



BASIC PRINCIPLES OF THE ORGANIZATION STUDIES AT THE UNIVERSITY

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Article history:	Abstract:
Received: December 11 th 2021 Accepted: January 11 th 2022 Published: February 20 th 2022	The organization of physical culture lessons should pursue not only the operational tasks of physical development, but also separate strategic goals of the formation of love for physical culture and sports based not only on the popularity of the sport, but also on the skills and abilities in any kind of activity.

Keywords: Student, Choice, Kind Of Sport, Result, Standard, Sports Base.

MAIN PART:

In March 2021, Samarkand State Medical Institute conducted a survey of first-year students. 316 students of three faculties were interviewed, which amounted to 30.3% of the number of freshmen. With the help of the group curators, the students were asked to indicate in the questionnaires the kinds of sports that they would like to have in physical education classes.

Of the students surveyed, only 4% (13 people) expressed an opinion not to go in for sports at all. Less than 25 people expressed a desire to go in for track and field athletics, weightlifting, it is obvious that it is enough to organize the work of a sports improvement course (CPS) in these types, and everyone who wants to can do the kind that they like best.

Orienteering attracted 47 people (14.8%). This "by definition" non-spectacular sport is well suited for organizing training sessions.

Relatively few - 37 people (11.7%) chose football. 10 students (34.8%) would like to go in for sports ballroom dancing. Obviously, it is necessary to look for ways to organize classes, within the framework of the curriculum, with new sports, such as sports ballroom dancing.

Various types of gymnastics (aerobics, fitness, etc.) attracted the attention of 181 students (57.2%). Shaping, athletic gymnastics are not specified. This complex is very popular among young people, and, of course, interest will arise in it if it is used in training sessions.

The popularity of basketball and volleyball is quite high (40 and 60 people, respectively).

The popularity of bullet shooting and tourism is high (99 and 89 people, respectively, 31.3 and 28.1%). Bullet shooting carries insufficient dynamic load. This sport can be promoted through individual holidays.

Tourism is, of course, an interesting, practically useful sport with a good health-improving

effect, and is of great interest for attracting students to systematic studies.

Swimming is very popular with 122 people (39%). Due to the lack of a pool and the desire of students to engage in this sport, the need to rent a pool is evident.

Table tennis: 68 students (23%) expressed a desire to play this sport. Taking into account the opinion of students and the fact that table tennis does not require large material investments, it is necessary to cultivate it in the academy, to create rooms for table tennis in dormitories.

Taking into account the sports included in the Universiade, the tasks and real capabilities of the academy in the field of physical culture, we can talk about the need to support the course taken by the leadership of the institute in the 2021 academic year. This is, first of all, the health-improving orientation of classes, an emphasis on mass character, traditions, taking into account the conditions of study, while taking into account the interests and wishes of students.

Among the new sports for Samarkand State Medical Institute I are the following: sports ballroom dancing, athletic gymnastics, tourism. Obviously, we must meet the wishes of students, but not forget our traditions, especially our climate, the reality of a sports base.

The health-improving task of physical culture will be better solved if the student is engaged in a prestigious and pleasing sport. It is very important that after the completion of compulsory physical education classes, within the framework of the educational standard, the student would continue to engage in physical culture and sports, so that these activities become a norm of life. This is possible only if the training sessions are conducted taking into account the wishes of the students, and the sports base makes it possible to create comfortable conditions for training.



CONCLUSIONS

Taking into account the stated provisions on the organization of physical culture classes at the university, two conclusions become obvious, which the results of the questionnaire lead to:

- classes should be organized according to specializations, which should be created within the framework of the educational standard, but taking into account the wishes of students;
- in the absence of its own sports base, the university needs to go to the costs and rent the necessary sports facilities, and in the future look for options for building its own sports complex.

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