



Pedagogical Aspects of Physical Training in Training of Specialists

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Abstract. The most important function of physical training in the life of society which directed to the strengthen the body of the person and his moral. Physical training should be connected with the moral goals and noble aims. As far as the role of physical training consists of harmony development of the body of the human, it has tight connection with moral, labor, emotional and ethnics of the person.

Keywords: physical training, society, health, development, activity, life style, youth.

Introduction.

The leading role in maintaining human health, in creating favorable working and living conditions belongs to the social factor. However, this does not detract, but on the contrary offers the maximum use of such powerful means of influencing the body, exercise, air, sunlight, cool water.

Movement is a necessary condition for the normal activity of our body. All the centuries-old experience of mankind and numerous studies confirm the biological law: the function creates the organ and preserves its operability. Under the influence of physical exercise, the metabolism in the body increases, as a result of which changes occur in literally all organs, which in turn increases their functional capabilities.

Physical culture in the life of society performs a number of important functions.

The developing function consists in improving all the physical forces of people, including the muscular and nervous system, mental processes; arms and legs; flexibility, the harmony of the body, eyes and ear, the ability to navigate in space in extreme situations, adapt to changing conditions.

Main Part.

The educational function of physical culture is aimed at strengthening endurance and tempering a person's morale. Folk wisdom says: «in a healthy body - a healthy mind.» Undoubtedly, physical health provides a feeling of fullness of the joy of life, success in work and creative activity. In our opinion, physical education should be organically linked with higher moral goals and noble aspirations. In this case, a hardened will, firmness and determination of character, a collectivist orientation of the individual will serve the interests of society: the fight against smoking, drug addiction, drunkenness, will contribute to active work and healthy rest.

The educational function is to familiarize people with the theory and history of physical culture, its significance in the life of the individual; various types of physical education and sports as a means of satisfying physical and spiritual and aesthetic needs. Contemplation of wrestling, displays of skill, strength of spirit, beauty of the human body awakens strong feelings in people, gives aesthetic



pleasure. However, only a passive-contemplative attitude to physical education and sports is detrimental to health.

The health-improving and hygienic function is due to the fact that in modern living conditions, many people, due to the lack of active action, develop inactivity, the body's resistance decreases. This makes it necessary for every person to exercise during the day, rhythmic gymnastics, physical training breaks at work. Walks in the woods, hiking or skiing, ice skating, sports games set the body in motion, create a good basis for combating such bad habits as alcoholism, smoking, idleness, disorderly vigils at the TV. Thus, physical education and sports perform a general cultural function, organize and fill their free time with useful and exciting activities.

Results.

Physical education is a purposeful, well-organized and systematically implemented system of physical culture and sports activities in educational institutions. The purpose of physical education is the harmonious development of each child's body in close, organic unity with mental, labor, emotional, moral, aesthetic education. Thanks to physical culture and sports activities, muscles are getting stronger, the bone, nervous, vascular systems are strengthening, the body's resistance to diseases is growing, physical abilities are being honed, the level of moral and psychological stability is increasing. Such character traits as endurance, perseverance, self-overcoming and self-discipline, perseverance and hard work are manifested and consolidated in it. Activities, relationships and communication in physical culture and sports work with children are pedagogically stimulated. The main incentive for a child's activity is the desire to develop physical strength, maintain health, be a useful and active member of a democratic society, help people through acquired physical culture and sports skills and abilities.

The formation of physical culture among students and the solution of the main tasks of physical education require the use of various means and methods of physical development of students. The means of physical education include: a) natural forces of nature: sun, air and water; b) diet, work and rest; c) morning gymnastics; d) physical education lessons; e) various forms of extracurricular sports and mass work, gymnastics, sports games, tourism.

However, the pedagogical effectiveness of all these means is determined by two conditions: on the one hand, their complex use, and on the other - the use of a variety of methods of physical education. In the process of physical education, physical exercises, or physical training, act as the main method, since training sessions occupy the main time of students' stay at school, they play an important role in the implementation of physical education. Sanitary and hygienic measures and physical exercises during the school day are of great importance in the physical education and development of schoolchildren. First of all, exemplary order and cleanliness should be maintained in educational institutions.

Physical education lessons are an effective means of physical education. When conducting them, it should be remembered that the physical load on the student's body should increase gradually, reaching a maximum in the second half of the lesson, and then gradually decrease again to the level that was at the beginning of classes. The purpose of this lesson is to organize students for classes, increase their attention and create a cheerful mood in the classroom. And the purpose of physical education in universities is to promote the training of harmoniously developed, highly qualified specialists. In the process of studying at the university, the course of physical education



provides for the solution of the following tasks: educating students of high moral, volitional and physical qualities, readiness for high-performance work; preserving and strengthening the health of students, promoting the correct formation and comprehensive development of the body, maintaining high performance throughout the entire period of study; comprehensive physical training of students; professional and applied physical training of students taking into account the peculiarities of their future work; acquisition by students of the necessary knowledge on the basis of the theory, methodology and organization of physical education and sports training, preparation for work as public instructors, coaches and judges; improvement of sports skills of student – athletes; education of students' conviction in the need to regularly engage in physical culture and sports.

Discussion.

The learning process is organized depending on the state of health, the level of physical development and the readiness of students for sports qualifications, as well as taking into account the condition and nature of work of their upcoming professional activities. One of the main tasks of higher educational institutions is the physical training of students. In higher education, the general management of physical education and mass sports work among students, as well as the organization of observations of their health status are entrusted to the rector, and their specific conduct is carried out by administrative divisions and public organizations of the university. The direct responsibility for setting up and conducting the educational process for physical education of students in accordance with the curriculum and the state program is assigned to the Department of Physical Education of the university.

Mass health, physical culture and sports work is carried out by the sports club together with the department and public organizations. Mass health-improving, physical culture and sports events are aimed at widely attracting students to regular physical culture and sports, at strengthening health, improving physical and athletic fitness of students.

Conclusion.

Thus, systematic physical exercises are a means of strengthening the health of students, contribute to improving and maintaining working capacity for a long time. Currently, physical education specialists face new challenges aimed not only at developing the physical abilities of students, but also aimed at deepening their interest in classes, forming tastes, ideals based on aesthetic ideas about the beauty of the human body and its movements, which are one of the important issues of organizing a healthy lifestyle.

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