

PHYSICAL EDUCATION OF STUDENT YOUTH IN MODERN CONDITIONS

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Abstract: *Today a considerable number of researches is devoted to students' physical education and healthy lifestyle of today's youth. Most authors agree that there is a necessity for structural changes in the process of students' physical education in order to improve their health and develop their physicality. The article deals with the various structural forms of organization of students' physical education*

Keyword: *Students, physical education, modular training, specialization, physical activity.*

INTRODUCTION

Currently, a significant number of scientific studies are devoted to solving urgent problems of the physical education of students. One of the most important problems is the state of physical health of modern young people. According to special monitoring data, only about 10% of youth have a level of physical development and health that is close to normal. A sharp increase in cardiovascular and musculoskeletal diseases was recorded, which is largely due to the insufficient level of motor activity of young people. In general, about 50% of young people with 2–3 different diagnoses of diseases come to higher education institutions, and only about 15% of graduates can conditionally be considered healthy people [4, p. fifteen]. Another problem is the decrease in the effectiveness of educational technologies in the system of physical education of university students. Scientific studies conducted in educational institutions show an unsightly picture of a sharp deterioration in the level of health and physical fitness of students for the loads that they may encounter in their subsequent work [1]. It is noted that today the teachers of the departments of physical education orient students only on passing the test in the subject, and not on the need to form special knowledge, skills, competencies, healthy living standards, strengthen their health level, etc. Therefore, qualitative changes are necessary in the structure and methods of conducting classes in physical education in universities to correct the situation [7]. All of the above forms the relevance of this work.

Materials and Methods

One of the ways to introduce qualitative and structural transformations into the educational process of students' physical education is to change the form and methodology of the classes in order to increase the level of development of physical qualities, improve health, and prepare for the upcoming labor and social activities. Similar (modified) modern forms of conducting classes in the discipline "Physical Culture" include: specialized classes in selected sports (sports specializations), modular training of students, individual programs. A comparative analysis of the effectiveness of

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conducting training sessions on these forms in the context of increasing the level of development of physical qualities and functional readiness of students forms the scientific novelty of the study.

The methodology for conducting classes with students in the form of specializations is based on a sports-specific approach - the pedagogical direction of physical education of students at the university based on classes in one or more sports using modern technologies for training athletes adapted to the educational process and contributing to the implementation of individual motor needs, the formation of sports culture, improving physical and special training of youth in their student years [2]. It involves the conversion of sports technology into the process of physical education of students.

Modular training programs are based on the consistent development of basic motor skills among students: walking, skiing, swimming, etc. Classes with students are held in various modules that follow one after another. As a rule, at the 1st semester there are: athletics, gymnastics, sports (soccer), at the 2nd semester: athletics, swimming, sports (volleyball, basketball). The modular training system includes blocks of training (the number of lessons is 18 for each block) theoretical, methods of practical training and the mandatory adoption of control and technical standards. Today, this form of studies prevails in most higher educational institutions of our country.

The practice of physical education shows that the effectiveness of physical training will be high only when physical activity is individually dosed, taking into account the level of health and physical fitness of a person. [5]. Individual physical education programs for students are designed for young people who, due to health reasons, belong to the main and preparatory groups, but due to any reasons (recovery from illness, insufficient level of physical development, etc.) cannot perform physical activity in full volume. These programs are based on methods of intensive physical and functional training of young people with mandatory control over the level of students' health. Thus, the total volume and intensity of physical exercises is limited by the functional state of those involved, and does not depend on the subjective opinion of the teacher [6].

In light of the foregoing, the authors of the article decided to conduct studies that determine the quality of the level of physical and functional training of young people attending various forms of physical education classes at universities. The aim of the research was to identify the most effective, in terms of an increase in physical qualities, form of conducting classes. Research was conducted at Samarkand State University after named A. Navoi (sports specializations) and Samarkand Medical Institute (modular training and individual programs). The study involved 300 young men - students of the 1st course of study (100 people selectively from each form of training). The choice of the studied students was carried out arbitrarily using computer programs.

When conducting research on the effectiveness of modern forms of the educational process in the discipline "Physical Education and Sport", the authors used a set of control tests and tests that are widely used to assess the level of students' physical and functional state. We studied: the level of development of strength (the number of pull-ups on the crossbar), the level of development of speed (time to overcome 100 m distance), the level of development of flexibility (leaning forward while sitting), functional readiness (time to overcome 3000 m distance, test with squats). It is believed that the results of these tests will most fully and accurately indicate a person's physical condition.

Separately, you should talk about the test with squats. This test is widespread in the practice of pedagogical observations and sports medicine to assess the level of functional readiness of subjects. The essence of the test is to perform 30 squats in the shortest possible time. The test is convenient for simple execution and the fact that it does not require expensive equipment, for example, a bicycle ergometer or a treadmill - a moving track for running. For its implementation, it is only necessary to measure the pulse and blood pressure at rest and after exercise. For more accurate calculations, the authors used the methodology of Professor A.I. Zavyalova on the calculation of systolic and minute blood volumes in the studied students [3].

RESULTS

During the research, data were obtained on the increase in the level of development of physical qualities and functional readiness of students. Students involved in sports specialization programs, and students of a modular form of training slightly (by Student's t-criterion) increased their level of training. Students involved in individual programs, the level of functional training increased (by t student criterion) is statistically significant. The full results of the studies are presented in the table.

The level of development of the physical qualities of functional readiness in students of various forms of training (Table-1)

Formsoftrainin g	Physicalqualiti es	Startofexp eriment	Endofexpe riment	Significance ofDifferences
SportsSpecializ ations	power	10 ± 3	14 ± 3	unreliably
	rapidity	14 ± 4	12 ± 2	unreliably
	flexibility	7 ± 2	10 ± 4	unreliably
	endurance	15 ± 4	13 ± 2	unreliably
	functionalreadi ness	5,3±0,6	5,1±0,4	unreliably
Modulartrainin g	power	8 ± 4	12 ± 3	unreliably
	rapidity	16 ± 3	13 ± 2	unreliably
	flexibility	8 ± 3	11 ± 2	unreliably
	endurance	15 ± 2	14 ± 2	unreliably
	functionalreadi ness	5,5±0,3	5,2±0,5	unreliably
Individualtraini ngprograms	power	7 ± 2	10 ± 2	unreliably
	rapidity	17 ± 4	14 ± 3	unreliably
	flexibility	6 ± 3	10 ± 3	unreliably
	endurance	18 ± 2	14 ± 3	unreliably
	functionalreadi ness	5,6±0,4	4,8±0,2	P <0,01

DISCUSSION OF THE RESULTS

The data obtained by the authors indicate the possibility of teachers choosing the physical education departments most suitable for them (from the climatic, material and technical and other sides) the form of conducting training sessions with students. The increase in the level of development of physical qualities and motor abilities is demonstrated by students of all the studied forms of training. However, according to research, there was no significant increase. According to the authors, this fact can be explained by the fact that students attending classes in modular training spend a significant part of their time learning technical actions and techniques to the detriment of the development of physical qualities. Students attending classes in the form of sports specializations, on the contrary, concentrate time on the development of any one quality (swimmer - endurance, athletes - speed, etc.). In the selective determination of indicators of other physical qualities, the development of which was not given due attention, it can be found that the growth may be small. An increase in the level of functional readiness for physical activity was also recorded in students of all forms of training, but a statistically significant increase in student t-test ($P < 0.01$) was recorded in students engaged in individual programs.

CONCLUSION

The authors conducted a study of the effectiveness of various structural forms of physical education classes for university students show:

1. Reliable significant advantage has not been revealed of any one structural form of conducting classes over others in the development of students' physical qualities. An increase in the level of development of physical qualities is demonstrated by both students engaged in programs of various sports specializations and engaged in modular training programs, and students engaged in individual programs. Therefore, teachers of the departments of physical education for the effective development of students' physical qualities can use various forms of training or combine them.

2. An increase in the level of functional readiness is also demonstrated by all the students studied, but significantly significant changes occurred in students of an individual form of training. If students involved in specialization programs and modules have differences that are not significant, then for students of an individual form, the reliability is $P < 0.01$. Therefore, from the point of view of efficiency, an individual form of training is most suitable for increasing the level of functional training of students.

In conclusion, the authors want to note that the most promising form of organizing the process of physical education is the individualization of the educational process, taking into account the level of physical and functional state of young people. This form allows (in contrast to specializations and modular training) to involve students with various levels of physical and technical training, as well as students of special medical groups, in practical exercises.

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