

THE INTRODUCTION OF GYMNASTIC MEANS FOR THE DEVELOPMENT OF PHYSICAL QUALITIES IN STUDENTS

Shokirov Kamol Fazlievich.

Bukhara State Medical Institute

Abstract. The introduction of the developed integrated model of physical activity in the life of students to eliminate the backlog of physical qualities allows to implement an integrated approach to the development of the values of physical culture and to ensure the real inclusion of those involved in the process of physical culture self-education and self-improvement in education.

Keywords: physical qualities, strength, speed, agility, endurance, flexibility.

The problem of the development of the physical qualities of a person over time not only does not lose its relevance, but also raises new questions that need to be solved with the help of modern scientific methods in accordance with the requirements of educational institutions. One of the main tasks solved in the process of physical education is to ensure the optimal development of physical qualities inherent in a person. It is customary to call physical qualities congenital (genetically inherited) morphological and functional qualities, due to which the physical (materially expressed) activity of a person is possible, which receives its full manifestation in expedient motor activity. The main physical qualities include muscle strength, speed, endurance, flexibility and agility. Strength - the ability of a person to overcome external resistance or counteract it through muscle tension. Speed - the ability of a person to perform a large number of movements at maximum speed. Flexibility is the ability of a person to perform movements with a large amplitude. Dexterity is a person's ability to quickly, purposefully and creatively solve unexpectedly arising tasks in the process of motor activity. Endurance is the ability to perform any activity for a long time without reducing efficiency.

The purpose of physical education is to optimize the physical development of a person, to comprehensively improve the physical qualities inherent in each and related abilities in unity with the upbringing of spiritual and moral qualities that characterize a socially active person; ensure, on this basis, that every member of society is prepared for fruitful labor and other socially important activities.

Physical fitness is an integral part of the future profession of students, as it requires certain skills and abilities from the future professional. An ideal specialist

should also have a high potential for social return, professional reliability and capacity for action. As many experts note, in modern society, the attitude to physical activity can be considered as one of the indicators of a person's general culture. At the same time, it is well known that it is possible to objectively assess the level of formation of physical culture of those involved only in a complex way, relying on both subjective and objective metric criteria of physical fitness. It is possible to single out a contradiction between the theory of physical culture and the practice of physical training implementation in universities, when, in order to effectively solve the problems of professionally applied physical training, the practice needs new methods, means, forms, methodological substantiations, technologies for implementing promising scientific ideas.

Since the concepts of “physical development” and “physical fitness” are often confused, it should be noted that “physical fitness” is the result of physical fitness achieved when performing motor actions necessary for a person to master or perform professional or sports activities. Optimal physical fitness is called physical readiness.

Physical fitness is characterized by the level of functional capabilities of various body systems (cardiovascular, respiratory, muscular) and the development of basic physical qualities (strength, endurance, speed, agility, flexibility). Assessment of the level of physical fitness is carried out according to the results shown in special control exercises (tests) for strength, endurance, etc. To assess the level of physical fitness, it must be measured. General physical fitness is measured using tests. The set and content of tests should be different for age, gender, professional affiliation, and also depending on the physical culture and health program used and its purpose. The relevance of this issue lies in the fact that the development of the physical qualities of a person makes him more prepared for various physical activities, and also leads to a reduction in injuries and a more profound physiological effect on the muscles. All physical qualities are interconnected. Therefore, we can only talk about the predominant development of one or another quality. The development of one physical quality to the detriment of others negatively affects the training of those involved. Each person's motor skills are developed in their own way. The basis of the different development of abilities is a hierarchy of different congenital (hereditary) anatomical and physiological inclinations: - anatomical and morphological features of the brain and nervous system (properties of nervous processes - strength, mobility, balance, individual variants of the structure of the cortex, the degree of functional maturity of its

individual areas, etc.); - physiological (features of the cardiovascular and respiratory systems - maximum oxygen consumption, indicators of peripheral circulation, etc.); - biological (features of biological oxidation, endocrine regulation, metabolism, energetics of muscle contraction, etc.); - bodily (length of the body and limbs, body weight, mass of muscle and adipose tissue, etc.); - chromosomal (gene). As part of the ongoing research, we single out such physical qualities as speed, strength, endurance, flexibility and dexterity as necessary in virtually all types of professional training.

In the professional activities of a mathematician, programmer, economist, lawyer, physicist, historian, sociologist, political scientist, social work specialist, biologist, ecologist, psychologist, specialists require either increased general endurance, or speed, or the strength of individual muscle groups, or dexterity.

It is impossible to form any physical qualities in a person through only theoretical training. The student must be placed in conditions where these qualities are required to be shown. This can be done in the course of sports training, practical training, regular self-study, sports events and preventive sports events.

All students are included in the process of physical training of students of non-core universities. Without neglecting health restrictions, students of various departments, in accordance with their capabilities, master all aspects of physical culture: sports, physical education, professional and applied physical training.

Professional preparation for labor activity involves the development and improvement of certain aspects - the properties of a future specialist based on the image, standard, professional ideal, in the structure of which the values of physical culture are represented: health, functional state, developed psychophysiological abilities, and more. Such an ideal specialist should also have a high potential for social return, professional reliability and capacity for action.

The implementation of the special-applied orientation of higher education physical culture is carried out in the form of its humanitarian component - professional-applied physical fitness, the most important tasks of which are reduced to the formation of applied knowledge, physical, psychological, special qualities, skills, contributing to the achievement of objective readiness in the field of physical education by means of physical education. production, science, in the process of learning and, in particular, studying at a university.

When solving specific problems of professional-applied physical fitness of future specialists, one should always remember that such training is carried out in close connection with general physical training, which is the basis of the practical section of the discipline "Physical Culture" at the university. Modern work requires

a significant strain of mental, mental and physical strength, increased coordination of the movements of workers in any field of work. But each profession dictates its own level of development of physical qualities, its own list of professionally applied skills and abilities. These differences are reflected in the goals and objectives of professionally applied physical fitness, as an independent section of the discipline "Physical Culture".

Students of the first year of study should gradually join the power loads that increase the level of muscle strength and strength endurance. This is facilitated by exercises with one's own body, combining various modes of muscle activity (static and dynamic) in various conditions of movement and support. In the classroom at this stage, it is necessary to use a large amount of gymnastic exercises, since they are aimed at improving the functions of internal organs, mastering one's motor apparatus, as well as educating moral and volitional qualities. It should be noted that, compared with other types of sports activities, gymnastic exercises have a noticeably less effect on the autonomic organs, however, the somatic functions of the body (motor apparatus, sensory organs) are much more developed, since their diversity places significant demands on the central nervous system and sensory organs. . In addition, complexes of gymnastic exercises contribute to the development of kinetic and vestibular sensitivity.

A big problem faced by physical education teachers at universities is the weak musculoskeletal system of students and its various disorders (scoliosis of various degrees, flat feet, etc.). In this case, it is necessary to choose complexes of gymnastic exercises aimed at strengthening the joints, the muscular-ligamentous apparatus on the support. In all gymnastic complexes, it is recommended to use the repeated method and the "to failure" method, which greatly contribute to the development of neuromuscular coordination, increase muscle mass and have a beneficial effect on strengthening the musculoskeletal system. The active use of a combination of gymnastic complexes aimed at strengthening the muscular-ligamentous apparatus and strength exercises will have a positive impact on the comprehensive physical development of students.

Table "Means and methods for the development of physical qualities."

physical quality	Criteria for evaluation	Means of development of physical quality	Methods for the development of physical quality
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<p><i>Rapidity</i></p>	<p>Motor reaction time, speed of a single movement, frequency of movements</p>	<p>Exercises performed with acceleration (walking, running with gradually increasing speed), for speed (run to the finish line as quickly as possible), with a change in pace (running slow, fast and very fast); outdoor games; speed-strength exercises: jumping, throwing; exercises in swinging, circling, hitting, throwing and pushing light objects, turning, performed with maximum frequency</p>	<p>Repeated Variable (with varying accelerations) Game competitive</p>
<p><i>Agility</i></p>	<p>No common evaluation criterion</p>	<p>Physical exercises in basic movements (walking and running between objects; with overcoming various obstacles - climb into a hoop, jump over an object; throwing, ball games, jumping, climbing); general developmental exercises with objects of various shapes, masses, volumes; outdoor games; joint exercises - together, in a small group - with balls, poles; the use of unusual starting positions (running from a kneeling position, sitting; jumping from a standing position with your back to the direction of movement), a quick change of various positions (sit down, lie down, stand up); change in the speed or tempo of movements, the</p>	<p>competitive Game</p>

		introduction of different rhythmic combinations, different sequences of elements	
<i>Strength</i>	Kilograms (absolute strength is estimated without taking into account its own mass and relative strength - absolute strength divided by the mass of a person)	Exercises with increased resistance: exercises with stuffed balls; exercises that include lifting one's own mass (jumps), overcoming the partner's resistance (in paired exercises); exercises weighed down by the mass of one's own body: general developmental exercises without objects and with objects; exercises in basic movements (various jumps, climbing, crawling)	Method of serial exercises Interval exercise method
<i>Flexibility</i>	Maximum range of motion	Performing physical exercises with a large amplitude; general developmental exercises with and without objects; stretching - a system of exercises aimed at increasing flexibility, joint mobility.	Serial exercise method (only after warm-up)
<i>Endurance</i>	The time during which a person performs физическую работу	Cyclic exercise: running, walking	A method of continuous low-intensity exercise, repetitive exercise, or more intense exercise with short breaks

The selection of exercises depends on the physical development and degree of training of students. Rest intervals between sets depend on the complexity of the

exercises from 20-30 seconds. up to 1-2 min. At this time, it is recommended to perform stretching exercises for working muscles and breathing exercises, as they help to relax the muscles.

As you master a certain strength exercise, it should be gradually complicated (for example, push-ups from the knees, should be performed lying on the floor, then with the feet resting on the gymnastic bench), and it is also necessary to increase the weights or the resistance of the rubber bands.

In the classes of this stage, as an additional means of developing strength, it is possible to use isometric exercises. They are available in application, since they do not require special equipment and can be performed in any conditions, in the presence of a fixed object. Isometric exercises can be included in every workout to work out all muscle groups.

The role of physical culture in the preservation and promotion of health has especially increased in our age of scientific and technological progress, when physical activity in educational and household activities is minimized.

We believe that the differentiation of the educational process in the first year should be carried out according to the level of development of students' physical qualities. Then determine the qualities that are the most lagging behind in development, which must be given priority attention in all types of physical training. Lagging physical qualities are reliable and visual information for the critical self-assessment of students, because at this age the processes of personality formation proceed especially rapidly and this age is characterized by a great desire for active, creative activity.

At the first stage, it is necessary to use the motivational charge of educating lagging physical qualities and, relying on an individual approach, in accordance with the results achieved, it is necessary and consistently to complicate the tasks facing students, to give them an increasingly creative character, up to an independent long-term program of individual physical training during the period university education and after graduation. This will be the true implementation of an individual approach in physical education and the formation of the personality of a future specialist.

The results of testing the physical qualities of 1st year students of the Bukhara State Medical Institute in May 2022.

Name physical quality	№	Control tests	Excellent	Хорошо	Удов	Не удов
Rapidity	1	Run 100m (son)	8,1%	18%	38%	36%
	2	Run 100m (girls)	2,2%	6,6%	31,1%	60%

Strength	1	Pull-ups from hanging on a high bar (son)	32,4%	27%	10,8%	29,7%
	2	Flexion and extension of the arms in an emphasis lying (girls)	10%	13%	21,1%	55,5%
Endurance	1	Run 3000m	7,2%	10,8%	18%	64%
	2	Run 1000m (girls)	16,6%	23,3%	26,6%	33,3%
Flexibility	1	Tilt forward from the position "squat with straight legs" (son)	18%	25,2%	31,5%	25,2%
	2	Tilt forward from the position of "squatting with straight legs" (girls)	20,5%	27,2%	35,5%	16,6%
Agility	1	Jumping rope in 1 minute (son)	20,3%	24%	28,8%	26,8%
	2	Jumping rope in 1 minute (girls)	26,1%	24,4%	26,6%	22,7%

* 201 students participated in testing, 111 of them were boys and 90 were girls.

From the foregoing, some problematic issues of teaching and educating students in the process of physical education can be identified.

1. Some reserves for increasing the effectiveness of university physical education are in its individualization, supplementing training sessions with individual homework assignments and self-study for the development of lagging physical qualities.

2. Strengthened training of lagging physical qualities is a means of developing all motor qualities.

3. The distribution of students according to the initial level of physical fitness, the introduction of individual complexes of corrective exercises will make it possible to activate the physical self-education of students.

4. Such a construction of the educational process reveals significant reserves for increasing the efficiency of students' physical training and personality formation.

Conclusion. It can be concluded that physical qualities are an integral assessment of the mobility of body links. There are two forms of its manifestation: active, characterized by the magnitude of the amplitude of movements during independent exercise, due to their muscular efforts; passive, characterized by the maximum amplitude of movements achieved under the action of external forces.

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