



## Self-Study Courses on Physical Training and Sports Activities in the Conditions of Credit-Modular System of Teaching

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**Annotation.** Year by year various forms of physical exercises appear and develop and new physical activities and exercises are improved. The article presents the results of studies of students' preferences in the choice of different means of physical culture and sport to better health outcomes and the formation of physical culture of the individual.

**Key words:** means of physical culture and sports activities, physical education of the individual, level of health.

### Introduction

Current developments associated with economic and socio-political changes taking place in the life of the country impose qualitatively new requirements for the education of a modern specialist. According to them, the effectiveness of training at a university depends heavily on the level of physical fitness, the functional state of the students' body, attitudes towards physical education and a healthy lifestyle.

One of the main problems at modern universities is the low level of health and low physical fitness of students, due to insufficient physical activity [6].

When applying for universities, many applicants have several concomitant diseases, which predetermine a new approach to the professional training of future specialists [3].

Young students are among high-risk groups due to chronic sleep and nutrition disorders, constant mental fatigue and nervous tension, lack of physical activity and etc. [6].

Many experts note the exacerbation of the following negative trends:

– deteriorating the state of health and decrease in the general physical development of young people;

– decreasing in the level of physical fitness and physical education of students;

– insufficient amount of physical activity of students.

Physical culture and sport are vital for university students, since the lack of motor activity obstructs the process of mastering educational materials by students, and in the future it will have an adverse impact on the efficiency of their work [1].

Thus, the development of physical qualities and functional capabilities of students, improving motor skills and abilities, shaping an understanding about one's body, methods and means of pur-



# The Peerian Journal

Open Access | Peer Reviewed

Volume 7, June, 2022.

Website: [www.peerianjournal.com](http://www.peerianjournal.com)

ISSN (E): 2788-0303

Email: [editor@peerianjournal.com](mailto:editor@peerianjournal.com)

poseful influence on the physical condition to preserve and strengthening health is the main task of physical education at university [3, 5].

The problem of the prospects for the development of physical education at the universities of Uzbekistan has been identified in terms of credit-modular system of teaching at the present stage of development of higher education. This concerns a reduction in the quantity of hours (only 30 hours for practical training are provided, excluding lectures), while each university determines independently the number of hours for the discipline “Physical Education”.

The reduction of compulsory practical training in physical education does not contribute to the increase in the level of motor activity and physical fitness of students. According to some researchers, [1, 2] the amount of weekly physical activities students perform should not be fewer than 8 hours. Consequently, in order to increase and maintain the daily motor mode, students, in addition to compulsory physical education classes, need to independently engage in physical exercises.

At present, to improve the ranking of higher educational institutions, the emphasis is placed on educational, international, research, financial and economic activities of universities, and the activities of universities in the field of physical culture and sports activities are not considered fundamentally important.

Due to these circumstances, there is a need for a wider use of physical culture during non-academic hours, involving young students in self-study courses on physical training and sports activities.

A promising way to improve the efficiency of students’ physical education is independent physical exercises (Popenchenko V.V., 1979; Dalenko F.L., Reztsov S.I., Mostova F.I., 1982, and et al.).

**The aim of the research is** identify students’ preferences in the choice of means of physical training and sports activities.

**Organization and methods of the work are** to analyze scientific and methodological literature and generalize pedagogical experience, survey methods (questionnaires). A questionnaire method was chosen to carry out conduct a quantitative study of young people’s preference for physical activity. The survey was conducted using an individual questionnaire.

### **The results of the research.**

The results of the control tests provided for by the curriculum “Physical Education” were taken as an assessment of the level of students’ physical fitness:

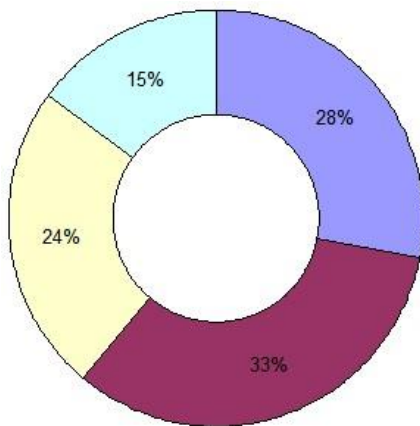
<b>Control tests</b>	<b>5</b>	<b>4</b>	<b>3</b>
Standing long jumps	170	160	150
Raising the torso from a prone position (press)	35	30	25

When passing mandatory normative tests, the general level of students' physical fitness is not at a high enough level.



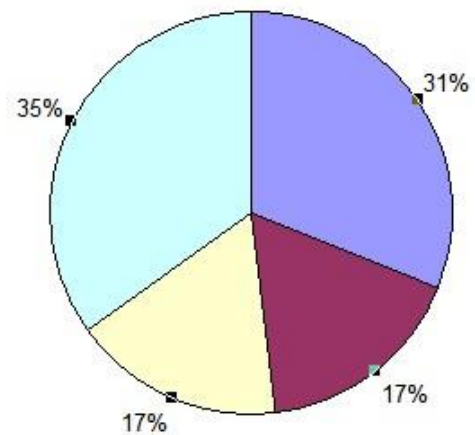
The results are presented in the following charts:

Standing long jumps



failed	28%
satisfactory	33%
good	24%
excellent	15%

Press exercises



failed	31%
satisfactory	17%
good	17%
excellent	35%

One of the solutions to increase motivation for physical education classes, as well as to increase the level of physical fitness, it is advisable for self-study.

The effectiveness of various forms of self-study is beyond doubt. Their expediency is emphasized in preparation for the implementation of the control standards of the curriculum (Gadzhiev S.A., 1987, Kovtun L.I., 1988, et al.).

Scientists note the need to change the practice of physical education of young students through the creation of conditions for them to opt for the content of physical education classes (L.B. Andryushchenko, 2002; I. M. Bykhovskaya, 1997; L.I. Lubysheva, 1992 and et al.). The main trends in the physical education of young people and their personal preferences were revealed by means of the questionnaire. The study involved 65 first-year students of 17-22-year-olds of full-time education of UzSWLU. The conducted survey made it possible to obtain information about the students' attitude towards physical activities. Respondents were asked how they feel about physical activities (Figure 1). The conducted survey made it possible to obtain information about the attitude of students towards physical activity.

1. Respondents were asked how they feel about physical activities (Figure 1). The vast majority of respondents responded positively.



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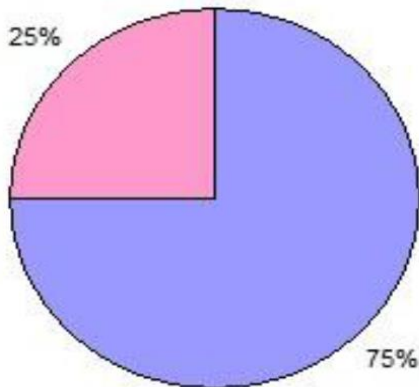


Figure 1

75% Positive  
25% Neutral

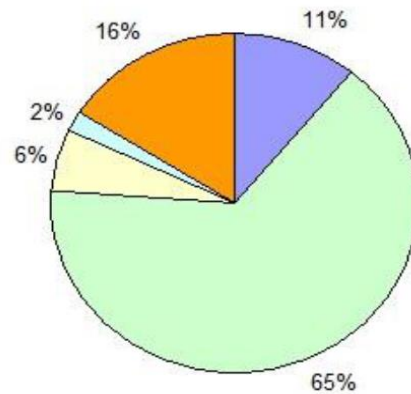


Figure 2

65% Lack of time  
16% Lack of organization  
11% Laziness  
6% Lack of interest  
2% Lack of adequate information

2. The next item in the survey was the question: “What is the main reason for modern youth to neglect physical activity?” The vast majority of participants indicated a lack of time.

3. Of the forms of physical exercise, the respondents gave preference to self-study (Figure 3).

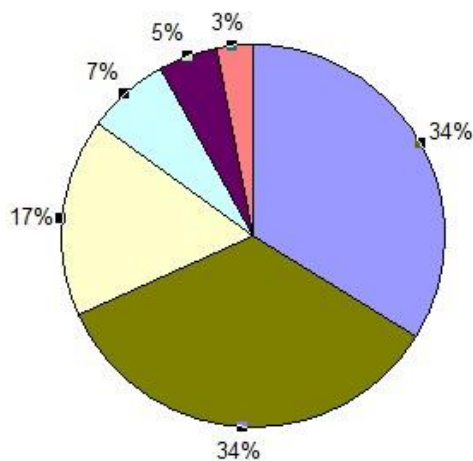


Figure 3

57% Without assistance  
35% Only in physical education classes  
5% In breakup groups  
3% In paid gyms

Figure 4

34%	34%	17%
Once	2 times	3 times
6%	5%	3%
4 times	5 times	7 times



4. The majority of female students indicated the regularity of various types of physical activity only 1 or 2 times to the question: “How many times a week do you do physical activity?” (Figure 4).

5. Of the proposed most popular types of physical culture and sports activities among female students, preference is given to fitness (Figure 5).

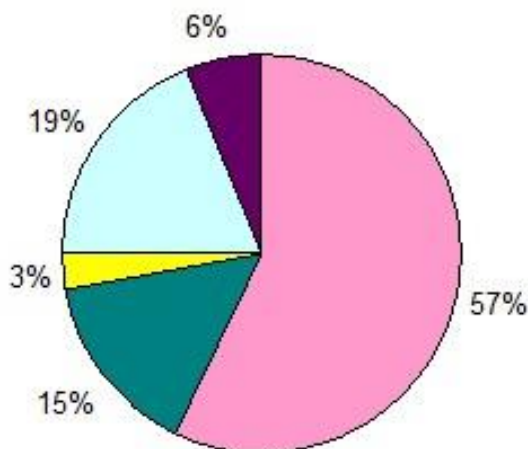


Figure 5

57%	Fitness
19%	Athletics
15%	Games
6%	Swimming
3%	Single combat

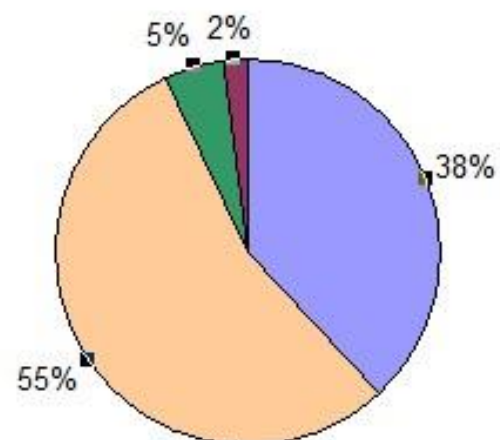


Figure 6

55%	Improving health
38%	Harmonious physique
5%	Striving for sports performance
2%	As leisure activity

6. And the last question is “What is the main motivation for doing physical activity?”, the respondents noted an improvement in their health level and a harmonious physique.

It is necessary to generate motivation among students, which will turn into a need to constantly improve their physical fitness in order for self-study to take one of the most important places in the system of physical education. Motivation is needed, first of all, to determine the choice of a particular system of activities, an individual type of physical culture and sports activity.

The formation of students’ needs for physical education and sports is inevitably connected with the following social and pedagogical conditions:

- increasing the importance of physical education and sport in the lives of students through promoting this university discipline;
- enhancing knowledge about the role of physical culture and sports activities in improving the level of health and physical fitness;
- considering individual interests.

At the same time, it is necessary to provide students with assistance in independent physical education and sports activities. To do this, information can be provided on:

- the influence of physical exercises on the functional systems of the body;



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- the rules of self-control over the physical condition;
- the means to regulate the emotional state of students;
- how to properly plan your school day in order to rationally distribute it for training and physical activities.

## Conclusion

Keeping track of and maintaining your health is very important for such a social group as student body. After all, at this stage of life, health is an important factor to succeed in any kind of activity. Involving students in independent physical exercises contributes to the formation of a sustainable interest in the systematic use of physical culture in everyday life.

Thus, taking into account the preferences of female students in the choice of physical education and sport, it can have a significant impact on increasing students' interests in self-study courses on physical education.

**Prospects for further research.** There is a need to develop special physical activity programs to improve the health and physical fitness of female students.

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