

## **The Current State of Improvement of the Pedagogical System in the Development of Physical Endurance Qualities in Student Youth**

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### ***Abstract***

*This article summarizes the pedagogical system of physical endurance qualities. It tells how to develop the quality of endurance in students.*

**Keywords:** *Education, physical, endurance, movement, quality, general, special, active, exercise, sports.*

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Training is the body's ability to cope with fatigue as a physical activity. Perseverance is a quality that is hard to cultivate and easy to lose. There are several processes that take place in the body that build endurance: Endurance is the quality of physical activity, the ability of the human body to overcome fatigue in the active performance of muscle work for a long time. There are two types of durability: general and specific. General endurance is said to be the body's ability to overcome fatigue when any muscle is working for a long period of time. Specific endurance is defined as the ability to overcome fatigue when exercised over a long period of time. Specific endurance develops on the basis of general endurance and results from the process of accurately and thoroughly performing speed, strength, and endurance exercises. The level of endurance training is characterized primarily by the cardiovascular, respiratory, muscular and nervous networks, the rapid and beneficial breakdown of glycogen in the blood in the kidneys, an increase in functional capacity. In order for the body to reach a good functional state, it is necessary to use all the exercises aimed at developing endurance. Energy metabolism indicators are needed to assess an athlete's functional status at a given level and level of physical fitness. Primary and secondary indicators are used to determine this; key indicators of aerobic tolerance are; maximum air exchange in the lungs is equal to the volume of oxygen saturation of the blood, the minute volume of blood, the difference in arterial oxygen saturation on oxygen: the main indicator of anaerobic endurance is the task of saturating the body with maximum oxygen, ie heavy physical activity oxidation of all metabolic products that accumulate after exercise and their excretion from the body in the required high levels. Part of the function of maximal oxygen saturation, that is, the part of the main product of anaerobic glycogen that goes to the oxidation of lactic acid, is called the "maximum oxygen function of the lactate fraction." As an additional indicator of anaerobic resistance, the level of activity of the enzymatic system, the total reserve of substances used for anaerobic resynthesis of adenazate triphosphate, as well as adaptive and compensatory variability in various tissues and organs can serve as an indicator; types of physical training differ in their parameters (muscle size, type of muscle tension, exercise plan, strength). For each basic parameter of training, a separate type of work of the muscle corresponds to the performance. For example, it is possible to choose an exercise in which the muscle activity is local, equal to the retainer, in its activity. The development of endurance in aerobic and anaerobic regimes is accomplished through the performance of a specific muscle work night. At the same time, physiological and biochemical exchanges develop in the body. The size of these variables allows us to control whether the exercise is appropriate for the level of fitness of the body. it also assesses how the problem of variability in the human body is addressed, increasing its success and resilience in that area. Choosing the right parenting style is important in cultivating resilience. A flat or uniform speed pattern is characterized by a flat operation of small and medium power. It plays a major role in nurturing and improving anaerobic processes. This method is recommended for beginners and in preparation, as it is the easiest and most useful method for beginners. Return method is characterized by three main parameters of loading: duration, speed (intensity), shortness of repetition time and 2 parameters of rest duration and speed For example, a sprinter runs 10 times at a speed of 100 m: rest interval i 10 minutes, rest - dull. This method is mainly used by highly qualified athletes, ie in the final training before the main competition. The exchange method is characterized by three stages of tension (duration, intensity, short repetition interval) and one rest parameter duration. For example: 2000 m is run with the exchange method, 50 m faster, 50 m slower. In this method, the return of the next fast part of each distance occurs when the body is not fully recovered. This method is used by all ages, from young athletes to athletes. Change the length of the fast running section as well as the

length of the slow running section. This method is useful for maintaining the achieved results and can be used effectively to improve it. The interval return is characterized by 4 parameters of the complication method: duration (number of series returns, number 134 of the series) and 4 rest parameters (inter-series rest interval, rest interval between series, and the nature of this rest interval). For example: 4 series run 50x60 m, power 3/4, rest interval between series 1 minute, series interval 5 minutes, rest interval between series is weak, mixed between series (slow in the first minute. The next 3 minutes - the last minute of slow running - slow). Exercises in the interval return method can be performed with many options, so its application is very wide, it can be considered the main method of training endurance: the method of maximum effort - the trainer is given the heaviest load (load) as possible, or o Complex exercises are performed, in which the exercises are performed less often, repeated 1-2 times at most. If, over time, the exercises allow you to do more of these exercises than indicated, you will need to increase the tension and make the exercise more complex in order to maintain the style content; re-attempt method - perform slightly lighter exercises than before or perform exercises at a higher level, 30-60 m, repeating the exercises as many times as possible; interval return method with less heavy load; or performed in series using your own body weight, and the time of the exercise: - rest time between repetitions and series; - the number of series in the training session; - Most importantly, the speed of each exercise is clearly limited. Later, the term "circular training" was derived from the interval return method, which is still the main tool in the development of strength in the body. When we talk about methods of developing the quality of agility (speed), we are talking about methods that are similar to methods of developing endurance, but with the following conditions: any exercise or its repetition should be performed at maximum speed; the time to perform the exercises should be performed at a high intensity until the onset of fatigue; rest between repetitions should allow the body to recover; rest time depends on the stage of acquisition of sports skills.

It should be noted that physical qualities are never cultivated in an athlete, but in all. For example, in a 25-meter pool, exercises are performed in the following interval-return method; 2 times (intensity is 75 seconds, rest in the series is 45 seconds, rest between repetitions is 3 min.

- a) speed develops in short-distance swimming;
- b) endurance - when performing a series of repetitions of the whole exercise;
- c) power - when swimming long distances;
- g) flexibility - in any movement;
- d) agility - increases in the performance of turns. The training of all qualities is manifested, especially in periodic exercises.

Sports Training Planning Before beginning the issue of sports training planning, it is necessary to define its tasks and objectives. The main purpose of sports training is to train highly qualified athletes. They must be ready to work productively and to defend their homeland. To address this key issue, the following should be considered in the training preparation: Educational issue. Athlete training takes place in the following stages:

- a) morality - is aimed at the formation of the athlete's worldview, interests, attitude to himself, others, work;
- b) intellectual - ensures the development of creative and cognitive abilities of the individual;

- c) aesthetics - the environment, cultivates the ability to perceive the beauty of sports activities at work;
- d) The will is aimed at developing the athlete's ability to set goals and strive to achieve them.

Rehabilitation is achieved through comprehensive physical training. We need to know in advance the physical qualities of health and the formation of the body through physical improvement. It is an educational process, the goal of which is achieved through technical, tactical and theoretical training. An exercise plan is designed for a variety of educational activities that have specific objectives. The most common types of planning are: Long-term planning - usually 4 years. This includes the period from one Olympics to another or from one Spartakiad to another. The plan aims to prepare talented athletes for the Olympics at the university. This planning allows you to prepare for competitions in an orderly and rhythmic manner. The three main goals of long-term planning are to cultivate special and general qualities in the athlete and to raise him to the top of the sport. Most fitness experts agree that annual sports training is important. Training in sports Depending on the tasks and objectives set for the athlete for the year, as well as the level of sports training, the annual planning is as follows: a one-time schedule of sports training exercises. Such planning has one preparation, one competition, and one transition period at the end of a period (year). Such planning is made for athletes who plan to compete in 1-2 competitions a year, but only for a short period of time until the month of the competition. One-time planning has its advantages, especially the long training period, which allows you to develop each physical quality perfectly. It takes a lot of time to cultivate each quality, and all the tools and methods are used to improve them. allows you not to "miss" some of your abilities; two-period planning and "dual-period" planning. The difference between these two sports training plans is small: in two-period planning, there is a transition period at the end of each period. It is used when there are 2 or more periods between scheduled competitions (according to the calendar), and the "one-time plan" is one at the end of the year. The signs and qualities of endurance require a lot of exercise repetition, a long period of exercise. Endurance breathing, holding the breath inward, and accustoming the muscles and all joints to heavy and light movements are preferred. Signs and qualities of endurance are more commonly encountered and defined in the following active actions.

The process of physical education is multifaceted. In this process, both education and upbringing are provided. In the process of physical education, education is aimed at developing and improving motor skills. At the same time, the physical development of the participants is affected. The unity of all forms of education and their interaction is one of the fundamental pedagogical laws. Certain aspects of mental, moral, and aesthetic education have become integral to the process of physical education. The general principles of physical education are the principles of physical and military training, health and all-round development of a person. At the same time, the principles of education and upbringing of the physical education process have been adopted.

The most important basic rules that express the laws of education and upbringing are called the principles of upbringing. General pedagogical principles can be applied in the process of physical education, as this process is a special phenomenon of education and upbringing. It is of special importance in the field of physical education, reflecting its nature.

The principle of systematization and coherence solves the problem of studying exercises and movements in the same system in a way that develops from simple to complex. The

requirements of the physical education program are constantly being studied. New learning materials link and reinforce learned exercises. Based on the program, simple exercises are learned first, and then complex exercise techniques and tactics are gradually developed. In the teaching of different levels of exercises, the exercises are developed from simple to complex. However, they are changed during each session.

The principle of strengthening knowledge and skills requires constant repetition, consolidation and development of teaching materials. This is because if the skills and abilities of physical activity are not repeated, the skills and abilities of the exercise will be lost. Therefore, the planning of training materials should include the correct distribution of exercises and their implementation from simple to complex. Independent performance of the studied exercises in regular lessons will strengthen and improve their skills and abilities.

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