

Research Of The Physical Education Of Students Of The Military-Technical Lyceum "School Of Temurbeks" Taking Into Account The Influence Of Regional Factors

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Abstract. This article presents the results of a pedagogical experiment to identify the effectiveness of the developed accentuated program for improving the motor abilities of students of the military-technical lyceum in physical education classes, taking into account regional factors.

Keywords: pedagogical testing, hyperthermia, accentuated program, regional factors, motor qualities, microcycle, physical education.

1. Introduction

Improving the educational process in physical education in military-technical lyceums, taking into account the influence of regional factors, is one of the pressing pedagogical problems of the education system of the Republic of Uzbekistan [1].

The purpose of the study is to construct the process of physical education of students of the military-technical lyceum in the process of conducting physical education classes, taking into account regional factors in conditions of hyperthermic exposure.

The methodology of conducting physical education classes for students of the military-technical lyceum during the summer period of study was experimentally tested at practical classes held on the territory of the military-technical lyceum "School of Temurbeks ". The pedagogical experiment consisted of three series, the general purpose of which was to reveal the possibility of conducting accentuated physical exercises aimed at improving motor qualities in conditions of high external ambient temperature.

During the entire experiment, constant monitoring was carried out over the conduct of classes and the introduction into the educational process of the experimental program on physical training developed by us with an accentuated improvement of the necessary motor qualities of students of a specialized lyceum.

Physical fitness testing of senior students was carried out four times during one mesocycle, in the summer period of study [2].

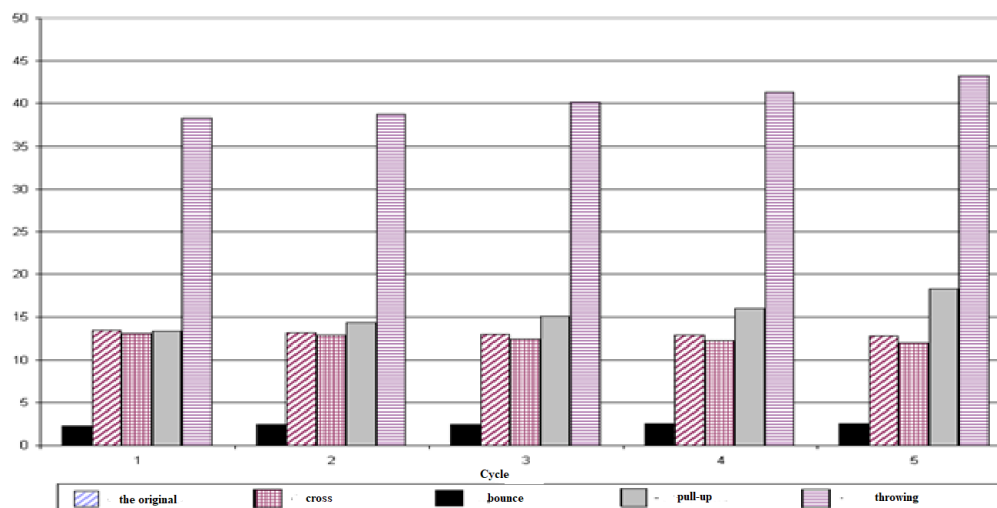


Figure 1. Dynamics of indicators of motor readiness of students of the military-technical lyceum "School of Temurbek's " in the course of experimental research

The pedagogical experiment was organized at the place of practical training on the territory of the military-technical lyceum with students of the final course of study: experimental and control groups.

During the pedagogical experiment, specially developed three options for morning physical exercise were used: the first was aimed at general physical training; the second - for special speed-strength training; the third - to improve the motor quality of endurance. At the same time, the morning hygienic exercise was carried out as an independent lesson lasting up to one hour and was subdivided into three classical parts - preparatory, main and final.

2. Result

During the period of practical training in conditions of hyperthermia, paramilitary relay races, running on rough terrain, various forms of crawling at a distance of 50 m, carrying gravity, etc., were carried out under the conditions of the curriculum [3].

When comparing the options for morning exercises, which differ in the volume of the proposed loads, it became clear that they were relatively little suitable for mass implementation.

A questionnaire survey of students revealed that 76.4% of respondents were against such morning exercises, and only a third of students who have sports categories in selected sports expressed their positive attitude.

When asked what kind of "small" or "big" exercise they prefer, 38.3% were in favor of "small" charging, 31.2% - in favor of "large", and the remaining 30.5% answered that their both forms of morning exercises are equally satisfied.

As for the composition of the means of physical education used, the overwhelming majority of students, having tested all the variants of morning exercises, spoke in favor of the one where exercises of a strength nature were present. 74.6% of students supported the complex of morning gymnastic exercises of strength orientation, 12.3% preferred gymnastics of the light version, and the remaining 13.1% did not have a definite opinion on this issue.

During the period of the pedagogical experiment lasting one mesocycle, the means were used, focused on the improvement of such motor qualities as endurance, strength and speed-power capabilities.

Constant monitoring of motor abilities revealed that before the beginning of the pedagogical experiment, all the average results obtained were identical in both experimental groups.

Analysis of the initial indicators before the start of the pedagogical experiment when assessing speed capabilities, assessed by the results in running per 100, the tormented experimental group had a result of 13.4 ± 0.7 seconds, and the control group - 13.4 ± 0.8 seconds [2].

Repeated studies at the end of the first microcycle showed that the students of the experimental group covered a distance of 100 m 0.2 seconds faster (2.2%) ($t = 1.4$), by the end of the second microcycle the result significantly improved to 13.2 ± 0.6 seconds (3.0%) ($t = 2.8$), followed by significant progression by 3.8% ($t = 3.6$). By the end of the pedagogical experiment, the results of the speed qualities of the students of the lyceum were equal to 12.9 ± 0.4 seconds, (4.5%) ($t = 4.3$). In the control group, the increase in speed capabilities averaged 0.2 sec. ($t = 1.4$).

When assessing the indicators of endurance among students at the end of the second microcycle, there is an increase in the result by 5.4%. By the end of the pedagogical experiment, the students of the experimental group, on average, covered the cross distance in 11.9 ± 1.1 min, the increase in the result was 9.2%.

3. Conclusion

When assessing speed-power capabilities, special requirements are imposed on students. According to testing the results of the long jump from the spot, the average results in the experimental group were 2.3 ± 0.2 m, and in the control group - 2.2 ± 0.4 m. by the end of the experiments, the results had improved by 8.0%.

In this age group of young students, special attention was paid to the development of strength qualities, which was assessed according to the test data "pulling up on the bar." Thus, the representatives of the experimental group had an initial result of 13.8 ± 1.8 times, followed by an increase in strength abilities in each of the microcycles, respectively, by 7.8%, 11.2%, 16.9%, with the final result - 18.3 times.

The test "throwing a grenade" is presented in all program and regulatory documents of the system of military-technical education, therefore, assessing the initial level of representatives of the experimental group, a result equal to 38.3 ± 3.1 m was found, an analysis was made of the progressive increase in physical conditions among students, growth which amounted to 1.1%, 4.5%, 7.5% and 19.4%, respectively.

The results of the pedagogical experiment under the influence of hypothermic factors in the educational process, where a specially developed program for improving motor qualities was introduced, showed the high efficiency of classes with an accentuated focus and the use of hypothermic pauses in the process of conducting physical education classes with students of the military-technical lyceum "school of Temurbek's".

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