

SPORTS AND HEALTH CARE WORK IN HIGHER EDUCATIONAL INSTITUTIONS

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ANNOTATION: An important role in the upbringing of the younger generation as physically healthy people will be played by the improvement of physical education and sports, and recreational activities in educational institutions. The article deals with physical education and sports in educational institutions, morning physical education, physical education, sports sections, sports competitions and holidays, as well as independent exercises and training using natural factors.

Key words: physical education, physical education, sports, independent practice, sports clubs, competitions.

In order to connect the youth of each region with the bonds of friendship, cooperation and mutual solidarity in the upbringing of physically healthy and mentally mature youth in our country, three-stage sports competitions and celebrations have been organized. Competitions among schoolchildren "Umid Nihollari", sports competitions among students of professional colleges "Barkamol Avlod" sports games and sports competitions "Universiade" among students of higher educational institutions are organized and held regularly in each region. At the heart of these competitions is the targeted use of physical culture and sports in improving the physical fitness of students, educating them to work and defense, and most importantly, the formation of healthy lifestyle skills. Physical education activities on the agenda In order to ensure the continuity of the process of health and physical development of students, physical education activities are defined and implemented on the agenda of students in educational institutions. [1]

The content of the agenda is based on the Physical Education program and is planned. In the organization of physical education events, the physical culture team manages the organizational and leadership role. Agenda-based activities of physical education are aimed at strengthening the mental abilities of students and pupils to physical development, strengthening their health and strengthening, strengthening discipline. Regular physical education teaches students self-control, adherence to the agenda and strengthening their activity. Physical education activities are a form of educational and pedagogical work of educational institutions and should be organized in accordance with the training sessions. In the process of physical education, teachers solve the tasks of the educational stages using teaching methods in teaching students movements and mastering exercise techniques. The process of teaching physical education in educational institutions depends on the correct organization of the principles and methods of education. [2]

The process of education in physical education solves the task of equipping pupils and

students with special knowledge of physical culture and sports, as well as the formation of techniques and skills of exercise and movement. In physical education, it can be seen that the repetition and reinforcement of exercises many times based on different requirements ensures that there are no difficulties in performing the exercise technique. This will improve your movement skills and abilities. Basics of physical and sports training. [3]

Different types of training (technical, tactical, theoretical, mental-voluntary, physical) in physical education and sports. Physical training General and specific physical qualities: strength, speed, endurance, agility, flexibility: change in natural development with age. Emphasize the legitimacy of basic tools and plans as physical development. [4]

Mass sports and high-performance sports, their purpose and mission. The structure of the whole process of sports training and its parts. Basics of sports training methods. [5]

Sports training planning and organizational activities. Exercise is the basis of the integrity of the training structure. Morning exercise. Morning gymnastics is a daily exercise before classes. Pre-workout gymnastics mainly addresses educational and well-being issues. Outdoor exercises also help to strengthen the body of pupils and students. Morning physical education classes also instill discipline in students. This is followed by an organized start to the training day. [6]

In the morning physical education classes, students perform life-enhancing exercises learned during physical education classes. All students who are not prohibited by a doctor will participate in morning physical education classes. [6]

The morning physical education classes are led by the director and the deputy director of academic affairs. Classes are conducted by physical education teachers. At the same time, members of the youth association and active student-athletes also take part in the organization of trainings. General physical training and sports clubs. as many pupils and students as possible should be involved, including children who are slightly retarded in physical development. [7]

Leaders of sports clubs should be familiar with the methodology of training in a particular sport, the specifics of training with students. Taking into account the physical development and physical fitness of pupils and students and their age and gender characteristics, they are involved in physical training and sports clubs in special sports institutions. [8]

With the correct organization and management of sports, it is possible to achieve positive results in the development of the organism and the display of sports results in sports. General physical training clubs provide physical development of pupils and students, club activities can be planned throughout the year as follows. In autumn - movement and sports games, athletics, in winter - winter sports, gymnastics, wrestling, in spring - cross-country training, sports games, in summer - swimming lessons. General physical training is organized on the basis of physical education. The general physical fitness of pupils and students is monitored during competitions and sports holidays. Club members can be 15 to 20 people. The groups are selected from students of the same age, gender, and physical fitness. Classes are held once or twice a week. [9]

Each session can last around 60 minutes. Physical training groups are assigned group leaders who assist the coaches. There are also sports clubs in the educational institutions, which attract students with physical fitness, personal interests and physical abilities. Sports clubs operate on the basis of a physical education program. Athlete students' physical fitness is monitored during group classes and sports competitions, holidays. [10]

Classes are organized 3-4 times a week for 60-90 minutes. The availability of the necessary equipment and specialist trainers in the sport, as well as the training facilities allow to train qualified athletes. Excursions, excursions, walks. Excursions, excursions and tourist walks are of great educational and upbringing value. Because in the process, pupils and students get acquainted with nature, the native land and its attractions. These activities help to improve walking, running, and play skills, strengthen the body, and strengthen health, as well as the ability to walk, stand, self-serve, plan, and so on. [11]

They also play an invaluable role in the decision-making and strengthening of the team, fostering a sense of friendship and camaraderie. Through these activities, students will be able to practice the healing forces of nature with the help of the sun, water and air, gain an understanding of the nature and historical monuments of our country. During the hikes, pupils and students perform vital physical activities such as walking, running, jumping, climbing, climbing, skills and abilities, as well as exercise and water treatments with the help of natural factors such as swimming and bathing. Pupils and students will be able to use the necessary equipment for hiking. Sports competitions and holidays. Sports competitions are one of the most interesting forms of work in addition to physical education classes at an educational institution. They help to engage pupils and students in regular physical activity at home and in physical culture communities, increase the physical fitness of pupils and students, and strengthen their health. Competitions, along with other types of extracurricular activities, are included in the general annual work plan of the educational institution. At the beginning of the academic year, the terms, rules and programs of the competitions are clearly defined. Taking into account these deadlines, preparations for the competitions are made in advance. [12]

Each competition is held in accordance with certain regulations. The regulations specify the goals and objectives of the competition, time and place, participants, program, conditions and registration, the order of awarding the best participants and teams, the application form and the deadline for their submission. Sports holidays are solemn can be held on days. Groups of athletes will participate. Sports festivals include performances by athletes, the opening of the festival, the raising of the flag, the performance of state and youth hymns, the organization of exercises and activities for schoolchildren and students, public events, entertainment, congratulations to the winning team or individual participant. or the closing ceremony of the feast is solemn. Those who attend the event will be given incentives and benefits, and will be preparing for future events. Independent lessons: Pupils and students are provided with voluntary movement to spend their free time with physical education and sports activities. These activities can be conducted in the form of independent exercises after the formation of skills and abilities to engage in exercise and movement. The content of the independent form of physical education and sports of pupils and students includes general physical training exercises, general

developmental exercises, development of physical qualities, exercises on objects, bodies and equipment, in the form of sports and action games. Walking in nature, bathing and sunbathing can also be organized in the form of independent classes. The types of exercises are to sort them into related groups. As a result, the exercises are distributed according to their effects and properties. Exercise is selected according to the level of development of physical qualities and the formation of motor skills and abilities. They appear in various forms in the areas of physical education theory and methodology, exercise biomechanics, and sports physiology. The processes of physical development of pupils and students in physical education and sports activities are organized through the performance of physical activities and physical exercises. Levels of physical development Positive changes in the body structure of children due to height gain, weight gain, increase in the circumference of the chest due to the expansion of the vital capacity of the lungs, increase in muscle strength changes in the shape of the muscles, increase the resistance of the cardiovascular system and other organs to physical loads, and they are constantly monitored.

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