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# Pedagogical conditions for the formation of physical health of students of higher educational institutions

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## Abstract

*Aim:* to develop mechanisms for organizing the pedagogical process on the basis of differentiated modular technologies to improve physical fitness and development of students in higher educational institutions that do not specialize in physical education.

*Methods:* analysis of scientific and methodological literature, pedagogical observation, and questionnaires were used in the study.

*Results:* The implementation of proposed modern, innovative methods is an important part of organizing the process of physical education in educational institutions. It is implemented in harmony with advanced information and communication technologies by ensuring the participation of schoolchildren and students in physical culture and mass sports.

*Conclusion:* The pedagogical mechanisms of the organization of physical education classes improve the educational process and provide ample opportunities for young people to develop both physically and mentally. It is also a solid basis for the promotion of a healthy lifestyle among our youth by ensuring the realization of physical and intellectual resources in our country.

**Keywords:** physical education, physical health, professional-practical, pedagogical conditions, physical training, physical development.

## Introduction

In the system of higher education of the Republic of Uzbekistan, physical culture and sports activities of students are given priority attention. This process is one of the most important aspects of the activities of higher educational institutions, which requires a comprehensive solution of social, organizational, issues and other tasks.

According to the data provided in scientific and methodological literature, a special system of physical training exercises as well as exercises in various sports, vocational training, fitness exercises, and exercises performed on exercise equipment are widely used in the organization of the process of physical education of students. The application of these means ensures the qualitative degree of active physical exercises; allows the student to achieve and maintain an optimal level of physical fitness and functional training during the study period; assists individual physical development and acquires practical experience in improving and correcting functional and mobility capabilities; helps to form a motivational-valuable attitude towards physical education-sports activities (1).

Special attention should be paid to professional and practical physical training in the physical education of students during the study period. An important factor in improving the effectiveness of vocational education is the achievement of a certain integral state of flexibility of students in the process of vocational training. This, in turn, helps the individual to successfully express himself in professional and daily activities. Specialized physical education is the methodological basis for the targeted use of physical education in ensuring the effectiveness of professional education. That provides the formation of an integrated state of flexibility to professional workload on the basis of professional physical education activities.

According to V.N. Solovev (2008) and M. A. Panfilov (2006), solving theoretical and practical problems is important to strengthen student health for higher education. Since, the formation of the student individual and professional expert is achieved by providing quantitative and qualitative changes in the formation of an integral link between the educational process and the student's health. To create such a link, it is advisable to take into consideration the data on the pedagogical, psychological, physiological, and hygienic basis of it. This will ensure the optimal and efficient organization of the educational process.

It is this approach that helps to increase students' ability to work, as well as to maintain and strengthen their health and develop healthy lifestyle skills. Some experts, like S.V. Boyko (2008), A. A. Golubev (2009), and R. X. Mitrichenko (2011), found that there is a frequent increase in the incidence of students' diseases, deterioration of physical ability, and an increase in the rate of functional disorders in many organs and systems during their studies at higher education institutions. It can be explained by the influence of stress factors on the

physical function of students: high academic loads, malnutrition, and lack of physical activity.

Currently, it is important to consider some essential parameters such as health status, level of physical development and functional state of the body, ability to work and mastery in assessing the flexibility of students. These parameters have been studied by some authors. According to K.G.Gromov (2006), the organization depends on the agenda and some other factors in the educational process.

The quality of group training is the main factor in the successful application of all forms of physical education. It is necessary to develop a method of training that takes into account its relationship with other forms of organization in physical education (8).

According to N.V. Vasilchenko (2012), an important condition for maintaining a high quality of physical activity is the organization and conduct of health-improving activities, in which physical education is the main link. Numerous research studies have focused on the use of physical education tools to maintain and enhance students' ability to work, and to improve their health.

However, there is a need for comprehensive research in the area of the mechanisms of organizing the pedagogical process based on differentiated modular technologies to increase the physical fitness and development of students in higher education institutions, as it is not sufficiently studied in the area. The basis for the development of innovative approaches targeted at improving the system of physical fitness is to determine the current physical and functional condition of students and the effectiveness of the physical education process based on traditional approaches, as well as to study the level of motivation of students to be engaged in exercise (10).

The task of improving the physical culture of the younger generation is an urgent problem in the education system of higher educational institutions. They are entrusted with the task of training a large number of specialists, and these specialists should differ not only in the presence of professional knowledge and skills, but also in the manifestation of high emotional, mental and physical performance.

## Methods

Teachers' pedagogical facilities are considered factors that contribute to the formation of the physical health of students in the process of physical education. Thus, the pedagogical facilities are measured in the educational process. They are aimed at ensuring the achievement of the set goal for the formation of physical health in the process of physical education. Identification of a set of pedagogical conditions is carried out in the following areas to contribute to the formation of the physical health of students:

- to include the social order to the level of special work ability of the future specialist of society;
- to identify the features of "physical education" as a subject in the educational process of higher education;
- to model complex pedagogical conditions based on the functional description system of the formation of physical health of students studying at higher education institutions.

## Results and discussion

The following pedagogical conditions are to be identified as a result of the procedure:

The first pedagogical condition is the target orientation of the educational process. It is an objective necessity that depends on students' internal ability to ensure the structure and integrity of the process of shaping occupational health through education and training.

The formation of physical health is the interdependence and intergratitude of the components of activity and their various types that ensure the development of it as a whole. Upbringing is the most important of these components. These activities include:

- aesthetic features of educational activities of students in higher education institutions on the subject of "physical education";
- educational and practical activities during the period of participation in public and sports events aimed at the formation of socio-psychological qualities of the individual that ensure a high level of professional health of students;
- first to address the specific tasks of physical education, and then to increase the need to live a healthy lifestyle by practical participation in the organization and conduct of independent training courses (see figure 1).

If the individual parts of the educational system are functionally dependent, and each element of the system is a state of another element. It means that they cannot exist independently. The change of one part leads to the change of another. Then this educational sys-

tem becomes a holistic system. Therefore, each type of activity should have an influence on all components of physical health. Therefore, different types of activities should involve the transition from one content to another.

interdependence of theory and practice ensures the growth of pedagogical education, as well as the acquisition and strengthening of theoretical knowledge, practical activity skills, and competencies, as well as the improvement of the state

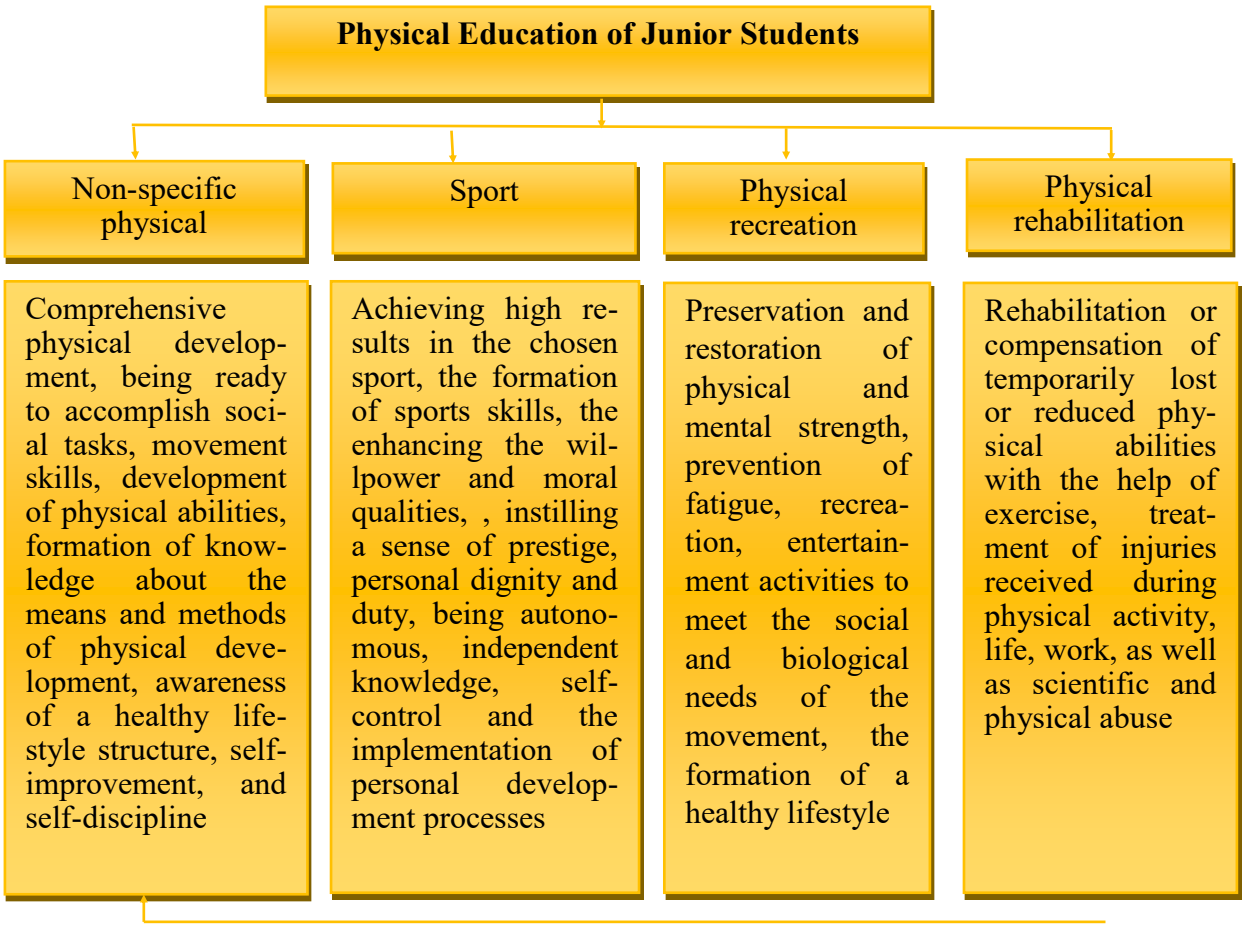



**Figure 1. The structure and specific orientation of physical education in higher**

The second pedagogical condition is to provide the interdependence of the theory and practice of a stratified model of physical education.

The principle of unity of theory and practice in the process of formation of physical health suggests that the process of mastering theoretical knowledge is achieved only if it is built in close connection with the development of practical skills and abilities necessary to maintain the necessary level of physical health throughout the career. Since the acquisition of theoretical knowledge is a necessary condition for obtaining practical skills, the latter, in turn, are not only the basis for consolidating primary knowledge, but also the first basis for in-depth mastery of theoretical knowledge. At the same time, the practice serves as a quality control method for mastering the ability to maintain a high degree of physical health. The dialectical

of physical health. In order to strengthen physical health and the formation of action skills and abilities, the training process is enriched with practical tasks aimed at developing the physical qualities of a specific muscle-complexity or improving a specific movement skill. The students can develop their willpower, self-confidence, perseverance, stability, awareness, community-building or teamwork skills and a creative approach to the tasks by using problem solving skills while doing these tasks and participating in public sports events.

Thus, it is necessary to create conditions conducive to the psychological and physical environment of students, while improving the educational process (the most important direction of which is the interdependence of theoretical rules and practical activities). The effectiveness of the learning process is directly related to the quality of the teaching materials.

The third pedagogical condition is the instructive-methodological resource of the educational-training process.

It is necessary to rely on the use of the following instructive-methodological complex in order to implement the educational approach to the formation of physical health of students in higher education institutions and to ensure the facilities for the integration of all areas of the educational-training process of "Physical Education":

1. Computer software to control the formation of the database.
2. Availability of media resources (mainly educational-instructive videos).
3. Educational, training, and methodological support.
4. Methodical recommendations and guidelines for independent work by students.
5. Didactic material in the form of oral and written questionnaires, up-to-date materials on the topic in the form of pictures, drawings, and diagrams of exercises.

The set of teaching materials for Physical Education hodological materials for various didactic purposes, which include both mandatory (allocated in the curriculum) and independent (added in accordance with the specialty) hours.

The following structural units should be designed on the subject:

1. A variable component of a physical education program for students in higher education institutions that is based on differentiated training and focuses on physical health development.
2. Conformity of theoretical data to the requirements of scientific methodology, and scientific theory.
3. The themes of discussions (dialogues) on blocks.
4. Handouts for the lesson.
5. A program to monitor the level of physical fitness, physical development, and functional fitness.
6. Practical tasks are designed to develop the physical qualities of specific muscle groups or to improve a particular movement skill.
7. Videos of various exercises are recorded and used as visual material, a source of new information, as well as for independent training exercises of students for educational purposes.

The video recordings of exercises used in training courses increase perceptual activity as well as internal activity based on the ability to visualize the technical elements of various movement actions, and curiosity.

The fourth pedagogical condition is to integrate control into the educational-training process.

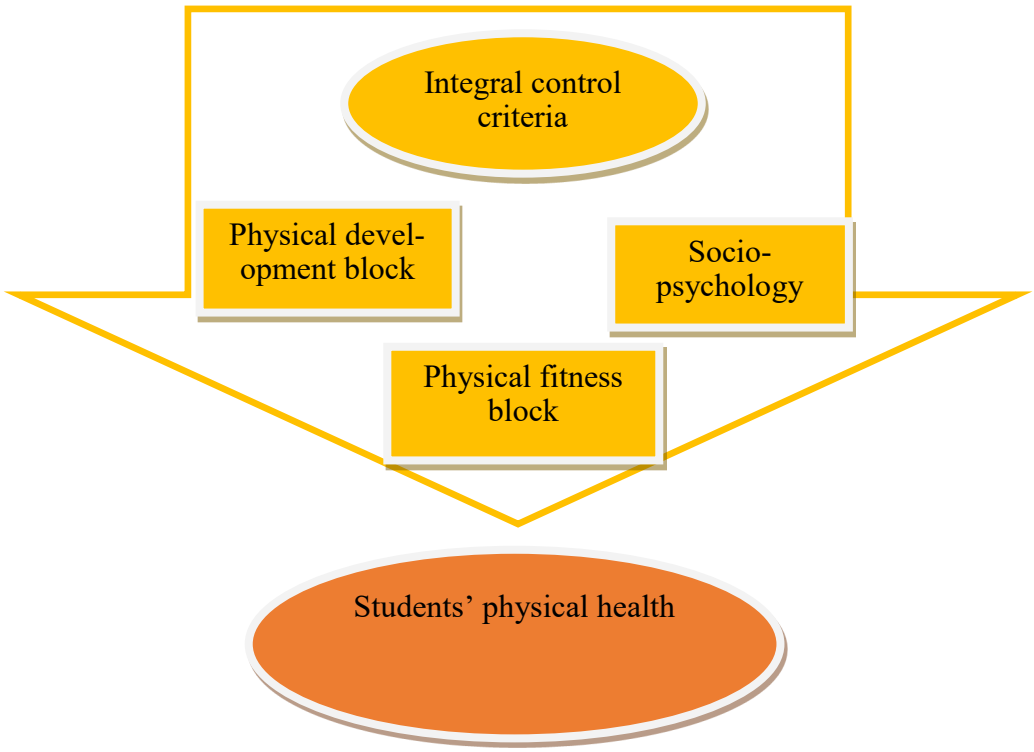



**Figure 2. The structure of integrated control of physical fitness education**

An integrated physical health monitoring system has been developed to prepare students comprehensively and systematically, which includes the following systems of physical health monitoring and block criteria: physical fitness, physical and functional development, and socio -psychology block (see figure 2).

The block of physical fitness criteria is intended to control the development of basic physical abilities (strength, endurance, speed, agility, flexibility) of students.

A specialist employed by a company must have a high level of physical fitness and especially endurance to maintain a sufficient quality of work ability during working hours.

The block criteria of physical development are to control the morphological and functional reserves of the student's body, to control the level of exercise, and to monitor the state of the basic functional systems.

In order to maintain a high level of physical health, all parts of the body must function rationally.

The socio-psychology block includes the evaluation of stress tolerance, mental performance, and the level of some professionally important psychological qualities.

The fifth pedagogical facility is the material and technical support of the educational-training process.

The following material-technical supplies are used in order to optimize the organization of classes on "physical education" and sports events, which support the improvement of the level of physical health: The modular training system includes a grass-covered football field and an athletics field, as well as gymnastic equipment consisting of 10 horizontal bars (two of which are different heights) and 10 parallel bars; video materials are uploaded into the modular training system.

## Conclusion

It should be noted that the scientific organization of students' academic work determines a successful combination of mental and physical activity, which should allow achieving a high level of cognitive activity. The educational process in universities requires such an approach to the application of physical culture that it is necessary to know and use the types of exercises that give good results both to activate mental activity and to form a high level of performance.

Analysis of the sources of scientific and methodological literature allows us to conclude that today there is an urgent need for scientific selection of means, methods and technologies to improve the effectiveness of physical education of students, based on the identification of leading and important qualities of special attention. it is aimed at the development of physical abilities and psychological and pedagogical qualities.

From the analysis of literature sources, it can be concluded that the tasks of organizing the process of physical education for the formation of professionally important physical qualities and psychological and pedagogical characteristics of students can be solved on the basis of modular technologies with the diagnosis of physical condition by age and stratification of indicators of the level of physical and functional fitness.

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