OF PROFESSIONALLY IMPORTANT PHYSICAL QUALITIES OF ATHLETICS, GYMNASTICS, SPORTS AND OUTDOOR GAMES

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ANNOTATION

the regularity of the process of functioning and development of physical culture and sports in the conditions of the modern market, the state of marketing services and the peculiarities of their manifestation in the field of physical culture and sports of Uzbekistan.

Keywords: stress resistance, communication skills, physical culture, factors, nervous emotional, self-regulation, adequate.

INTRODUCTION

The quality of education in general and physical education in particular is determined by many components, including the preservation of the health of subjects of educational activity. Health is the highest inalienable human good, without which many other benefits and values lose their significance. At the same time, it is not only a personal good of a citizen, but also has a social character. In other words, not only everyone should take care of their health, but society is also obliged to take all necessary measures to promote the preservation and improvement of the health of its members.

Thus, in this right, the measure of mutual freedom and mutual responsibility of the individual and the state, the coordination of personal and public interests, is most clearly manifested. The peculiarity of this right is the fact that it belongs to a person even before his birth, that is, at the stage of embryonic development. From a legal point of view, health is expressed in the ability to realize the right of an individual and society to possess and dispose of it. The right to health protection is one of the basic constitutional rights of citizens.

In chapter 2 of the Constitution of the Republic of Uzbekistan, devoted to the rights and freedoms of man and citizen, it is assigned a separate norm - article. This article enshrines everyone's right to health protection and medical care. This right is combined with the State's duty to protect people's health [1].

The State Control of Health protection reveals the social nature of the state. The right to health protection is among the most important social rights of citizens of the Republic of Uzbekistan. This right is ensured by the protection of the natural environment, the creation of favorable working conditions, everyday life, recreation, education and training of citizens, the production and sale of good-quality food, as well as the provision of affordable medical and social assistance to the population. Moreover, the right of every person to health protection and medical care is a universally recognized norm of international law.

2. Professionally Applied Physical Training of Students

Modern labor leads to overloads of some multifunctional systems of the body and insufficient physical activity of others, which adversely affects the overall performance of a person.
In order to correct this psychophysiological imbalance, measures are being taken in the system of organizing their work, including the purposeful use of special physical exercises. Introduction of funds physical culture and sports in order to strengthen and increase the general and professional working capacity of a person in the theory and practice of physical culture has received the name "professionally applied physical training".

Professionally applied physical training —PPFP) is a specially directed and selective use of means of physical culture and sports to prepare a person for a certain professional activity.
The main purpose of PPFP is aimed at the development and maintenance of an optimal level of those mental and physical properties of a person to which increased requirements and differentiated professional activity are imposed, as well as the development of functional stability of the body to the conditions of this activity and the formation of applied motor skills and abilities.
During the period of preparation for professional activity, that is, during study and vocational training, it is necessary to create the psychophysical foundations and readiness of the student:
- To accelerate vocational training;
- Achieving high-performance work in the chosen profession;
- Prevention of occupational diseases and injuries, ensuring professional longevity;
- Use of means of physical culture and sports for active recreation and restoration of general and professional working capacity in working and free time;
- Performing official and public functions for the introduction of physical culture and sports in a professional team.

3. Basic concepts, goals and objectives of professional and applied training of students.

Professionally applied physical training of students It is one of the directions of the system of physical education, which is obliged to form specific applied knowledge, physical, mental skills that contribute to the achievement of a person's comprehensive readiness for successful professional activity [6]. According to the definition of R. T. Rayevsky, "PPFP is understood as a subsystem of physical training that best ensures the creation and improvement of personality parameters and properties that have an important meaning for a certain professional activity" [7]. There is an opinion that PPFP is the purposeful use of means of physical culture for the development of professionally fundamental physical and psychophysical properties and capabilities (psychophysiological functions) of a working person [8].

Professional Ability to Work - the ability to perform a particular job for a long time and in full, characterized by the ratio of the return of the specialist's work and the efforts spent by him.

Professional Psychophysical Preparedness - sufficient professional ability to work, the presence of the necessary reserve physical and functional abilities of the body for timely adaptation to

the rapidly changing conditions of the production and external environment, the size and intensity of labor; the ability to absolutely resume in a given time limit and the presence of motivation and optimism in achieving the goal based on the physical, mental and spiritual abilities of a person.

Functional Stocks - these are reserves of self-regulation, adequate expenditure of the body's energy resources when performing a certain type of professional activity with such a strain of compensation devices that does not lead to negative changes in homeostasis in any way.

Adaptation to Professional Activity - restructuring of psychophysiological actions in the body for its adaptation to the changing conditions of the production and external environment.

Professionally Applied Physical Education (PFC) - part of the work culture and physical culture in general, the feature of which is to promote the development and optimization of criteria for the implementation of psychophysical properties and psychophysiological processes in the human body, organizational and methodological techniques and techniques.

Applied Psychophysical Properties — this is a wide range of applied physical and mental properties necessary for each professional category, which can be formed in the process of practicing various sports.

The Purpose of the PPFP of University Students - assistance in preparing for the specialty of an engineer, technologist, agronomist, etc. in achieving the desired value of professional performance and psychophysical readiness for high-performance work. The goal is due to the production need for specialists with deep professional knowledge and health-saving technologies, which will increase the productivity of themselves, as well as members of production teams. The principal feature of the PPFP of university students is its focus on achieving directly applied results for the chosen professional activity in the process of training and education.

The Main Task of the PPFP - this is the creation of professionally important parameters and personality traits of a university graduate with the support of various means of physical culture and sports, the adaptation of the student to his chosen type of work, the assimilation of applied skills and abilities, the education of applied psychophysiological qualities. This is the specificity of the PPFP tasks.

It should be noted that together with the result, which is reflected in the improvement of the quality of performance of its direct functional production tasks, to a certain extent PPFP guarantees the strengthening of the health of the body as a whole, improving its physical condition. In the process of training future production professionals, the following professionally applied tasks must be solved:

- Formation of a socially active personality;

- Development of skills and skills of rapid memorization, formation of knowledge, skills, habits of using physical culture and sports for applied purposes;
- Ensuring a high level of professional performance;
— Health promotion;
- Formation of professionally important psychophysical qualities.

The special tasks of the PPFP are to ensure:

- The development of mental abilities;
- Formation and improvement of such professionally important qualities and personality traits as observation, distribution, switching, concentration and stability of attention, memory, operational thinking;
- Formation of stress resistance and communication skills;
- Formation and improvement of motor skills and abilities;
- Acquisition of special knowledge by students for the successful development of the practical section of the PPFP;
- Performance of official and public functions for the introduction of physical culture and sports.

Comprehensive education of physical abilities and systematic enrichment of the fund of motor skills and abilities guarantee the general prerequisites for the productivity of any activity.

4. Factors and Orientation of Professionally Applied Physical Training of Students

The tasks and content of any type of PPFP can be determined if the objective requirements of the profession for a person are known.

Human performance depends on a large number of factors. The most important of them can be divided into two groups:

external (objective) and internal (subjective).

External (objective) factors include:

- Production requirements for the nature of professional activity;
- Requirements for various analyzers;
- Production conditions in which a person works;
- Social living conditions of a specialist;
- General physical and special fitness.

Internal factors are:

- The nature of responses, decisions and work actions;
- The state of the working dynamic stereotype;
- Nervous and emotional state;
- Degree of fatigue;
- The state of the physical and mental sphere.

Working conditions cover the whole set of psychophysiological, sanitary-hygienic and aesthetic factors affecting human performance in production conditions.

Professional harm accompanying the activities of certain categories of production specialists is the basis for the formation of special physical qualities in the process of PPFP aimed at increasing the body's resistance to the effects of adverse factors (Table 1).

Table 1 Changes in the state of the body and motor activity during labor under the influence of negative factors

№	Factors	Changes in the state of the body
1.	Mental fatigue	Deterioration of attention, increased motor reaction time, decreased mental and physical performance
End of Table 1		
2.	Factors	Changes in the state of the body
3.	Physical fatigue	Violation of the accuracy of the dosing of muscle efforts, reproduction of response time intervals to a moving object, decreased performance
4.	Hypodynamia, hypokinesia	Violation of accuracy and speed of actions, decrease in mental and physical performance
5.	Being at a height in conditions of limited support	Significant neuropsychiatric stress due to continuous control of the position of one's own body in space; an increase in the total amplitude of the tremor; deterioration of the functioning of the motor analyzer; manifestation of negative emotions
6.	Negative emotional loads	Deterioration of coordination and accuracy of movements, disproportionate efforts, decreased ability to maintain balance

Dynamics of working capacity of specialists in the process of work

- An integral factor that determines the specific content of students' PPFP.

The following indicators are the most informative and significant for the construction of specific methods and technologies of physical culture optimization of professional activity:

- Typical labor actions, operations;
- Typical mistakes, difficulties;
- Motor activity;
- Main and auxiliary working movements;
- The nature of mental and psychophysical stress;
-Climatic, meteorological and sanitary-hygienic production conditions, environmental situation;
- Occupational hazards and diseases;
- Key professionally significant physical qualities;
- Key professionally significant psychophysiological functions;
- Professional competencies;
- Key professionally significant mental qualities and abilities [10].

Based on the information received, the tasks of the PPFP are formulated, the most effective means, methods and forms of their implementation are selected in the process of training future production specialists.

Another factor influencing the general orientation of the students' PPFP is the operation of the law of changing the type of activity and division of labor, ignoring which can lead to disruption of the technological process, incorrect assessment of certain phenomena in production.

The improvement of physical qualities, abilities, functions of organs and body systems that are of key importance for a particular profession is provided by applied specialized training,

including tools and methods adequate to the characteristics of the chosen professional activity (Table 2).

Table 2

№	Illustrations of direct applied transfer of motor and conjugate skills and abilities			Illustrations of direct applied transfer of motor and conjugate skills and abilities
1.	Motor skills	Types of exercises, sports	Professions	
2.	Actions under water	Swimming, underwater sport	Diver	
3.	Driving vehicles	Auto and motorsport	Driver	
4.	Coordination complex actions at altitude	Mountaineering, gymnastics	Installer-high-rise	
5.	Rotational movements	Acrobatics, trampolining	Pilot, cosmonaut	
End of Table 2				
6.	Motor skills	Types of exercises, sports	Professions	
7.	Operating with maps, diagrams	sports orientation	Navigator, engineer	
8.	Use of weapons	Shooting, biathlon	Soldier, hunter	
9.	Hand-to-hand combat	Boxing, all kinds of wrestling	Police officer, soldier, security officer	

For PPFP, the degree of mastering motor actions is fundamentally important, since when teaching individual labor movements of varying complexity, it is not always necessary to bring them to the degree of automatism.

Additional factors determining the content of the PPFP at the university are the individual characteristics of future specialists, as well as the climatic conditions of the region where the graduate of the university will work and live.

It is also important to know about some age-related changes in the reaction of the human body to psychophysical stress during work. The most productive age is from 20 to 40 years. During this period, fatigue in the process of work is much lower, and recovery is faster. Ideally, it is necessary to build multifactorial statistical models of the PPFP of specialists of the future with the definition of the most significant factors affecting their professional performance, as well as forms of communication and the degree of interdependence of various parameters included in the model.

Methodological foundations of the education of special, motor qualities in the process of PPFP

Education of applied physical qualities - this is an accentuated education and improvement of the physical qualities of a person (strength, speed, endurance, agility, flexibility) in order to increase the PPFP.

Taking into account the average level of physical fitness of junior students, it can be considered justified to use a comprehensive method of educating motor qualities. Students' knowledge of the peculiarities of the extinction of physical qualities allows them to realize the need for independent studies to maintain a certain level of these qualities after completing the compulsory course of physical education and after graduation [6]

Educating Power. When implementing PPFP tasks, certain specific problems arise in the development of this motor quality. The most significant is the choice of means and methods of strength training, resistance values that should correspond to the task of such training and the functional state of the body of those involved. Muscle groups that require special local exposure for many types of engineering work are spine extensors, leg flexors, arm extensors, large pectoral muscles. A prerequisite for the development of these muscle groups is the preliminary strengthening of the abdominal muscles and the lumbar region. Special attention should be paid to the development of the strength of these muscle groups in the process of physical education.

With the development of force, the maximum force stress that gives the greatest effect can be created, firstly, by a small increase in external resistance, and secondly, by overcoming unsaturated loads with the maximum number of repetitions.

An engineer most often needs to be able to dose small supply voltages.

The number of such "small" movements performed by him in one shift often reaches several thousand. Therefore, the lack of the ability to feel and strictly dose small power stresses leads to greater energy consumption, rapid fatigue and overstrain of the neuromuscular apparatus, which contributes to the development of various diseases of the muscles and peripheral nervous system. For the development of the ability to dose various strength stresses, physical exercises with a differentiated manifestation of muscular efforts are used.

Endurance Education. The functional capabilities of a person in exercises requiring endurance are determined by the presence and appropriate level of development of motor skills, as well as aerobic and anaerobic capabilities of the body.

Overall Endurance. Overall endurance is developed
through a variety of cyclic exercises involving more than 2/3 of the body's muscles. Methods of continuous, repeated and variable exercise are used as the main methods of general endurance training (uniform continuous exercise should be widely used at the initial stages).

For the education of special endurance, training loads, their nature and orientation are determined in accordance with those adaptive changes that need to be caused in the body in order to resist production fatigue that occurs during the specialized work activity of an engineer.

Regular classes form applied skills of rational walking, running, the ability to endure, provide a high level of dynamic performance, reliability of functioning of the cardiovascular, respiratory and thermoregulation systems, general adaptive ability and stability of the body, the development of a high level of general endurance, resistance to physical inactivity, adverse

meteorological and industrial factors, the development of purposefulness, discipline, independence, resilience, etc.

The education of dexterity and flexibility for the purposes of PPFP has no independent significance due to the peculiarities of the nature and working conditions of most highly qualified specialists.

The education of speed for the purposes of PPFP is largely complicated by the specificity of this quality in each individual case and depends on the individual characteristics of a person.
The education of speed of movement for the purposes of PPFP requires specially organized classes of students, which is due to the age composition of the groups, since it is known that people over the age of 19 stop the natural increase in speed qualities and require a long directed and systematic training of their improvement.
The development of coordination of movements is facilitated by acrobatics, gymnastics, trampoline jumping, etc. in the PPFP, athletics in combination with sports games with a ball.
The economic efficiency of physical exercises and sports is manifested in a reduction in morbidity by almost two times, a reduction in injuries, an increase in labor productivity by 3-4%, the development of readiness to master new professions, an increase in the effectiveness of training and creative activity of workers.

CONCLUSION

Physical activity is one of the necessary conditions of life, which has not only biological, but also social significance. It is considered as a natural biological need of a living organism at all stages of ontogenesis. Physical culture is the most effective factor of nonspecific general preventive and functional rehabilitation therapy.
At the student age (17-25 years) the growth and formation of the main organs and functional systems of the body have not yet ended. In this regard, non-compliance with regime moments, in particular the irrational allocation of time for training and rest, incomplete use of rest to restore the body after intellectual and physical exertion, the predominance of passive forms of rest over active ones with a lack of oxygen (as a result of prolonged stay indoors), can lead to nervous and emotional overstrain, adverse health consequences.

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