



## **SOME PROBLEMS OF DEVELOPING THE PHYSICAL CULTURE OF STUDENTS IN THE MODERN AGE**

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<b>Received:</b> September 2 <sup>nd</sup> 2021 <b>Accepted:</b> October 3 <sup>rd</sup> 2021 <b>Published:</b> November 17 <sup>th</sup> 2021	Many studies in the modern world focus on the problems of physical education of students, physical culture and the formation of a healthy lifestyle of modern youth. In addition, this article discusses some topical issues in the organization of the process of physical education of students in modern Uzbekistan.
<b>Keywords:</b> Youth, Student, Physical Culture, Physical Education, Physical Activity.	

### **INTRODUCTION.**

From the very first days of independence, Uzbekistan has chosen the path of development, the program of socio-economic development, and has been moving steadily along this path. In this chosen path of Uzbekistan, the education of people, especially young people, in a healthy and harmonious way, including the development of physical culture and sports, is considered a topical issue. This requires the popularization of physical culture and sports among young people, their transformation into a way of life. Currently, a lot of research is being conducted in the field of physical education, and most of them are devoted to solving current problems of physical education of student youth. One of the most important issues is the development of physical culture of students.

### **LITERATURE REVIEW.**

The practice of physical education shows that the effectiveness of physical education is high only if exercise is dosed individually, taking into account the level of health and physical fitness of the person [1].

According to the legislation of the Republic of Uzbekistan on physical culture and sports, physical culture is presented in higher education as the most important component of educational discipline and all-round development of the individual. Physical culture, which is an integral part of the general culture and professional training of the student during the study period, is a mandatory part of the humanitarian component of education, the importance of which is the combination of spiritual and physical strength, health, physical and mental well-being, manifested through the formation of universal values such as physical perfection.

Physical culture fully realizes its educational and developmental functions in the targeted pedagogical process of physical education.

The purpose of physical education of students is to form the physical culture of the individual.

The following main tasks are solved in the process of physical education of students:

- to understand the role of physical culture in personal development and preparation for professional activity;
  - to know of the scientific and practical basis of physical culture and healthy lifestyle;
  - the need to form a motivational-valuable attitude to physical education, a healthy lifestyle, physical self-improvement and self-education, regular exercise and sports;
  - mastering the system of practical skills and competencies that ensure the maintenance and strengthening of health, mental well-being, psychophysical abilities, qualities and personality traits, self-determination in physical culture;
  - ensuring general and professional practical physical training, which determines the psychophysical readiness of the student for the future profession;
  - gain experience in the creative use of physical education and sports to achieve life and professional goals[2].
- The student physical education program includes three main sections: theoretical, practical, control.

In addition, students gain and deepen their knowledge through hands-on activities and independent study of recommended literature.

Practical section. The training material of this section is aimed at improving the level of functional and motor skills, the formation of the necessary qualities and personal characteristics, mastering the methods and means of physical education and sports, gaining personal experience in it. provides independent, targeted and creative use of physical education and sports facilities.



Theoretical aspects of physical education in higher education include:

- effective and economical ways to master life skills and abilities (walking, running, skiing, swimming);
- the simplest methods of self-assessment of work capacity, fatigue, tiredness and the use of physical culture tools for their targeted correction;
- methods of creating individual programs of physical education and training aimed at health, recreation and rehabilitation (jogging, swimming, walking, etc.);
- basics of self-massage techniques;
- -corrective gymnastics for the eyes;
- methods of creating and conducting independent exercise, hygienic or educational direction;
- methods of assessment and correction of stature and physics; - methods of self-monitoring of health and physical development (standards, programs, formulas, etc.);
- methods of self-monitoring of the functional state of the body (functional tests);
- methods of teaching and learning;
- methods of self-assessment of physical and sports training specific to the chosen sport (tests, control tasks);
- the use of funds for the focused development of individual approach techniques and individual physical qualities;
- the basics of the methodology of organizing refereeing competitions in the chosen sport;
- methods of regulating the psycho-emotional state, used in physical education and sports;
- means and methods of muscle relaxation in sports;
- methods of independent mastering of certain elements of professional physical education; - methods of conducting industrial gymnastics, taking into account the given conditions and the nature of the work [3].

Training sessions are aimed at gaining experience in creative practice, achieving high results in the chosen sport, developing amateur activities to achieve physical fitness, improving the level of functional and motor skills, focused formation of qualities and personality traits [4].

### **RESEARCH METHODOLOGY.**

Medical-biological studies have shown that the morphofunctional development of the body in students continues at the end of the increase in body length.

There is an increase in body weight, chest circumference and excursion, lung volume, muscle strength, physical performance. At this stage of biological development, the period of completion of the formation of the young human body, his body has a sufficiently high plasticity, adaptation to physical stress. At the same time, physical education becomes an effective shaping factor with the targeted use of tools and methods appropriate to the individual data of students' physical development and physical fitness.

### **ANALYSIS AND RESULTS.**

It is known that a person's age leaves a certain mark on his psychology, behavioral motives, interests. Sociological research shows that, in general, students have a positive attitude to physical education and sports. At the same time, a large proportion of boys, and especially girls, did not develop an interest in physical education and sports and a natural need for active motor activity. Due to this situation, the necessary psychological conditions for better mastering the curriculum in science have not been created. This, in turn, has a negative impact on the physical fitness and health of students. Therefore, the formation of activity-appropriate motivation should be considered as one of the most important pedagogical tasks. The development of students' interest in physical culture and sports should be based on:

- strengthening the motivation of socially significant interests;
- improving the quality of the educational process;
- further improvement of conditions for physical education classes;
- to provide students with a large amount of specialized knowledge and on this basis to form a conscious need for physical culture and sports;
- to connect the interest in physical culture and sports with other interests of students (profession, art, etc.);
- more careful consideration of their desires and inclinations in the division of students into departments and sports [5].

### **CONCLUSION**

In short, in modern times, increasing the physical activity of student youth and shaping their physical culture is a complex process. For this process to be qualitative and effective, it is necessary to work in a systematic way, to take into account the level of interest of students, to provide theoretical and practical knowledge in a coordinated manner and,



most importantly, to conduct performance-oriented activities.

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