



THEORETICAL AND PRACTICAL PROPERTIES OF PUBLIC SPORTS DEVELOPMENT OF STUDENTS AND YOUTHS

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Annotation

This article reveals the social implications of physical education and mass sports. A different approach assesses the social essences of sports, points out ways to improve the organization, and conducts various activities among different segments of the population, including youth.

Keywords: students, students, physical education, mass sports, theoretical and practical basis, training, recommendations.

Introduction

Training of education among the students is considered as an important part of the training of qualified personnel in the Republic of Uzbekistan.

The main goal of the state policy in the sphere of physical culture and sports, especially for the younger generation, improvement of the effective use of available opportunities for students - to educate young people in all aspects of active, healthy lifestyle and provide participation of athletes of international sporting events.

The current development requires everyone to actively engage in physical education. This is especially true for a growing number of students. If you look at the work order of students, they spend most of their time with mental work. Experts recommend to replace mental work with active rest and physical labor. However, most students do not follow this procedure. Many students suffer from a variety of illnesses during their student years, some them continue during their lives. Also, under current economic and social conditions, physical education in higher education institutions does not meet modern students. Experts require a great deal of time to master the social, economic, scientific, and technical changes taking place in our lives. That is why many of the older

generation of specialists do not have modern information and communication technologies. They make up about 50-60% of specialists. Today, specialists in physical education don't have enough knowledge of Internet search, so there are some difficulties with processing and providing students with necessary information. In particular, they will be aware of the competition calendar, online application for competitions, the creation and regular replenishment of athletes' electronic databases, cooperation with foreign experts, the formation of their own labor market in physical education and sports, and the organization of large-scale advertising campaigns requires modern knowledge. In today's world, there is a great need for physical education and sports. They require great theoretical and practical knowledge and experience from specialists. Without them, the work of specialists in physical education and sports is inferior.

The issues of mass physical culture and sport are not covered in the theory and methodology of physical culture at the level of modern requirements. Their theoretical and practical bases are not sufficiently developed. In a civilized society the leisure budget of the population, including young people, is poorly studied. Also, the public's interest in sports is not fully understood. On a single program, everyone has the same requirements and responsibilities. This in turn reduces the interest of students, especially female students, to physical education and sports. Due to this, the need for physical education and mass sports requires a great deal of theoretical, organizational, pedagogical, psychological and methodological knowledge, skills and abilities. In the context of the article, we will cover these situations in more detail

The urgency of the problem

In recent years, students and physical education of students and the public sport developed a modern approach to increase of their physical activity. These issues are represented in the meeting which is held on September 20, 2018. President of the Republic of Uzbekistan Sh.M. Mirziyayev, "Further development of physical culture and sports of the most important tasks for the future" (2018 No. 24.09., 16428- xx), which reflected the development of physical culture and sports, sports infrastructure improvements show the results of world-class athletes, athletes and coaches. Creation the necessary conditions for the prestigious



international sporting events as a result of the measures taken to the country's athletes. [1].

Meanwhile, the game types are available to engage in sports infrastructure is not at the required level, educational institutions, sports facilities in the field of efficient use of capacity, physical education and sports training and improving their skills, and to promote a healthy lifestyle among the population as a result of a systematic set up of the population, especially to attract young people to physical culture and mass sports work was not satisfactory.

This negative result is evident in the level of health of the population, that is, weight gain, heart, blood, cardiovascular, respiratory and motion systems based on emerging diseases among young people are met more often, as a result of a decline in labor productivity, the young Internet dependence, sedentary lifestyle, psychological stress century diseases and their consequences keeps growing.

According to the World Health Organization sedentary lifestyle is recognized as the world 's fourth largest global threat. 6% of all deaths worldwide are caused by inactivity. The physical activity rate of the world population between the ages of 17-35 has been reduced by 80% [2].

There is a tendency for the renewal of the world, mass culture, the Internet and the aspirations of our people for the sake of perfect human development. The cultural values of the cultural heritage of our people, which are now called physical education, have been glorified in the past by the name of physical jerks. These values are implemented through activities such as maintaining a routine, eating well, working hard, sleeping, resting, leisure activities, exercise and physical activity during the national holidays, weddings, and wrestling activities. Daily physical activity levels are provided. Daily levels of physical activity such as these allow the normal functioning of the vital organs, such as the central nervous system, circulatory, respiratory, musculoskeletal and digestive systems. People involved in physical jerks were active in social, spiritual and educational activities and were rarely infected.

The object of the work

It is the process of organizing and conducting physical education and mass sports activities with students in higher education institutions, which improves them. Today's society demands young professionals to be healthy, strong and resilient, at the same time making great professional demands. Increase in production efficiency by 6% by increasing the health of workers by 2% at industrial enterprises is reported. In addition, as a result of studies, it is proved that the soldiers perform 1.5-2 times faster and better quality of combat missions than less trained soldiers. Certainly, in modern sports, modern conditions and equipments are required to ensure high results and to replicate them at world and other international competitions. But it doesn't require much for physical training. Internet data shows that the overall population of the Russian Federation increased by 38% in 2006 to 59% in 2017. Experts who have analyzed this situation have noted that such rapid growth is provided by athletics, such as running long distances. Indeed, it has been discovered that running is the easiest and least demanding exercise, but it is a complex exercise that affects all members of the body, achieving high growth rates in health care. It is no coincidence that the ancient Olympus wrote, "If you want to be healthy, run, want to be pretty, run, want to be rich, run." The great scholar Ibn Sina also wrote in his works of the eleventh century, "Exercise replaces all the medicine, but no medicine can substitute exercise."

Research methodology

The research has a number of complex objectives. Due to this, a number of pedagogical, psychological, and sociological methods were used in the work. In particular, the study of the state of the organization and management of physical culture and mass sports activities, literature review, interviews, questionnaires, physical development, physical training, sports training, express tests, constants, as well as mathematical statistical methods are widely used. The tests were conducted at the beginning and end of the academic year and at in term periods.

Physical exercises with brain activity are directly related. Physical exercise helps to increase attention and memory. Exercising young and older people have



higher confidence, they will overcome the blows of life with confidence, and they have strong life goals. Physical exercise teaches a person to follow the daily routine. It puts an end to a chaotic life, eliminates bad habits such as drinking and smoking. It saves millions of dollars on various illnesses and keeps the family budget stable.

Our country has great facilities for athletes. The world champions, the winners of the Olympic Games will be awarded one-time \$ 200,000 prize, home, with the latest cars. They are paid a lifetime wage of three times the minimum wage regardless of their age. Such care will give our athletes a powerful impetus to the achievement of new sports goals.

Currently, the President of the Republic of Uzbekistan Sh.Mirziyoev has set a task to create a national model for the development of mass sports. At present, our specialists are working on it, the first tests for this purpose have been carried out and they are showing good results. In particular, it has become a tradition to hold monthly sports weekends. For example, the first week of the month - Youth Union Sports Week, the second week - Women's Sports Week, the third week - Mahalla Citizens' Sports Week, and the fourth week - Sports Facilities Week. All of them are full of mass sports and wellness activities. Thousands of young people and adults are taking part in these weekends.

The wide-ranging spiritual, educational and social reforms in society are deepening. The population's interest in physical culture and sports, its acceptance as an important socio-cultural phenomenon is growing day by day. The priority of state policy in this area is to involve employees of ministries, agencies, economic associations, large enterprises and organizations, including their family members, in their free time every week, in various types of sports, including mass sports. It is planned to carry out departmental and interdepartmental competitions, such as "Getting Started", "Family of Athletes". One of the effective measures is personal addiction to sport as an instance of the Chairman of the Council of Ministers of the Republic of Karakalpakstan, governors of regions, districts and cities, heads of ministries and agencies. Realization of these priorities is ensured, modern attitude of the population to physical culture and sports is developing.



Physical culture is a part of the overall culture and is the sum of the successes of society in the creation and use of special means of human health and physical development [3]. Achievement of these successes, integration of every member of our society into daily life is a vivid example of the social policy pursued by our people and the government. It will always remain relevant with the service of our people, upbringing the young generation, preserving and improving the gene pool of the nation.

Years of experience show that there are a number of shortcomings in the physical education of students. These may include:

For the science of physical education hours from being reduced over the years, some of the material-technical base of educational institutions, the weakness of the necessary theoretical knowledge of an adequate level of agitation work is carried out, the lack of qualified personnel, lack of modern innovative technologies, lack of personal interests of the heads of educational institutions, lack of initiative, inadequate support of the initiative and absence of modern sports clubs, poor quality of training, lack of scientific research showing differences in health and disease, etc.

The existence of a theoretical and practical framework for the effectiveness of each process is crucial. Major changes are expected in the theory of physical education. Whereas, physical education and physical training were mainly focused on military and combat activities, later it served as a basis for increased productivity in post-war recovery. At present, almost 100% is devoted to ensure human health and physical activity. Because of the development, the age of technology, inefficiency and global problems of nature, the health of the people is in a serious threat.

In the solution of these problems, the leading role belongs to physical culture. It is not a secret that people with a high level of physical fitness are more likely to be in everyday life. The incidence of illnesses is low and the duration of illness is short. Longevity, delaying the aging processes in the body by 15-20 years is characteristic of people who are actively engaged in sports. Of course, we cannot make everyone an athlete, but we have the opportunity to involve 90 people out of every 100 in physical education.



It is possible to increase the level of physical culture of students and their involvement in mass sports.

1. Improvement of the role of physical education and the quality of training in educational institutions. In spite of the fact that children should be taught in physical education as a compulsory discipline for 2-3 years in preschool, 9-11 years in secondary schools, 2-3 years in colleges and lyceums, 1-2 years in high schools, and 14-19 years in total the population under the age of 30, shows the number of mass occupants 14.7% [5]. Of course, this is unsatisfactory. In developed countries the level of mass physical activity is 55-60%. We have a lot to do.

2. Conduct regular and high-quality activities of the educational institution, including:

1. Morning exercises for 20-30 minutes at home.
2. 10-15 minutes of pre-school gymnastics for those who do not have a home gym.
3. Minutes of physical culture, which is 1-2 minutes during the training.
4. Physical culture pauses for 3-4 minutes (physculture).
5. 5-10 minutes long game with big breaks.
6. Lessons in physical education - 2 times a week, 45 minutes.
7. Circle sports activities.
8. After-school competitions.
9. Out-of-school competitions.

These educational activities should be conducted on a regular basis. Thus, the daily activity is 1-1.5 hours and the total weekly activity is 6-9 hours. [6] That's an average figure for young people. Of course, club activities, school and out-of-school competitions are not every day, and this must be taken into account.

Practical advice.

1. To prevent injuries, regular monitoring of trainings keeps track of your physical development during training, twice-a-year medical examination, compulsory medical examination prior to each competition.
2. Less than 140 beats per minute during a workout, is considered as a simple exercise. Such training does not benefit the body. During exercise, the heart rate should rise to at least 140-170 minutes per minute. This is a health check.



3. Exercise of heartbeat as long as 60 is in a quiet state is satisfactory and the body is healthy. In a normal, unhealthy body, the heart rate was taken as high as 72 times per minute. The minute the heartbeat of the world champions and the Olympic winners will be even lower. This is called sports bradycardia. This is especially true for long-distance runners. Winner of the Olympics, running 5,000 and 10,000m, Kutz's heartbeat is 32 times per minute. The winner of the Olympic Games, long-distance runner from Finland Pavvo Nurmi's heartbeats are 28 times per minute. As a result of intense exercise, the heart rate rises 240 times and higher. During the competition, the heart rate increased to 300 times as a result of heavy physical activity. This is the only figure recorded in the Czech Republic in the last century.

4. In physical education classes, the main goal is not only to train students and students, but also to teach them to exercise independently and consciously. To do this, it is important to regularly explain to each student and pupil the role of physical education in the individual's life, the importance of a healthy lifestyle.

5. It is important that parents, brothers, school teachers and coaches set a good example in their involvement in physical education and sports.

6. It is important to set aside time for theoretical data. So far, we have made a mistake that "Theoretical data is in the hands of practice."

7. Avoid sweating and drinking cold water after workout, avoid sweating, or wearing wet clothes - the key to not getting sick.

8. It can have a positive effect only when properly exercised. When it comes to health, it is important to stretch the distance.

9. Regularity in exercise is an important factor. It can be from 21 to 60 days of exercise.

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