

Improving the Physical Fitness of Students in the System of Higher Pedagogical Education

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Abstract

The relevance of this issue lies in the fact that introducing students to physical culture is an important component in the formation of a healthy lifestyle. Independent lessons in physical culture, along with further improvement and broad development of organized forms of physical culture lessons, are of decisive importance. It is impossible to deny the fact that the study and health of students are interdependent and interrelated. The productivity of learning depends on the good health of the student, but if this connection is violated, the ultimate goal of the learning process loses its value and true meaning. In order to successfully adapt to the conditions of study at a university, strengthen and maintain health for the entire period of study, constant physical activity and a healthy lifestyle are necessary.

Keywords: *determination of the goal of self-study, determination of the individual characteristics of the student, physical culture, physical education, physical activity, health, healthy lifestyle, students.*

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The complex modern conditions of life place high demands on human social and biological abilities. The complex process of developing people's physical capabilities through physical education helps to concentrate many of the body's internal resources on achieving the original goal, as well as increase efficiency and improve health.

“Students’ independent learning planning is done by students under the guidance of an instructor, a teacher” [2, p. 77].

Depending on their state of health, medical group, elementary level of sports, technical and physical fitness, students can plan to achieve a variety of outcomes at university and in their future careers and lives - from curriculum and control tests. ends with category classification standards.

“Independent exercise planning should be aimed at achieving the single goal facing all medical groups students - maintaining health, maintaining a high level of physical and mental activity” [3, p. 285-286].

A number of measures need to be taken to manage the self-study process:

- Defining the purpose of independent study;
- to determine the individual characteristics of the student;
- revision of the lesson plan (microcycle, for semester, annual, prospective);
- Defining and changing the content, organization, methods and conditions of lessons, as well as the teaching aids used.

All of the above is necessary to get the most out of the workout, depending on the results of the self-monitoring, as well as the training. It is possible to analyze the learning process and make adjustments to the lessons later, taking into account the training work done.

The optimal amount of physical activity prescribed by physiologists for students is 10-14 hours per week. Therefore, it is not possible to do without additional independent exercise outside the training program. The following regimens are considered the most optimal for students (without health deviations):

- 1-1.5 hours three times a week - heart rate 130-150 beats per minute.
- at least 30 minutes every day. - heart rate 140-17 beats per minute.

It is recommended to review the course forms, describing the students' independent physical education classes:

1. Morning hygienic gymnastics - the time for this form of self-study is the morning hours after waking up. Exercises, breathing exercises, and flexibility exercises should be included for all muscle groups. Static, endurance, weight-bearing exercises should be avoided (e.g., long-distance running). Gymnastics should be combined with hardening and self-massage. “The duration of morning exercises is 15-20 minutes” [1, p. 15].
2. Exercise on the school day. Performing independently or in breaks between classes. Such exercises include flexibility exercises (bending, stretching, etc.), active movements, simple exercises for strength endurance, individual muscle groups (pushing, stretching, etc.). “This exercise stimulates blood circulation, helps to restore mental activity, prevents blood stasis in

the limbs” [4, p. 7]. This exercise prevents the onset of fatigue, maintaining high performance for a long time without overloading.

3. The third form includes independent study. They can be done using different sports or exercise systems, in groups (3-5 people or more) or individually. It is recommended to exercise for an hour and a half two to seven times a week. It doesn't make sense to exercise less than twice a week because it doesn't increase the body's physical fitness. The second half of the day is the best time for training, two to three hours after lunch. You can exercise at other times, two hours after a meal and no later than one hour before a meal or bedtime. Avoid exercising on an empty stomach immediately after sleep.

Thus, the need for independent exercise for students was identified. Once again, the effectiveness of education depends on the health of the student, but if this relationship is violated, the end goal of the learning process will lose its value and true meaning. hardens. One of the direct obligations that everyone has the right not to pass on to others is to protect their own health. Unfortunately, a person with an unhealthy lifestyle, bad habits, physical inactivity, overeating will find himself in a state of catastrophe by the age of 20-30, and only then will he remember medicine [5].

But no matter how perfect medicine is, it cannot cure all diseases. Man is the creator of his own health, for which he must fight. From an early age, you need to educate yourself on a healthy lifestyle. After all, the protection and promotion of student health is largely determined by lifestyle. The growing attention to it is reflected in the level of public consciousness, in the fields of culture, education and upbringing.

The student's lifestyle cannot be coerced from the outside. Man has a real opportunity to choose the forms of life activities, the types of behaviors that are important to him. Everyone with a certain amount of autonomy and value forms a unique way of acting and thinking. Nowadays, physical culture is an integral part of the general culture of modern society, as it is the multifaceted improvement of the human body through exercise, adherence to the correct regime in daily life and work. Physical culture is the basis for shaping human health and a healthy lifestyle.

An analysis of factual material on student life shows that it is organized in a chaotic and chaotic manner. This is reflected in such important components as not eating on time, not sleeping regularly, low exposure to fresh air, insufficient physical activity, lack of hardening procedures, independent reading during sleep, smoking and so on. Modern practice shows that the image of life Most students are sedentary due to the lack of systematic orientation and regular physical education. And this means that all the negative effects of physical inactivity on a growing and developing organism will inevitably affect its health. In recent years, the focus has shifted to a healthier lifestyle for students. This is due to the concern of the population about the health of university graduates, the increase in morbidity during vocational training and the subsequent decline in their ability to work. It is important to understand that a healthy lifestyle does not exist as a separate form of life outside of the lifestyle in general [6].

Accordingly, the problem of students' healthy lifestyles is very acute, so the question of the meaning and role of physical culture is relevant. Systematic physical training and sports increase the body's natural resistance to harmful effects of the environment, infections. Scientific studies show that people who exercise regularly are less likely to get sick, work more efficiently, and live longer. A number of studies have shown that students who have no physical activity in their

lives become lethargic, less active and creative, more prone to fatigue, their learning activities deteriorate, and their attention and mental abilities decline. Therefore, it is important for the student to engage in physical activity to strengthen the body as a whole, as well as to prevent hypodynamics. I would also like to emphasize the important role of physical culture in the development of a student's personality. Human physical culture is manifested in three main directions. First, it defines the ability to self-develop, reflecting the "self" orientation of the individual, which, due to his social and spiritual experience, reflects his desire for creative development and self-improvement. 'he says. Second, physical culture is the basis for an amateur, active self-expression of the future specialist, the expression of creativity in the use of methods of physical culture, focused on the subject and process of his professional activity. Third, it reflects the creativity of the individual, focused on the relationships that occur in the process of physical education, sports, professional and social activities, ie. "to others." In this activity, the richer and wider the range of communication of the individual, the richer the area of his individual manifestation.

Students are a unique social group that are most prone to "insomnia" and consequently nervous and psychological stress. Physical culture can be considered as a way to combat stress and fatigue, because during physical exertion, the level of cortisol (a stress hormone) in the blood decreases and muscle relaxation occurs [7].

It should be noted that regular training in the chosen sport is of great importance in the formation of a person's physical culture. It is known that sport is an integral part of physical education, which includes a variety of exercises and games performed in the context of competitive activities, with the desire of participants to achieve the highest results. Sport is characterized by competitiveness, emotionality, and entertainment, which satisfies a person's need for motor activity. Active sports not only help increase endurance and improve body performance; they are one of the best ways to maintain and improve human health. Therefore, in higher education, regular physical activity and sports are important for the development of basic physical qualities - strength, speed (speed), coordination of movements (agility), range of motion (flexibility) and physical qualities. endurance, which helps to increase efficiency and increase a person's self-confidence. That is, exercise and games are an effective means of relieving tension and stress in the process of engaging in a chosen sport; overcoming both physical stress and psychological stress.

Thus, physical culture is a powerful and effective means of physical education and all-round development of the individual. In physical education, students develop not only physical skills, but also strong-willed, moral qualities. Consequently, physical culture is one of the facets of a person's overall culture, which in many ways determines a person's behavior in reading, daily life, communication, and helps them solve various life tasks.

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