

Improving The Physical Fitness Of Students Through The Conduct Of Individual Programs

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Abstract. Today, college students spare little time to the physical training, sport in universities. One of the factors of the current situation is an aberration in the development of physiological and psychological development of students. The article describes the main problems of implementation of physical activity of students in the framework of training in higher educational institutions. Problems of physical training of students can be divided into two groups of factors that influence the willingness of young people to physical activity. This objective (external) and subjective (internal), which in turn can be divided into physical and psychological. As a workaround, the active involvement of students in the process of physical self-education can be taken this form as organization of educational process as the development of individual programs of physical self-improvement, aimed at enhancing the creative work of self-education and physical self-improvement.

Keywords: physical culture, development, physical fitness, college students, individual program.

1. Introduction

Higher education institutions have always paid significant attention to the health of students. However, in the spirit of a modern dynamically developing society, the administration of higher educational institutions faced the problem of deteriorating health indicators in their students. Soloviev N.A. [3], Ilyin I.A. [1] - (Izhevsk Agricultural Academy), Pomerantsev A.A. - (Ulyanovsk State Agricultural Academy), Novikov I.V. - (BSAU, Ufa) etc. note that the number of students belonging to a special medical group reaches about 30%. This is due to diseases of the gastrointestinal tract, cardiovascular, musculoskeletal, visual systems and a number of others.

This study was undertaken to determine the causes and problems affecting the physical fitness of student youth. The research is aimed at improving the physical fitness of students through the introduction of individual programs.

The purpose of this work is to determine the level of physical fitness of students and ways to improve it.

The object of the research is the educational process of university students.

Work tasks:

1. To classify the problems affecting the implementation of the physical training of university students.
2. To determine the most effective algorithm for the implementation of physical training of student youth.

The problems of physical fitness can be considered through three objects of education and training: students, physical education teachers, and the administration of a higher educational institution. As a result, a number of factors can be identified that have an impact on the training of student youth.

The classification can be carried out in two directions: from the side of the impact on the object and according to the physical condition of student youth.

2. Result

The first classification is explained by the external opportunities for the implementation of physical fitness among students on the part of the university administration. These include subjective and objective factors. To subjective, i.e. internal factors can be attributed to the factors that motivate students to physical training: self-development, rationalization of life, the practical use of the subject. Objective, i.e. external factors, include the availability of travel to the sports complex, the understanding of the administration and the teacher that physical training requires a lot of time and effort from the student, etc.

As one of the possible options for including students in the process of physical culture self-education, an individual form of organization of the educational process can be considered, in which, in addition to the curriculum, the student will have the opportunity to engage in active creative activities for self-education and physical self-improvement. Each student, under the guidance of a teacher, develops an individual program of physical self-improvement, including the selection and methodology for performing complexes of physical

exercises, dosage of the load, evaluation criteria that determine the effectiveness of their implementation, taking into account their physiological and psychological state.

The second classification is explained by the internal capabilities of students, which, in turn, can be divided into physiological (state of the body) and psychological (readiness of student youth to engage in physical culture).

Physical fitness is the main component of a person's physical education. It involves mastering a wide range of motor skills and abilities that help to successfully specialize in any chosen activity [2].

Thus, the goal of physical culture is to adapt to the specialty in which the student is trained. The administration and teachers of a higher educational institution need to pay attention to the psychological factor. The impact on the mental shell of students should be unobtrusive, so as not to cause a negative reaction. To stimulate the consciousness and activity of student youth, it is necessary to take into account the physical condition of each student through a compulsory medical examination. Objective factors should closely interact with psychological ones for greater integration of physical training into the sphere of student youth activity. For this, in our opinion, it is necessary to transfer the discipline "Physical culture" to optional "rails", providing time and availability for self-realization of physical training of student youth. For subjective factors, it is desirable to show the practical use of the subject in the conditions of activity in future workplaces of student youth.

3. Conclusion

In our opinion, an interesting alternative to physical training would be to familiarize students with such non-standard sports for Uzbek students as historical fencing, grass hackkey, water sports and a number of others. It is necessary to establish a clear interaction between the three links of the implementation of physical training: students, physical education teachers and the administration of higher educational institutions by introducing the above methods at all levels of this classification.

In conclusion, I would like to highlight the main directions of improving the physical fitness of students:

- Subjective - demonstration of the practical benefits of the subject for student youth. The student himself makes a decision, developing an individual program of physical self-improvement.
- Objective - the participation of teachers and administration in providing the student with free time and space for physical training, reducing the share of time for academic activities of students.
- Physical - taking into account the physical fitness of students before admission to classes and division into health groups.
- Psychological - promotion of physical fitness among students. This direction is characterized by the use of multimedia facilities specially adapted for student youth.

Thus, the implementation of this program is possible with proper interaction of all elements of physical training of students: administration, teachers and students.

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