

## ASSESSMENT OF THE INDICATORS OF PHYSICAL TRAINING OF STUDENTS AGED 16-17 YEARS

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### ANNOTATION

The article provides information about the system of assessing the indicators of physical training of schoolchildren-young people aged 16-17 years. Also expressed are the indicators between the control and experimental groups after the pedagogical experience.

**Keywords:** physical training, children, jumping to length, statistics, ball, sports

### INTRODUCTION

At the end of the pedagogical experiment, 16-17-year-old boy made a statistical difference in the children's running from high start to 30 meters, mokisimon running to 3x10 meters, shooting, throwing a full ball with a weight of 1 kg, jumping from standing to forward length, bending forward sitting, catching the descending line, running tests for 6 minutes.

After the pedagogical experiment, significant differences were found between the control and experimental groups in favor of the experimental group in the study on the following indicators. In the experimental group, the indicators of the development of the physical qualities of the son children were 16 years old on 30 m running from a high start, at the end of the school year it was  $6,4 \pm 0,4$  s at the start, at the end of the school year it was  $5,6 \pm 0,1$  s. Indicators of the development of the physical qualities of the son children in the control group, on 30 m running from the upper start, at the beginning was  $6,7 \pm 0,2$  s, at the end of the school year was  $6,4 \pm 0,2$  s. This is due to the fact that from the year-long high start it grew statistically in terms of running 30 m, in the experimental group it was formed  $t=2,27$ , which was developed statistically differently. At the end of the experiment, the difference between the experiment and the control group was  $t=2,27$  ( $p<0,05$ ).

At the end of the academic year, the indicators of the development of the physical qualities of the son children in the Experimental Group amounted to  $4,9 \pm 0,1$  s, if at the beginning  $5,6 \pm 0,3$  s, on 30 m running from a high start at the age of 17 years. Indicators of the development of the physical qualities of the son children in the control group, on 30 m running from a high start, at the beginning was  $6,4 \pm 0,6$  s, at the end of the school year was  $6,2 \pm 0,2$  s. This means that from the year-long high start it grew statistically in terms of running by 30 m, in the experimental group it was  $T=2,18$ , which was developed statistically differently. At the end of the experiment, the difference between the experiment and the control group was  $t=2,27$  ( $p<0,05$ ).

In the experimental group, the indicators of the development of the physical qualities of the son children were 16 years old on 3x10 m mokisimon running, at the beginning was  $8,7 \pm 0,3$  s, at the end of the school year was  $8,0 \pm 0,1$  s. Indicators of the development of the physical qualities of the son children in the control group, according to 3x10 m mokisimon running, at the end of the school year amounted to  $8,8 \pm 0,3$  s, if at the beginning was  $8,5 \pm 0,1$  s. This has grown in

contrast to the statistical on the year-long 3x10 m mokisimon running, which was formed  $t=2,18$  in the experimental group, developed as opposed to statistical. At the end of the experiment, the difference between the experiment and the control group was  $t=2,86$  ( $p<0,05$ ).

At the end of the academic year, the indicators of the development of the physical qualities of the son children in the experimental group were  $8,0\pm0,3$  s at the beginning, on 3x10 m mokisimon running at 17 years old, at the end of the school year was  $7,2\pm0,1$  s at the beginning. Indicators of the development of the physical qualities of the son children in the control group, according to 3x10 m mokisimon running, at the end of the school year amounted to  $8,3\pm0,2$  s, if at the beginning was  $8,5\pm0,2$  s.

This has been enhanced by the statistical difference in the Experimental Group  $t=3x10$ , which has grown in statistical contrast to 2,50 m mokisimon running over the course of the year. At the end of the experiment, the difference between the experiment and the control group was  $t=2,27$  ( $p<0,05$ ).

In the experimental group, the indicators of the development of the physical qualities of the son's children were  $6,3\pm0,7$  m at the beginning, according to the throw of a filling ball weighing 1 kg at 16 years old, at the end of the school year it was  $7,9\pm0,1$  m. At the end of the school year, the indicators of the development of the physical qualities of the son children in the control group were  $6,8\pm0,3$  m, if at the beginning it was  $5,9\pm0,4$  m, according to the throw of a filling ball with a weight of 1 kg. This year, the statistical difference in terms of throwing a stuffed ball with a weight of 1 kg grew, in the Experimental Group  $t=2,25$ , and in statistical contrast developed. At the end of the experiment, the difference between the experiment and the control group was  $t=2,18$  ( $p<0,05$ ).

In the experimental group, the indicators of the development of the physical qualities of the son children were  $7,9\pm0,7$  m at the beginning, according to the throw of a filling ball weighing 1 kg at the age of 17 years, at the end of the school year it was  $9,5\pm0,2$  m. At the end of the school year, if the indicators of the development of the physical qualities of the son children in the control group, according to the throw of a filling ball with a weight of 1 kg, at the beginning was  $6,8\pm0,8$  m, at the end of the school year was  $7,8\pm0,2$  m. This year, the statistical difference in terms of throwing a stuffed ball with a weight of 1 kg grew, in the Experimental Group  $t=2,19$  was formed, and in statistical contrast developed. At the end of the experiment, the difference between the experiment and the control group was  $t=2,14$  ( $p<0,05$ ).

In the experimental group, the indicators of the development of the physical qualities of the son children were  $169,3\pm6,1$  CM at the beginning, according to the jump in length from the place of residence at the age of 16 years, at the end of the school year it was  $182,5\pm0,2$  CM. In the control group, the indicators of the development of the physical qualities of the son children were  $168,4\pm7,8$  CM at the beginning, according to the jump in length from the place where he was 14 years old, at the end of the school year he was  $180,2\pm0,6$  CM. This is due to the fact that the statistical difference in length jump from the place of standing in the Year-Long grew, in the Experimental Group  $t=2,16$ , which was developed statistically differently.

In the experimental group, the indicators of the development of the physical qualities of the son children were  $182,5\pm6,0$  CM at the beginning, according to the jump in length from the place of residence at the age of 17 years, at the end of the school year it was  $196,9\pm0,7$  CM. In the control

group, the indicators of the development of the physical qualities of the son children, according to the jump from standing to length, were  $18,12 \pm 9,4$  CM at the beginning,  $192,1 \pm 0,8$  CM at the end of the school year. This is due to the fact that the statistical difference in length jump from the place of standing in the Year-Long grew, in the Experimental Group  $t=2,38$ , which was developed as a statistical difference. At the end of the experiment, the difference between the experiment and the control group was  $t=2,36$  ( $p < 0,05$ ).

In the experimental group, the indicators of the development of the physical qualities of the son children were  $14,8 \pm 0,2$  CM at the end of the school year, while at the beginning,  $12,3 \pm 0,8$  CM at the beginning, in terms of forward bending, while sitting at the age of 16 years. Indicators of the development of the physical qualities of the son children in the control group, on the forward bending while sitting, amounted to  $11,1 \pm 1,1$  CM at the beginning, at the end of the school year  $12,9 \pm 0,2$  CM. This means that the year-long sitting position grew statistically differently in terms of forward bending, in the experimental group it was formed  $t=3,04$ , which was developed statistically differently. At the end of the experiment, the difference between the experiment and the control group was  $t=2,50$  ( $p < 0,05$ ).

In the experimental group, the indicators of the development of the physical qualities of the son children were  $17,7 \pm 0,3$  CM at the end of the school year, if  $14,8 \pm 0,8$  CM at the beginning, in terms of forward bending, while sitting at the age of 17 years. Indicators of the development of the physical qualities of the son children in the control group, on the bending forward sitting, at the beginning amounted to  $12,9 \pm 0,9$  CM, at the end of the school year  $14,9 \pm 0,3$  CM. This suggests that the year-long sitting position grew statistically differently in terms of forward bending, in the experimental group it was  $T=3,41$ , which was developed statistically differently. At the end of the experiment, the difference between the experiment and the control group was  $t=2,14$  ( $p < 0,05$ ).

In the experimental group, the indicators of the development of the physical qualities of the son children were drawn in 16-year-old high tourniquet traction, at the beginning it was drawn  $5,2 \pm 0,7$  times, at the end of the school year it was  $6,9 \pm 0,2$  times. In the control group, the indicators of the development of the physical qualities of the male child, according to the traction in the high tourniquet, were weighed  $4,4 \pm 0,8$  times at the beginning, at the end of the school year it was  $5,4 \pm 0,2$  times. This resulted in a statistically significant increase in the year-long high tourniquet pull-ups, which accounted for  $t=2,33$  in the experimental group, with statistically significant improvement. At the end of the experiment, the difference between the experiment and the control group was  $t=2,50$  ( $p < 0,05$ ).

In the experimental group, the indicators of the development of the physical qualities of the son children were weighed  $6,9 \pm 0,8$  times at the beginning, according to the traction in the tall tourniquet at the age of 17 years, at the end of the school year it was  $8,7 \pm 0,2$  times. In the control group, the indicators of the development of the physical qualities of the male child, according to the traction in the high tourniquet, weighed  $5,4 \pm 0,9$  times at the beginning, at the end of the school year it was  $6,5 \pm 0,2$  times. This is due to the fact that the year-long high tourniquet grew statistically differently in terms of traction, in the Experimental Group  $t=2,19$  was formed, and statistically developed differently. At the end of the experiment, the difference between the experiment and the control group was  $t=2,19$  ( $p < 0,05$ ).

In the experimental group, the indicators of the development of the physical qualities of the son children were  $16,7 \pm 0,3$  CM at the end of the school year, when the beginning was  $18,8 \pm 0,9$  CM, in terms of interception of the descending Linea at the age of 16 years. In the control group, the indicators of the development of the physical qualities of the son children, in terms of interception of the descending line, were  $19,8 \pm 0,5$  cm at the beginning, at the end of the school year it was  $18,6 \pm 0,3$  CM. This means that the statistical difference in the catch-up of the year-long falling lineup grew, in the experimental group it was  $T=2,21$ , and the statistical difference was developed. At the end of the experiment, the difference between the experiment and the control group was  $t=2,14$  ( $p<0,05$ ).

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