
Efficiency Of Individualization Of Education In Higher Educational Institutions.

Galaev Qaxxor Karimovich¹, Bairbekov Abdulla Qodirkulovich², Kubaev Saidqul Raimqulovich³, Shukurov Akmal Khudoykulovich⁴

¹Galaev Qaxxor Karimovich, Teacher of Gulistan State University, Uzbekistan

²Bairbekov Abdulla Qodirkulovich, Teacher of Gulistan State University, Uzbekistan

³Kubaev Saidqul Raimqulovich, Teacher of Gulistan State University, Uzbekistan

⁴Shukurov Akmal Khudoykulovich, Teacher of Gulistan State University, Uzbekistan

Article History: Received: 10 January 2021; Revised: 12 February 2021; Accepted: 27 March 2021; Published online: 28 April 2021

ABSTRACT. This article focuses on improving the system of education for students studying in pedagogical higher education institutions. The research focuses on modern methods of individual education of students studying in the field of physical culture and its effectiveness.

KEYWORDS: professional competence, individualization programs, pedagogical practice, personal competence, definition of personality, motivation.

RELEVANCE. Review of the rapidly changing social situation in developed countries, social and economic events, the ideas of individualization and its essence and opportunities to determine the life of each student, professional competence, self-determination and competitiveness in the labor market, extensive use of videos and TV at certain stages of training, conducting research on the development of practical skills and training of teachers in the process of pedagogical practice are of great importance. It is important to carry out research on the implementation of the principle of individualization in the process of physical education classes in higher education institutions, the development of experimental justification and individualization programs for work with students.

Theoretical and practical, methodological approach to the individualization of student education in pedagogical higher education institutions and the improvement of the structure and content of the individual education system, the professional knowledge, skills and abilities required in pedagogical professional activity identification issues have been investigated. In the implementation of large-scale work aimed at "creating a healthy lifestyle in our society, creating modern conditions for regular physical culture and mass sports of the population, especially the younger generation, and the further development of physical culture and mass sports", president paid special attention to professional issues and set similar important tasks. At the same time, the content of individualization education plays an important role in shaping the social content of professional activity, the professional skills of future physical culture specialists.

The subjective approach to the individualization of education is related to the consideration of individual characteristics of the individual, both pedagogical and student. The study considered the factor of psychophysiological and mental characteristics of individuality as a dominant factor in the choice of strategy for individual cognition.

The purpose of the study is to develop recommendations for the individualization of the education of students studying in the field of physical culture in higher education institutions.

RESEARCH OBJECTIVES:

- determining the structure of educational activities in students of physical culture on the basis of individualization of education in the formation of performance motivation for physical activity;
- improvement of health education in the pedagogical activity of future teachers of physical culture on the basis of identification of physical qualities of the model of individualization;
- improving the content of professional training of students on the basis of individualization of professional, personal, general cultural and special competencies;
- identification of health development skills development activities of future physical education teachers on the basis of individualization of education.

ORGANIZATION OF RESEARCH WORK. Management of human activity as a complex biological system seeks to address the issues of self-organization, the effectiveness of management depends on the manifestation of management indicators. In educational activities, such indicators can include factors that determine the system of student learning activities. It should be borne in mind that these various factors can be factors that directly determine the learning activity (attendance, the amount of workload, etc.) and indirectly affect it (agenda, independent training, various interests, etc.).

During the study of the documents of the educational department, it was found that the auditor workload (lectures, seminars) during the academic year in stages I-II is 30-36 hours per week, while in stages III there is a decrease. This situation is also reflected in the number of academic disciplines. In Phase 2, the daily energy was determined for physiological assessment of the auditory load. The study involved first-year students at Gulistan State University, who used a timeline to determine daily energy expenditure.

We asked the students to prepare a work schedule to complete the day and set the time for various activities.

Energy expenditure was introduced on the basis of the "Norms of physiological needs for food and energy for different groups of the population" in the first group in terms of student labor intensity and the daily energy requirement is 2400 kcal.

The analysis of chronological maps allowed identifying the negative aspects of the learning process in pedagogical higher education institutions. Most students reported disruption of the normal routine, lack of restful sleep, eating disorder, and lack of physical activity.

Thus, the analysis of educational activities shows the importance of its strength, it is necessary to strengthen the role of physical culture in the lives of students, to ensure the successful solution of the problem of filling the shortage of student physical activity.

As a result of the theoretical analysis of literary sources studied the essence of physical education of students of pedagogical higher education institutions, the tools and methods used in physical education, as well as a number of specific health issues, physical culture sports activities. The issues of individualization of physical culture classes for students, their application in the educational process were analyzed in depth.

When the survey (questionnaire) was conducted, indicators of academic performance, time distribution, as well as physical culture of students were used to study sports activities and their HF. For this purpose, 3 questionnaires were developed. The first appendix covered issues related to the forms of students' leisure interests. The second focuses on topics that encourage students to engage in physical education and sports, and the third focuses on the place of physical culture in students' time distribution of HF indicators. A total of 441 students of the Faculty of Physical Culture of Gulistan State University took part in answering the questionnaire. The questionnaire was developed in collaboration with the Department of Theory and Methods of Physical Culture of Gulistan State University.

The next stage is to determine the level of formation of a healthy lifestyle (STT) motivation in future teachers, to determine the goals of students in the organization of STT, to study the health culture of students. A total of 1,012 questionnaires were analyzed.

Medical and pedagogical observations, which are an integral part of comprehensive monitoring of students' health in medical and pedagogical observations, were carried out for the following purposes.

- study the effect of exercise on the body;
- determine the level of health and fitness of students;
- establish students' attitudes to the individualization of physical education classes.
- study the valeological competence of the teacher.

Medical pedagogical observations were performed on heart rate (HR). This is an integral indicator of the state of the organism and its complex changes that are formed during the performance of physical activity during exercise. In addition, studies should take into account the SAR measured by arterial blood pressure and respiratory rate.

The test on the functional capabilities of the body and basic physical qualities was conducted in higher education institutions on 6 basic tests at the beginning and end of the academic year in accordance with the curriculum on physical culture. These are running 100 meters (assessment of speed capabilities); Running 3000 meters (endurance assessment); long jump from one place (speed-strength training); pull-ups on a horizontal bar (development of arm strength); sitting on one leg, leaning (developing leg strength); lifting the body in a position where the legs are tightened, the arm is behind the head (assessment of the strength of the abdominal press muscles). In addition, a Cooper test was performed to assess the body's aerobic capacity (12-minute run at a distance of 3,000 meters).

To determine the strength of the hand movement, a hand-written assembly test was used in the supine position. The tests performed were determined by the average of the scores collected from all the tests on the methodology derived from the curriculum and methodology of the assessments.

Physical development tests include changes in body length, JEL, claw mobility, spinal flexibility, breathing (barbell test), exhalation (Genche test), functional status of the nervous and muscular system (temping-test), cardiovascular system (Martine experience).

During the selection of test results, the productivity of the work in minutes and the whole is calculated. It calculates the number of letters considered (S), the number of correctly deleted letters (I), the number of errors (O).

Corresponding scores were calculated for each indicator aggregated (on a 5-point scale). Health assessments were performed on both levels (low to high) and in the scoring system. According to the amount of points, a conclusion was made about the student's weaknesses and individual programs were developed to restore the physical condition.

Table-1

Assessment level of student health

№	Tests		Level of health				
			Low	Below average	Average	Above average	High
1	Body length kg / cm	Ball	>451-2	450-350-1	350-0	—	—
2	OTS, ml / kg	Ball	<40-0	41-45-1	46-50-2	51-56-3	>56,4
3	YuQS at 100	Ball	>-2	110-95-0	94-85-2	84-70-3	<69,4
4	Recovery time after sitting 20 times in 30 seconds (minutes, seconds)	Ball	3дак-1	3-2 дак-2	1,59-1,30-3	1,29-1,05-4	<59,7-5
5	General assessment of the level of health (by points)	Ball	4	5-9	10-13	14-16	17-21

Pedagogical experience. Pedagogical practice was conducted in 2020-2021 at Gulistan State University, Fergana State University, Jizzah State Pedagogy University. This experiment was organized and conducted by the departments of "Theory and Methods of Physical Culture" (on the basis of the application of the subject "Fundamentals of Valeology"). 1012 students of 1,2,3,4 stages took part in Gulistan, Fergana state universities and Jizzakh pedagogical institute.

According to the results of the medical examination, there were no defects in the health of students, all of them formed 2 groups (control and experimental groups) with no significant difference at the beginning of the experiment ($r > 0.05$) with the method of selection of approximate numbers for physical education classes. In both the control group and the experimental group, most of the physical education sessions were conducted in a rotational session style. The only difference was in the use of a program that included a special card of the students in the experimental group, optimizing physical activity using a heart rate monitor.

The effectiveness of the pedagogical experiment was assessed on the basis of test results of students and indicators of cognitive tests.

Mathematical-statistical methods of data verification and analysis. The results of the study were subjected to mathematical-statistical verification, which was carried out at each stage of the study. The reliability of the difference in the groups was determined at the level of 5% on the student criterion and on the Van der Verden criterion.

In the process of mathematical verification, the following indicators were calculated: X - arithmetic mean - is a product that summarizes the quantitative qualities of a series of indicators of the same type:

S-variance is the mean square of the difference of the character value from the arithmetic mean;

Sya is the standard error of the arithmetic mean.

R and t are the reliability indices of the calculated differences in biological studies ($r > 0.05$ when the reliability is taken into account at the 5% level).

In solving these tasks, the Republic pays special attention to experimental work in higher education institutions.

A total of 1,030 students participated in the survey, including 441 students from Gulistan State University, 270 students from Fergana State University and 301 students from Jizzakh State Pedagogical Institute. Through the survey, the individualization of physical culture classes in pedagogical higher education institutions was studied, the experience of the traditional system of physical culture was generalized. In addition, students were tested (STT).

As a result of the research, a program was developed to implement the principle of individualization in the physical culture classes of pedagogical higher education institutions.

The duration of the pedagogical practice ranged from 17 weeks to 2 semesters. A test run was performed at the beginning and end of the experiment. In the experimental groups, as in the main group, the main part of the training was conducted on a rotational training method. The main difference was that the experimental group used students' individual card data in addition to the traditional program.

During the training, pulsometry ("Polar" technology) was used to optimize the physical activity under the control of heart rate and take into account the individual performance of cognitive tests. Rapid data obtained using a heart rate monitor during training allows for individual adaptation of the load.

Conclusion. Thus, the assessment of individual psychophysical indicators creates a successful application of the principle of individualization of the use of equipment to record physical activity and its operational management in the classroom and has a positive effect on the training of trainees, research confirms the data. non ($r < 0.05$).

Upon completion of the pedagogical experiment, as in the control group, in the experimental group there were statistically significant differences in physical qualities - strength (abdominal press muscle), endurance (running 3000 meters) ($r < 0.05$). The scale of differences in arm shoulder strength and speed capabilities (running 100 meters) is also wider in TG ($r < 0.05$).

Analysis of the diagnostic map of the study of health culture of students of the Faculty of Physical Culture showed significant changes in the experimental groups from the first to the fourth year during the pedagogical experiment on the following indicators: occupational health knowledge, health skills, health competence increased from 26,3% to 38.5%.

The results of the study confirmed the hypothesis that taking into account the individual psychophysiological indicators of students of the Faculty of "Physical Culture" allows students of higher education to engage in physical education for individual students. readiness to support recovery.