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Theoretical and practical basis of technologies to develop physical training techniques of students in leveled groups at higher educational institutions

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Abstract

Purpose: the study of the theoretical and practical foundations of the organization of the process of physical education training of students of higher educational institutions on the basis of modular-assessment technology.
Methods: theoretical analysis and generalization of scientific and methodological literature, pedagogical observation, pedagogical testing, pedagogical experiment, mathematical and statistical analysis.
Results: Theoretical and methodological aspects of human ontokinesiology related to the tasks of physical education and sports activities of students are:

- the main scientific and practical rules of formation of the kineseological reserve of the individual in ontogenesis are based on the principles and methods of managing physical fitness;
- active involvement of students in physical training and sports activities;
- the change in the physical activity of students depending on the state of scientific and technological development;
- a set of fundamental rules that expand opportunities for the activation of physical activity, which form the kinesiological reserve of the individual in terms of social and biological basis.

Conlcusion: The implementation of high-quality monitoring should ensure the uniformity of criteria and methods of assessment of physical and functional condition, and the creation of an information space, which ensures the exchange of information and allows to make certain management decisions at all levels of the physical education process (from individual to administrative).
Keywords: Physical education, pedagogue, student, modular-rating, indicator, pedagogical technology.

Introduction

The foundations of the concept of higher education in the Republic of Uzbekistan and the modern requirements for the process of physical education of students require the creation and implementation of innovative educational technologies. Such innovative educational technologies should be based on completely new approaches to planning the learning process, improved methods of analyzing and monitoring the physical fitness and functional status of students.

A number of problems have arisen in the physical training and development of young students, the solution of which, along with improving certain aspects of this process, will increase its effectiveness and, ultimately, bring it into line with modern higher education requirements.

One of the main problems, in particular, is the lack of modern pedagogical tools that allow you to quickly obtain complete and objective information about the state of physical fitness and somatic health of students, as well as individual rapid assessment. This obstructs the effective management of the physical education process, the necessary measures to make adjustments to the learning process - the definition of measures, prevention and elimination of adverse effects [2].

This problem can be solved by the widespread introduction of a fast, individual-oriented module system into the physical education process of students. It is known that the physical education of students is a key element in the organization of the pedagogical process using person-oriented technologies [3,6].

The reaction of the human body and its basic functional systems to weightlift is always of individual character [4]. Therefore, weight amount and its characteristics should be determined taking into account the current functional capabilities of students. In turn, the planning of the process of physical training should be based on a lamination approach aimed at the targeted improvement of weak points of physical qualities of students [7].

At the same time, the most important aspect of such innovations in physical education is to increase the motivation of students to physical training and to strengthen their activities in the field of physical training and sports, as well as it requires extensive involvement in physical education and sports so that they can engage independently and consciously. [1]. Modern trends in the development of the educational process in

higher education are characterized by an increase in the share of independent work of students, which determines the growing importance of self-control [5].

Analysis of data presented in special scientific and methodological literature, the results of surveys and analysis of indicators of physical development, functional status and dynamics of physical fitness of students of non-specialized higher education institutions (HEIs) based on the results of the study of the modular rating show that the university serves as a basis for the development of innovative technologies for the development of students' physical qualities in leveled groups.

Methods

The principles of the theory and methodology of management of physical education of students in higher education institutions;

Methodological approach to improving the process of physical education; conceptual individualization in the system of training of physical abilities;

Views on the organization of individual physical education of young people studying in higher education institutions;

The rules on the dependence of various components of physical training of athletes on factors and the gradual addition of the functional reserves of the body to the training of physical activity.

A pedagogical methodology based on theoretical, methodological and practical rules has been created as a result of the analysis of the literature and scientific-methodological sources,

Results and discussion

It allows the integration of science-based approaches to implement the process of improving students 'physical fitness.

1. Fundamental rules include:

a) Systematic approach, its main components:

- integrity in the analysis of the studied object of research - the leading characteristics of the system of physical training of students and the essence of its definition;

- the hierarchy in the organization is reflected in the multi-levelness and interdependence of personal physical training and its elements;

- constituency, which indicates that the "battery" of the main qualities and the parameters are within the limits of the characteristics of the physical fitness of students. Physical training is considered as one of the fundamental components of an individual's physical culture, which includes intellectual, motivational - values and personal biological elements;

- the principle of constituency has all the features of the system of "personal physical culture" as a description of the phenomenon of "physical training";

b) Process approach:

- the organization of training sessions in order to influence the guidelines of design for the process of formation of the student's personality and the achievement of the final result;

- repetition of effects, which reflects the main components of physical training: the continuity and gradual increase in the amount and intensity of training tasks;

- the value of the final impact by expanding the opportunities for vital activities based on the principles of the highest level of physical fitness of students;

- the application of the modeling method as a means of imagining the manifestation of the qualities under consideration;

c) proactive approach:

- the formation of communication motives among students, which are an important part of the process of interaction in the field of physical training;

- formation of personal qualities, including emotional, volitional and spiritual qualities of students in order to form a stable attitude to themselves and the surrounding world;

- the formation of spiritual activity based on the emergence of various forms of internal activity aimed at acquiring knowledge of physical culture and sports activities;

3. The following rules are identified to form the physical abilities of students in the theory of sensory progressive periods of qualities and characteristics of the individual in the process of ontogeny in accordance with the issues of physical culture and sports training of different age groups of the population:

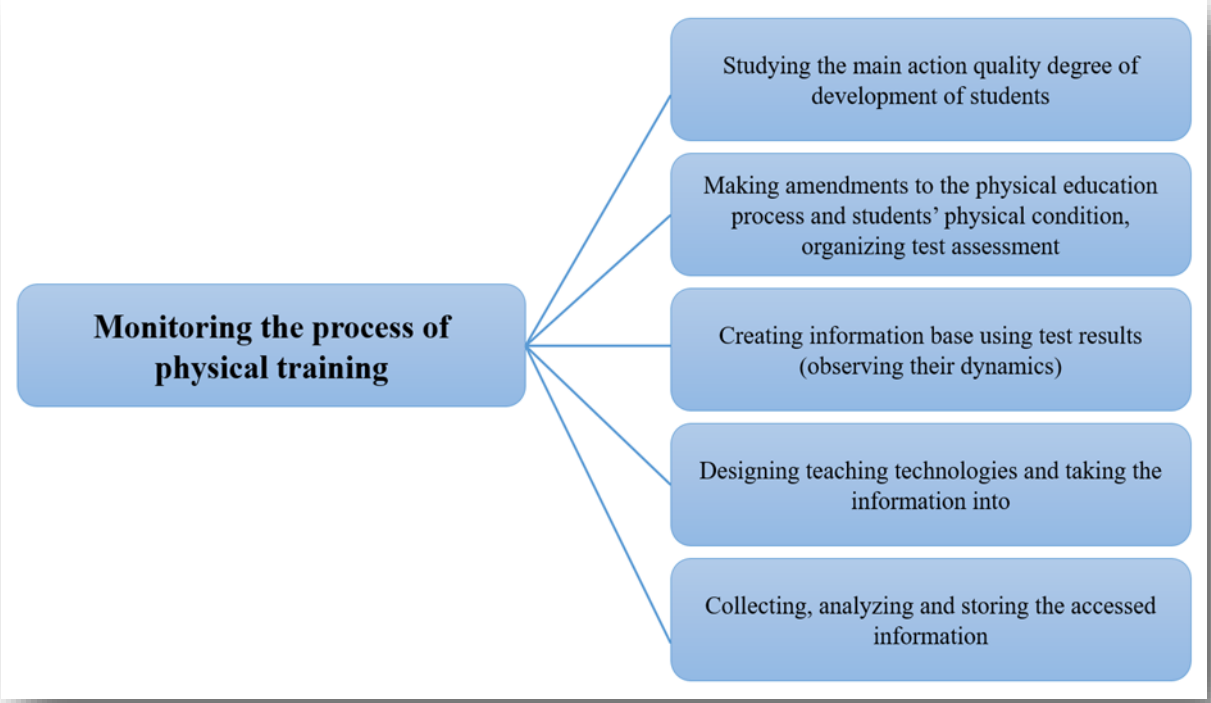
- relative decline of interest to physical fitness among some students.

- adequate consideration of the compatibility of social and biological development in the education of physical and dynamic qualities of students;

- the degree of obvious sensitivity of a number of systems of the student's body to physical weight during exercises;

- the need to adjust the amount of educa-

Fig 1. Monitoring of physical training



tional impact to the physical development of students in order to eliminate the presence of adaptive disorders.

Admittedly, a number of researchers provide scientific data on the variability of physical fitness indicators of students studying in different educational institutions, occupying different specialties and programs (in which training is quite different). For this reason, the authors consider it appropriate not to rely on them in the development of planning documents for the training process. Based on the above considerations, the indicators recorded in the dynamics were taken into account in the study of the group of students who participated in the initial observations during the study.

4. The theory of sports training (in terms of its main components):

- a set of different tools and methods of sports training, depending on the purpose;
- to determine the structure of factors regulating various types of sports training, such as the dynamics of achieving sports results;
- the difference in the composition of the principles of sports training by a group of individuals involved in the process of physical training and sports activities;
- the concept of managing the process of sports training.

5. The theory of physical training and physical culture in terms of covering the fundamental general pedagogical and special principles of the process of sports training in relation to the tasks of planning the educational process of students.

6. The theory of the influence of the external environmental (social) and biological determinants on the body of different age groups of people engaged in physical training. The main social determinants affecting the level of physical fitness technology of development of physical fitness and development of students in leveled groups should include the followings:

- to facilitate the process of physical training in higher educational establishment with dignity and organization, material and technical equipment.
- the existence of reasonable programs for the development of physical culture at all levels in the case of state subsidies;
- the main target areas of the process of physical training and the degree of adequacy of students' attitudes to physical education (academic and independent);
- the raise of interest in a healthy lifestyle, physical exercises and physical activity formed in the student community, as well as striving to master the values of physical education and sports.

As for the biological determinants that seriously affect the process of physical education of student youth can include the following:

- representation of basic physical qualities in connection with heredity;
- interrelation of student activity with the functional state of life support systems;
- the definition of this or that form or type of physical activity by the interaction of a number of parts of the student's body.

7. The identified physical fitness indicators of students were taken into account in initial research stage.

Monitoring in physical education and sports combines the processes of diagnosis, assessment and forecasting of the pedagogical process, and participates in the process of improving the physical development, functional status and physical fitness of students as a basis for action to develop and manage it. The results of pedagogical testing are the basis for assessing the level of efficiency and quality of this process figure 1.

Conclusion

The results of pedagogical experience allow us to conclude that the use of a differentiated modular technology to improve the physical fitness and development of students on the basis of modular-rating indicators of "physical development", "functional status" and "physical fitness" helps students to significantly increase their physical qualities, increases the effectiveness of the physical education process in higher education institutions not specialized in physical training.

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