

**REPUBLIC OF UZBEKISTAN
MINISTRY OF PRESCHOOL AND SCHOOL EDUCATION
MINISTRY OF HIGHER EDUCATION, SCIENCE AND INNOVATION
SAMARKAND STATE PEDAGOGICAL INSTITUTE**

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**Head of the Educational and
Methodological Department**
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“APPROVED”
Vice-Rector for Academic Affairs
N. Musulmonov
“ ” _____ 2025

Field of Knowledge:	100000 – Education
Area of Education:	110000 – Study
Educational Program/Specialization:	70112201 – Theory and Methods of Physical Education and Sports (Master’s Program)

**From the Subject: THEORETICAL AND PRACTICAL FUNDAMENTALS
OF PHYSICAL EDUCATION AND SPORTS (PRIMARY,
INTERMEDIATE, HIGHER CLASSES)
FROM SCIENCE
(II year)**

EDUCATIONAL AND METHODOLOGICAL PACKAGE

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Samarkand - 2025

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1. INTRODUCTION

In the period of transition to the current market economy, the society itself places a high demand on the training of highly educated specialists. Because it is necessary for a specialist to have a broad worldview, the deep knowledge required to master his profession, and the ability to impart it to his students.

Therefore, it is aimed to inculcate the system of scientific-methodical knowledge in the field of organization of educational work in the field of " Theoretical and practical foundations of physical education and sports training (primary, middle, upper grades) " to bachelors. This science is related to the sciences of pedagogy, psychology, anatomy, physiology, biomechanics, and is closely related to the methodology of teaching sports, as well as the practice of teachers and coaches.

In accordance with the methodology of teaching sports through this discipline, learning allows to form modern specialists as sports coaches.

The main direction in the training of highly qualified specialists is to increase the training efficiency of athletes, to educate the theoretical and methodological outlook during the training process.

At the same time, it is necessary to resolve not only the materials given in the educational process, but also the contradictions accumulated by various groups, experts, and schools that appear in the training materials. For this reason, this book includes problem situations that will teach the masters to think fully.

The skill of the coach is seen in the effective management of the activities of the sports team, in the correct organization of training and education processes taking into account the personal psycho-physiological characteristics of each athlete. Many years of experience and scientific research show that the organic balance of the theoretical, methodological and practical activities of a coach, who can provide an effective system of knowledge and skills, is one of the conditions for improving pedagogical skills. This subject is a deep and comprehensive acquisition of sports theory and methodology, pedagogical and psychological knowledge, strengthening theoretical knowledge and skills in a certain type of sport, and on this basis, creating practical skills that are reflected in the positive results of coaching activities, and independent training. requires giving directions to improve one's skills.

Content of the subject - This subject program is designed for the bachelor's course: 60112200 - physical culture is an elective subject; The development of the physical education system in the Republic of Uzbekistan, its historical laws, tools, methods, stages of training, organization of physical education lessons It is considered to be a field of study that provides theoretical and practical education about methods. An important place is given to the issues of their use in the practice of physical education. The theory and methodology of physical culture as an educational subject consists in revealing the methods and methods of training bachelors in the process of physical culture for their professional and practical activities, the formation of broad theoretical and practical movement skills and actions , as well as the issues of using pedagogical technologies in the teaching process. covers within its scope of knowledge.

Subject/module code <i>PHSC M1001 3</i>		Academic year 2025-2025	Semester 3-4 -	ECTS – Credits 6/2	
Subject/module type Choice		Language of education Uzbek		Class hours per week 4 -2	
1.	Subject name		Audience training (hours)	Independent education (hour)	Total hours
	Theoretical and practical foundations of physical education and sports training (primary, middle, upper classes)		50 (10/20/20) 40 (14/10/16)	150	240

The purpose of science (FM)

I. The content of science

This science program is designed for the bachelor course: 60112200 - physical culture education, elective science; The development of the physical education system in the Republic of Uzbekistan, its historical laws, tools, methods, stages of training, organization of physical education lessons It is considered to be a field of study that provides theoretical and practical education about methods. An important place is given to the issues of their use in the practice of physical education. The theory and methodology of physical culture as an educational subject consists in revealing the methods and methods of training bachelors in the process of physical culture for their professional and practical activities, the formation of broad theoretical and practical movement skills and actions, as well as the issues of using pedagogical technologies in the teaching process. covers within its scope of knowledge.

The purpose of the science is to provide future personnel with comprehensive and deep professional knowledge on the theory and methodology of physical culture. It envisages equipping with professional knowledge, skills and competences in physical culture, which are of professional and practical importance in future work activities, as well as the ability to use new pedagogical technologies.

The task of the subject is to teach future teachers of physical culture the use of general development exercises, general and special exercises in physical culture classes for students of preschool educational institutions, comprehensive schools, academic lyceums and vocational colleges, and organization and holding of sports competitions, sports holidays and organization of extracurricular clubs

II. The main theoretical part (lectures)

II.I. The subject includes the following topics:

Form of training : Lecture (M)

Basic concepts related to physical education and sports and classification of sports. The essence and tasks of sports.

The main terms of sports theory include: sports competitions, sports movement, sports activity, sports training, sports training system, sports school, sports training system, sports performance, sports results.

Sport is a personal competitive activity in a short sense, and a personal competitive activity in a broad sense is understood as a special preparation based on this activity, as well as its norms and achievements.

Methods of organizing and conducting physical education classes in educational institutions

Physical development, physical education, physical education system, physical development and physical culture, without defining the content and scope of these concepts, it is impossible to correctly understand many phenomena and issues of the theory and development of physical education. the theory of physical education cannot be mastered successfully, that is why the description of the course of the theory of physical education begins with clarifying its main concepts, the concepts we use start from a certain historical period.

Physical education in general secondary schools

The purpose of physical education in general secondary education schools is to ensure the healthy growth of all parts of the student's body and to prepare them for mental and physical work, as well as for the defense of the Motherland. As the great thinker Abdulla Awlani analyzed, it is necessary to educate the body in order to have a sound mind, good morals and knowledge. Physical education has a great impact on everyone, especially children, it strengthens their health, increases a person's ability to work, and helps them live longer. Sport is a means of raising height and maintaining strength at any age.

Planning of educational work in general secondary education system

The lesson of physical culture is considered the main training form of educational work. Its planned implementation affects the effectiveness of the lesson. The right choice of planning technology and the content of its development is one of the important factors, which allows for clear and thorough fulfillment of the set goals and tasks. In planning the process of physical education, giving way to superficiality, compiling the necessary documents only for the sake of presentation to the inspectors, does not serve the success of the educational process. creates formality in the relationship between those who teach and those who are taught in the educational process.

Teaching method in grades 1-4,5-9,10-11

Description of educational materials in the sections of the physical education program for students of grades 5-9. The importance and essence of planning, features that determine the technology and form of planning, the main operations of planning, their sequence.

Description of physical education activities conducted outside the classroom.

Physical exercises as the main means of physical education.

To gain theoretical knowledge about the healing forces of nature, hygienic factors as a means of physical education .

Analysis of school lessons on physical education. The method of making a lesson outline.

Pedagogical analysis methodology. Preparation of the teacher for the lesson. Organization of the lesson. Tools used in the lesson. Application of teaching methods. Methodology of education of physical abilities.

on physical culture (in XTB, KHK, and BO'SM)

The importance and essence of planning, features that determine the technology and form of planning, the main operations of planning, their sequence. To acquire theoretical information about the existence of official, general programs, their features and their implementation.

Principles of sports training

The principles of sports training are the orientation to the highest possible results, in-depth specialization and individualization;

general and special training unit;

continuity of the training process;

the unity of gradualness and limitation in increasing training loads;

undulation of load dynamics;

cyclicity of training process;

Sports equipment

Sports equipment. Physical exercise as the main means of physical training.

Types of sports training planning and its importance

The importance of an effective qualifying system in the training of skilled athletes. The first stage is a mass examination of children aged 6-10 (students of 1-4 grades of general education schools) for the purpose of admission to the elementary preparatory group of the elementary school.

The second stage is to identify students with sports talent for admission to training and sports improvement groups.

The third stage is to search for individual promising athletes for admission to OZK or Olympic training centers.

The fourth stage is the selection of candidates for training as part of national teams for the next Olympic Games.

Athlete training system

Sports-technical preparation as the level of mastering by the athlete of the system of actions (sports technique) suitable for specific sports and aimed at achieving high sports results. Requirements for the technical training of the athlete: the efficiency of the technique, the result of the technique, the stability of the technique, the variability of the technique, the economy of the technique, the wealth of minimal tactical information

Formation of long-term adaptation in the process of annual and multi-year training of athletes

Programming as a final piece that reflects direct communication from coach to athlete. The basic blocks of models of the strongest athletes in speed-power, cyclic,

complex coordination, game types of sports. Three periods of time for planning athlete training.

Planning sports training in multi-year cycles.

The main components that determine the sections of the multi-year plan of athlete (team) training. The four-year cycle is the basis for planning the preparation of the country's national teams. The main sections of the future planning of athlete, team training.

System of sports competitions and competition activities.

The system of training athletes for sports competitions, the current stage of sports development, the methods of training athletes, the provision of material and equipment in the system of training athletes

Training and out-of-competition factors in the system of training athletes

The structure of the sports training management system is based on the three-way principle of direct communication of the coach, doctor, psychologist and athlete from the coach, doctor, psychologist to the athlete and vice versa from the athlete's condition to the coach, doctor, psychologist interaction; direct connection based on information received in reverse connection from the athlete and his position in terms of the execution of instructions received on the basis of direct connection edit dimensions.

Prediction, Modeling, Selection, Targeting, Management and Control in Athlete Training

The selection procedure of future young athletes plays an important role in the training of substitutes in Sport. In order to show high results in sports, an athlete must have unique morphological indicators at a high level of development, a complex of excellent physical and mental abilities. There are very few athletes who have such harmony.

Management of the improvement of the athlete's skills

The most important rules that a coach and an athlete should follow when setting goals for the future and the near future:

create a choice of one or another goal;

clarification of the goal in quantitative indicators;

the goal is complex, but it should be possible to achieve it;

calculation of the time and effort required to achieve the goal;

confidence in the achievement of the set goal and its written formalization;

intermediate (control) goals and their fulfillment period;

Form of training: Practical (A)

Basic concepts related to physical education and sports and classification of sports. The essence and tasks of sports.

The main terms of sports theory include: sports competitions, sports movement, sports activity, sports training, sports training system, sports school, sports training system, sports performance, sports results.

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on physical culture (in XTB, KHK, and BO'SM)

the importance and essence of planning, features that determine the technology and form of planning, the main operations of planning, their sequence. To acquire theoretical information about the existence of official, general programs, their features and their implementation.

Programming and planning of components of sports training

Programming as a final piece that reflects direct communication from coach to athlete. The basic blocks of models of the strongest athletes in speed-power, cyclic, complex coordination, game types of sports. Three periods of time for planning athlete training.

Planning sports training in multi-year cycles.

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tactical information

Formation of long-term adaptation in the process of annual and multi-year training of athletes

The structure of the sports training management system is based on the three-way principle of direct communication of the coach, doctor, psychologist and athlete from the coach, doctor, psychologist to the athlete and vice versa from the athlete's condition to the coach, doctor, psychologist interaction; direct connection based on information received in reverse connection from the athlete and his position in terms of the execution of instructions received on the basis of direct connection edit dimensions.

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the goal is complex, but it should be possible to achieve it;
calculation of the time and effort required to achieve the goal;
confidence in the achievement of the set goal and its written formalization;
intermediate (control) goals and their fulfillment period;

In practical training, it is required to perform practical tasks related to the topics, to be able to apply the acquired knowledge in practice.

Form of training: Seminar (S)

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The main terms of sports theory include: sports competitions, sports movement, sports activity, sports training, sports training system, sports school, sports training system, sports performance, sports results.

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- the goal is complex, but it should be possible to achieve it;
- calculation of the time and effort required to achieve the goal;
- confidence in the achievement of the set goal and its written formalization;
- intermediate (control) goals and their fulfillment period;

It is required to perform practical tasks related to the topics in the seminar sessions, to be able to apply the acquired knowledge in practice.

V. Independent education and independent works. It is recommended to carry out independent work outside the auditorium in the following types:

- preparation of lectures;
- creating a glossary;
- creating a set of problematic questions;
- Creating a non-standard test;
- Preparation of a set of questions on the topic;
- report preparation;
- create a presentation.

Form and content of organizing independent education	
MT1	Basic concepts related to physical education and sports
MT2	Methods of organizing and conducting physical education classes in educational institutions .
MT3	The role and importance of physical education in the general secondary education system.
MT4	Teaching methods in grades 1-4
MT5	Teaching method in grades 5-9
MT6	Methodology of teaching in grades 10-11
MT7	The essence and tasks of sport
MT8	The main directions of sports movement in the world today
MT9	Explain the basic concepts of physical education.
MT10	Content and structure of physical education classes
MT11	Exercise __ main part duties and content .
MT12	Exercise __ the finisher part __
MT13	The duration of the entire training session
MT14	Methodology of training
MT15	Day in order physical education health promotion __ works morning

	gymnastics
MT16	Exercise training activities
MT17	Physical and health activities are on the agenda.
MT18	Physical education training sessions _ the children physical to exercises regularly to teach _ main shape
MT19	Physical education training sessions _ mutually _ _ dependent _ _ three part _
MT20	Content and tasks of the introductory part of the training
MT21	Ways to form physical behavior in elementary school students.
MT22	The importance of using an independent physical training program in primary education.
MT23	A set of daily independent exercises for elementary school students.
MT24	Physical education according to _ development (outline) <u>make up method</u>
MT25	Development of an exemplary lesson on physical education
MT26	The basics of the technology of planning the educational process of physical education.
MT27	<u>Psychological , pedagogical-methodical classification</u> of ways of formation of skills and qualifications .
MT28	O ' spirin in young people sports exercises done increase basically and physical to exercises to teach _ structural structure _
MT29	A basic requirement for planning
MT30	System of sports competitions and competition activity
MT31	Competitions are the basis of sports
MT3 2	The content and features of the competition
MT3 3	Modeling of competitive activity
MT34	System of sports competitions
MT3 5	Sports training system
MT36	Sports equipment
MT3 7	Methods of sports training
MT3 8	Training and competition downloads
MT3 9	Exercise _ _ and competition downloads classification
MT40	Components of training loads
MT41	Principles of sports training
MT42	Structure of athlete training
MT43	Sports - technical training
MT44	Sports - tactical training
MT45	Physical training
MT46	Integral training of the athlete

MT47	Content and structure of physical education classes
MT48	Methodology of training
MT49	Morning gymnastics are on the agenda
MT50	Exercise training activities
MT51	General physical education according to the school curriculum
MT52	Distinctive features of the course and general requirements for it
MT53	The content of the lesson and its structure
MT54	Determining the tasks of the lesson
MT55	Methods of organizing students' activities in physical education classes
MT56	Types of physical education lessons
MT57	Description of physical education activities conducted outside the classroom
MT58	Factors and conditions that increase the effectiveness of training and competition activities
MT59	A system for recovery and improvement of performance
MT60	Conducting sports activities in extreme conditions such as hot, cold climate, time zone change
MT61	Sports training in mountain conditions
MT62	Organizing the process of sports training
MT63	Organization of training in large (macro-) cycles of preparation
MT64	Organization of training in the middle (meso-) cycles of preparation
MT65	Organization of training in small (micro-) cycles of preparation
MT66	Organization of training in annual cycles of multi-year training
MT67	Management of the improvement of the athlete's skills
MT68	Setting goals and predicting results
MT69	Complex control in the sports improvement management system
MT70	Control of competition and training activities
MT71	Classification of sports

3.	<p>VI. Results of science education (competencies to be formed)</p> <p>As a result of mastering the subject, the student:</p> <ul style="list-style-type: none"> - Theoretical and practical foundations of physical education and sports training (primary, middle, upper classes) <i>who has knowledge about</i> the purpose and tasks of science , the importance of the documents adopted by the government of the Republic of Uzbekistan on physical culture and sports, the system of physical education, the connection of physical education with other areas of education, the general principles of the theory of physical education <i>should be</i> - Concepts of physical training and sports, physical training tools, classification <i>of physical exercises to have skills</i> - sports and fitness events at academic lyceums and vocational colleges; organization and teaching methodology of mass sports and health activities in residential areas; organization and holding of sports holidays dedicated to their great dates; the role of action games in sports holidays; <i>should have skills about</i> the role of the pedagogue in preparing for sports and health activities
4.	VII. Educational technologies and methods:

	<p>In the process of teaching the subject "Theoretical and practical foundations of physical education and sports training", collective, group, small group and individual forms of work are used to organize the activities of masters. Methods such as lecture, story, conversation, explanation, demonstration, exercise, practical work, problematic and independent work are used in conducting the classes. It is recommended to use interactive methods such as "BBB", "Blitz game", "Problem situation", "Insert", "Venna diagram" and "Case-study".</p> <p>Equipment and devices, devices: educational base, place models, posters, electronic board - Hitachi, LCD monitor, electronic indicator.</p> <p>Video audio equipment: video, audio recorder, sound amplifier.</p> <p>Computer and multimedia tools: computer, Dell projector, DVD drive, Web camera, video projector (glass).</p>
5.	<p>VIII. To receive the loan, students:</p> <p>Full mastery of the theoretical and methodological concepts of science, ability to correctly reflect the results of analysis, independent observation of the studied processes, and completion of the tasks given in the current, intermediate control forms, handing over the final control work.</p>
Basic literature.	
A. Abdullayev. Sh.Khonkeldiyev. Theory and methodology of physical education. Tashkent. 2005 u	
RSSalomov. Theoretical foundations of sports training. T. 2005	
Makhkamdjonov KM Theory and methodology of physical culture. T. 2008.	
RSSalomov. Theory and methodology of physical education. T. 2014	
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Recommendation to be done extra __ books	
FAKERIMOV. Scientific research in the field of sports. T. "Zarqalam" 2004.	
M. Rakhimov, B. Koltorayev. Theory and methodology of teaching physical education in primary grades. Tashkent, "New century generation" 2001	
Goncharova OV Development of physical abilities of young athletes Tashkent., State Institute of Physical Education of Uzbekistan, 2005.	
Makhkamdjonov KM, Tulenova XB Theory and methodology of physical education - Tashkent TDPU, 2001-2002	
	<p>Subject/module in-charges.</p> <p>I. Makhmudov - teacher of the Department of "Physical Culture Theory and Methodology" of the Samarkand State Pedagogical Institute</p>
	<p>Reviewers:</p> <p>ZBBoltayev - professor, head of the department "Methodology of teaching sports" of the Samarkand State Pedagogical Institute</p> <p>USDusanov is an associate professor of "Sports Activities" at the Faculty of Sports Activities and Art of the Samarkand State University named after Sh. Rashidov</p>

**Samarkand State Pedagogical Institute of Anik and Faculty of Natural
Sciences and Physical Culture 60112200 - to the science program "
Theoretical and practical foundations of physical education and sports
training " for students of the field of physical culture
REVIEW**

Bachelor's degree subject program: 60112200 - Physical culture education direction is intended for students of the 2nd stage, " Theoretical and practical foundations of physical education and sports training " The science program is aimed at teaching the terms and principles of physical education and sports activities during the 3rd - 4th semester .

An important place is given to the issues of their use in the practice of physical education. The theory and methodology of physical culture as an educational subject consists in revealing the methods and methods of training bachelors in the process of physical culture for their professional and practical activities, the formation of broad theoretical and practical movement skills and actions, as well as the issues of using pedagogical technologies in the teaching process. covers within its scope of knowledge. aimed at teaching the stages.

The purpose of the subject is to provide future personnel with comprehensive and in-depth professional knowledge on the subject of "theoretical and practical foundations of physical education and sports training " . It envisages equipping with professional knowledge, skills and competences in physical culture, which are of professional and practical importance in future work activities, as well as the ability to use new pedagogical technologies.

The task of the subject is to teach future teachers of physical culture the use of general development exercises, general and special exercises in physical culture classes for students of preschool educational institutions, comprehensive schools, academic lyceums and vocational colleges, and organize and hold sports competitions, sports holidays, and organize extracurricular clubs to help them learn and form their knowledge.

In general, " Theoretical and practical foundations of physical education and sports training " The science program is based on the existing qualification requirements and serves as the basis for the work training programs.

O'zbekiston-Finlandiya pedagogika
instituti "Sport turlarini o'qitish
metodikasi" kafedrasi mudiri

 prof.Z.B.Boltayev

imzoni tasdiqlayman
M. H. H. H.


**Samarkand State Pedagogical Institute of Anik and Faculty of Natural
Sciences and Physical Culture 60112200 - to the science program "
Theoretical and practical foundations of physical education and sports
training " for students of the field of physical culture**

REVIEW

Bachelor's degree subject program: 60112200 - Physical culture education direction is intended for students of the 2nd stage, " Theoretical and practical foundations of physical education and sports training " The science program is aimed at teaching the terms and principles of physical education and sports activities during the 3rd - 4th semester .

The purpose of the subject is to provide future personnel with comprehensive and in-depth professional knowledge on the subject of "theoretical and practical foundations of physical education and sports training " . It envisages equipping with professional knowledge, skills and competences in physical culture, which are of professional and practical importance in future work activities, as well as the ability to use new pedagogical technologies.

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In general, " Theoretical and practical foundations of physical education and sports training " The science program is based on the existing qualification requirements and serves as the basis for the work training programs.

Samarqand davlat universiteti

Sport foliyati va sa'nat fakulteti

"Sport faoliyati" kafedrasida dotsenti

U. Dusanov

ning imzosi
tasdiqlanib
SamDU kadrlar
bo'limi boshlig'i



U.S.Do'sanov

MODULE / SUBJECT SYLLABUS
Anik - faculty of natural sciences and physical culture
60112200 – Physical culture

Subject Name:	Theoretical and practical foundations of physical education and sports training (primary, middle, upper classes)
Science type :	Definition of science
Science code:	TFT2008
Year:	2025-2025
Semester:	3-4
Education __ shape:	Daytime
Form of classes and hours allocated to the semester:	240
Ma ' ruza	I II -Semester 2 0, I V -Semester 1 4
Practical training	I II -Semester 1 0, I V -Semester 10.
Laboratory training	-
Seminar	I II - Semester 20, I V - Semester 16 .
Independent education _ _	150 / I II -Semester 130 , IV-Semester 2 0.
Credit quantity:	8
Evaluation shape:	III-Semester – Exam/ written IV-Semester – Exam/written
Science language:	Uzbek

Samarkand-2025

FM 1	<p>The purpose of science (FM) I. The content of science</p> <p>This science program is designed for the bachelor course: 60112200 - physical culture education, elective science; The development of the physical education system in the Republic of Uzbekistan, its historical laws, tools, methods, stages of training, organization of physical education lessons It is considered to be a field of study that provides theoretical and practical education about methods. An important place is given to the issues of their use in the practice of physical education. theoretical and practical foundations of physical education and sports training (primary, middle, upper classes) as a subject of education to teach bachelors in the process of physical culture to their professional-practical activities in the formation of broad theoretical and practical movement skills and actions consists in revealing the methods and methodologies, and also covers the issues of using pedagogical technologies in the teaching process within its scope of knowledge.</p>
FO'M1	<p>The purpose of teaching the subject is to provide future personnel with comprehensive and in-depth professional knowledge of the theoretical and practical foundations of physical education and sports training (elementary, middle, and upper grades) . It envisages equipping with professional knowledge, skills and competences in physical culture, which are of professional and practical importance in future work activities, as well as the ability to use new pedagogical technologies.</p>
FM 2	<p>The task of the subject is to teach future teachers of physical culture the use of general development exercises, general and special exercises in physical culture classes for students of preschool educational institutions, comprehensive schools, academic lyceums and vocational colleges, and organize and hold sports competitions, sports holidays, and organize extracurricular clubs to help them learn and form their knowledge.</p>
Basic knowledge necessary for mastering science	
1.	Theoretical and practical foundations of physical education and sports training (primary, middle, upper grades) as a result of mastering the subject, students should have the following knowledge, skills and ideas:
2.	Theoretical and practical foundations of physical education and sports training (primary, middle, upper classes) includes the study of general concepts and methodological concepts of the subject.

Learning outcomes (T N)	
	Knowledge from the point of view of:
T N 1	" Theoretical and practical foundations of physical education and sports training (primary, middle, upper grades) ", students should have the following knowledge, skills and ideas:
T N 2	- Theoretical and practical foundations of physical education and sports training (primary, middle, upper classes) <i>who has knowledge about</i> the purpose and tasks of science , the importance of the documents adopted by the government of the Republic of Uzbekistan on physical culture and sports, the system of physical education, the connection of physical education with other areas of education, the general principles of the theory of physical education <i>should be</i>
T N 3	- Concepts of physical training and sports, physical training tools, classification <i>of physical exercises must have skills.</i>
T N 4	- Methods of physical education: Verbal, demonstrative method, Practical method of teaching, game, competition and strictly ordered exercise method, Movement skills training methods Physical education education, <i>should have knowledge about</i> its functions and features, the structure of the educational process .
	Skills from the point of view of:
T N 5	- forms of sports and wellness activities; organization of children's competitions; types and stages of organizing competitions with elementary school students of pre-school educational institutions and comprehensive schools; <i>should have skills about</i> the basics of sports and health activities in secondary schools .
TN6	- sports and fitness events at academic lyceums and vocational colleges; organization and teaching methodology of mass sports and health activities in residential areas; organization and holding of sports holidays dedicated to their great dates; the role of action games in sports holidays; <i>should have skills about</i> the role of the pedagogue in preparing for sports and health activities .

II. The main theoretical part (lectures)		
II.I. The subject includes the following topics:		
Form of training : Lecture (M)		
3rd semester		
M1	<p style="text-align: center;">Basic concepts related to physical education and sports and classification of sports. The essence and tasks of sports.</p> <p>The main terms of sports theory include: sports competitions, sports movement, sports activity, sports training, sports training system, sports school, sports training system, sports performance, sports results.</p>	2

	<p>Sport is a personal competitive activity in a short sense, and a personal competitive activity in a broad sense is understood as a special preparation based on this activity, as well as its norms and achievements.</p> <p>Literature <i>A.Abdullayev. Sh.Khonkeldiyev. Theory and methodology of physical education. Tashkent. 2005 (pp. 18-45)</i></p>	
M 2	<p>Methods of organizing and conducting physical education classes in educational institutions</p> <p>Physical development, physical education, physical education system, physical development and physical culture, without defining the content and scope of these concepts, it is impossible to correctly understand many phenomena and issues of the theory and development of physical education. the theory of physical education cannot be mastered successfully, that is why the description of the course of the theory of physical education begins with clarifying its main concepts, the concepts we use start from a certain historical period.</p> <p>Literature <i>A.Abdullayev. Sh.Khonkeldiyev. Theory and methodology of physical education. Tashkent. 2005 (pp. 181-194)</i></p>	2
M3 –	<p>Physical education in general secondary schools</p> <p>The purpose of physical education in general secondary education schools is to ensure the healthy growth of all parts of the student's body and to prepare them for mental and physical work, as well as for the defense of the Motherland. As the great thinker Abdulla Awlani analyzed, it is necessary to educate the body in order to have a sound mind, good morals and knowledge. Physical education has a great impact on everyone, especially children, it strengthens their health, increases a person's ability to work, and helps them live longer. Sport is a means of raising height and maintaining strength at any age.</p> <p>Literature <i>RSSalomov. Theory and methodology of physical education. T. 2014 (pages 181-211)</i></p>	2
M4	<p>Planning of educational work in general secondary education system</p> <p>The lesson of physical culture is considered the main training form of educational work. Its planned implementation affects the effectiveness of the lesson. The right choice of planning technology and the content of its development is one of the important factors, which allows for clear and thorough fulfillment of the set goals and tasks. In planning the process of physical education, giving way to superficiality, compiling the necessary documents only for the sake of presentation to the inspectors, does not serve the success of the educational process. creates formality in the relationship between those who teach and those who are taught in the educational process.</p>	2

	<p>Literature <i>RSSalomov. Theory and methodology of physical education. T. 2014 (pages 213-222)</i></p> <p><i>A. Abdullayev. Sh.Khonkeldiyev. Theory and methodology of physical education. Tashkent. 2005 (pp. 241-265)</i></p>	
M 5	<p>Teaching method in grades 1-4,5-9,10-11</p> <p>Description of educational materials in the sections of the program on physical education for students of 5-9 grades. The importance and essence of planning, features that determine the technology and form of planning, the main operations of planning, their sequence.</p> <p>Literature <i>A.Abdullayev. Sh.Khonkeldiyev. Theory and methodology of physical education. Tashkent. 2005 (pp. 241-265)</i></p>	2
M 6	<p>Description of physical education activities conducted outside the classroom.</p> <p>Physical exercises as the main means of physical education. To gain theoretical knowledge about the healing forces of nature, hygienic factors as a means of physical education .</p> <p>Literature <i>A.Abdullayev. Sh.Khonkeldiyev. Theory and methodology of physical education. Tashkent. 2005 (pp. 272-308)</i></p>	2
M 7	<p>Analysis of school lessons on physical education. The method of making a lesson outline.</p> <p>Pedagogical analysis methodology. Preparation of the teacher for the lesson. Organization of the lesson. Tools used in the lesson. Application of teaching methods. Methodology of education of physical abilities.</p> <p>Literature <i>RSSalomov. Theory and methodology of physical education. T. 2014 (pages 221-222)</i></p>	2
M 8	<p>on physical culture (in XTB, KHK, and BO'SM)</p> <p>The importance and essence of planning, features that determine the technology and form of planning, the main operations of planning, their sequence. To acquire theoretical information about the existence of official, general programs, their features and their implementation.</p> <p>Literature <i>A.Abdullayev. Sh.Khonkeldiyev. Theory and methodology of physical education . Tashkent. 2005 (pp. 317-327)</i></p>	2
M9 –	<p>Principles of sports training</p> <p>The principles of sports training are focus on the highest possible results, in-depth specialization and individualization; general and special training unit; continuity of the training process; the unity of gradualness and limitation in increasing training loads; undulation of load dynamics; cyclicality of training process;</p> <p>Literature <i>RSSalomov. Theoretical foundations of sports training. T. 2005 (pp. 5-14)</i></p>	2
M 10	<p>Sports equipment</p> <p>Sports equipment. Physical exercise as the main means of physical</p>	2

	training. Literature RSSalomov. Theoretical foundations of sports training. T. 2005 (pp. 92-144)	
	TOTAL	20
4th semester		
M11	<p>Types of sports training planning and its importance</p> <p>The importance of an effective qualifying system in the training of skilled athletes. The first stage is a mass examination of children aged 6-10 (students of 1-4 grades of general education schools) for the purpose of admission to the elementary preparatory group of the elementary school.</p> <p>The second stage is to identify students with sports talent for admission to training and sports improvement groups.</p> <p>The third stage is to search for individual promising athletes for admission to OZK or Olympic training centers.</p> <p>The fourth stage is the selection of candidates for training as part of national teams for the next Olympic Games.</p> <p>Literature RSSalomov. Theoretical foundations of sports training. T. 2005 (pp. 201-212)</p>	2
M12	<p>Athlete training system</p> <p>Sports-technical preparation as the level of mastering by the athlete of the system of actions (sports technique) suitable for specific sports and aimed at achieving high sports results. Requirements for the technical training of the athlete: the efficiency of the technique, the result of the technique, the stability of the technique, the variability of the technique, the economy of the technique, the wealth of minimal tactical information</p> <p>Literature RSSalomov. Theoretical foundations of sports training. T. 2005 (30-50 pages)</p>	2
M13	<p>Formation of long-term adaptation in the process of annual and multi-year training of athletes</p> <p>Programming as a final piece that reflects direct communication from coach to athlete. The basic blocks of models of the strongest athletes in speed-power, cyclic, complex coordination, game types of sports. Three periods of time for planning athlete training.</p> <p>Planning sports training in multi-year cycles.</p> <p>The main components that determine the sections of the multi-year plan of athlete (team) training. The four-year cycle is the basis for planning the preparation of the country's national teams. The main sections of the future planning of athlete, team training.</p> <p>Literature RSSalomov. Theoretical foundations of sports training. T. 2005 (pp. 54-74)</p>	2
M14	System of sports competitions and competition activity.	2

	The system of training athletes for sports competitions, the current stage of sports development, the methods of training athletes, the provision of material and equipment in the system of training athletes Literature RSSalomov. Theoretical foundations of sports training. T. 2005 (pp. 17-30)	
M15	Training and out-of-competition factors in the system of training athletes The structure of the sports training management system is based on the three-way principle of direct communication of the coach, doctor, psychologist and athlete from the coach, doctor, psychologist to the athlete and vice versa from the athlete's condition to the coach, doctor, psychologist interaction; direct connection based on information received in reverse connection from the athlete and his position in terms of the execution of instructions received on the basis of direct connection edit dimensions. Literature RSSalomov. Theoretical foundations of sports training. T. 2005 (pp. 217-234)	2
M16	Prediction, Modeling, Selection, Targeting, Management and Control in Athlete Training The selection procedure of future young athletes plays an important role in the training of substitutes in S port . In order to show high results in sports , an athlete must have unique morphological indicators at a high level of development, a complex of excellent physical and mental abilities. There are very few athletes who have such harmony. Literature RSSalomov. Theoretical foundations of sports training. T. 2005 (pp. 201-212)	2
M17	Management of the improvement of the athlete's skills The most important rules that a coach and an athlete should follow when setting goals for the future and the near future: create a choice of one or another goal; clarification of the goal in quantitative indicators; the goal is complex, but it should be possible to achieve it; calculation of the time and effort required to achieve the goal; Literature RSSalomov. Theoretical foundations of sports training. T. 2005 (pp. 233-254)	2
	Total	14
	Total lecture hours	34
Form of training: Practical (A)		
3rd semester		
A1	Basic concepts related to physical education and sports and classification of sports. The essence and tasks of sport .	2

A2	Analysis of school lessons on Islamic education . Methodology of creating a synopsis of D ars .	2
A3	Planning of educational work. Planning of educational work on physical culture (in XTB, KHK, and BO'SM)	2
A4	Programming and planning of components of sports training	2
A5	Physical education in general secondary schools	2
	Total	10
4th semester		
A6	Sports equipment	2
A7	Types of sports training planning and its importance	2
A8	Athlete training system	2
A9	Formation of long-term adaptation in the process of annual and multi-year training of athletes	2
A10	Management of the improvement of the athlete's skills	2
	Total	10
	Total practical training hours	20
Form of training: Seminar (S)		
3rd semester		
S 1	Basic concepts related to physical education and sports and classification of sports. The essence and tasks of sport.	2
S 2	Methods of organizing and conducting physical education classes in educational institutions	2
S 3	Physical education in general secondary schools	2
S 4	Planning of educational work in general secondary education system	2
S 5	Teaching method in grades 1-4, 5-9 , 10-11	2
S 6	Description of physical education activities conducted outside the classroom	2
S 7	Analysis of school lessons on Islamic education . Methodology of creating a synopsis of D ars .	2
S 8	Physical culture according to _ planning of educational work (XTB , KHK , etc in SPORT SCHOOL)	2
S 9	Principles of sports training	2
S 10	Sports equipment	2
	Total	20
4th semester		
S 11	Types of sports training planning and its importance	2
S 12	Athlete training system	2
S 13	Formation of long-term adaptation in the process of annual and multi-year training of athletes	2
S 14	System of sports competitions and competition	2
S 15	Training and out-of-competition factors in the system of training athletes	2

S 16	Prediction, Modeling, Selection, Targeting, Management and Control in Athlete Training	4
S 17	Management of the improvement of the athlete's skills	2
S 18		2
	Total	16
	Total workshop hours allocated for training	36

Independent education 3rd semester				
T/R	Independent education topics	Shaped	Less on time	Allocated score
1	Basic concepts related to physical education and sports	An independently mastered document is prepared based on theoretical sources.	4	2
	Classification of sports		2	
	Methods of organizing and conducting physical education classes in educational institutions .		4	
	The role and importance of physical education in the general secondary education system.		2	
	Teaching methods in grades 1-4		2	
	Teaching method in grades 5-9		4	
	Methodology of teaching in grades 10-11		4	
	The essence and tasks of sport		2	
	Distinctive features of the course and general requirements for it		4	
2	Explain the basic concepts of physical education.	A written summary is prepared using theoretical sources	2	2
	Content and structure of physical education classes		4	
	Exercise __ main part duties and content .		4	
	Exercise __ the finisher part __		4	
	The duration of the entire training session		4	
	Methodology of training		2	
	Day in order physical education health promotion _ works morning gymnastics		4	
	Exercise training activities		2	
3	Physical and health activities are on the agenda.	Preparation of independent mastery presentation	4	2
	Physical education training sessions _ the children physical to exercises regularly to teach _ main shape		2	
	Physical education training sessions _ mutually __ dependent __ three part _		2	

	Content and tasks of the preparatory part of the training		2	
	Ways to form physical behavior in elementary school students.		4	
	The importance of using an independent physical training program in primary education.		2	
	A set of daily independent exercises for elementary school students.		4	
	Physical education according to _ making a development (summary). method _		2	
4	Development of an exemplary lesson on physical education	An independently mastered document is prepared based on theoretical sources.	2	2
	The basics of the technology of planning the educational process of physical education.		2	
	Description of physical education activities conducted outside the classroom		4	
	The basis of implementation of sports training in adolescents and the structural structure of training in physical exercises.		2	
	A basic requirement for planning		2	
5	Sports training system	A written summary is prepared using theoretical sources	4	2
	Sports equipment		2	
	Methods of sports training		4	
	Principles of sports training		2	
	Structure of athlete training		2	
	Sports - technical training		2	
	Sports - tactical training		4	
	Physical training		2	
	Integral training of the athlete		2	
	Sports training in mountain conditions		4	
	Content and structure of physical education classes	An independently mastered document is prepared based on theoretical sources	2	2
	Methodology of training		4	
	Morning gymnastics are on the agenda		2	
	Exercise training activities		2	
	School study _ _ plan according to _ common physical education		4	
TOTAL			13 0	10

Independent education 4th semester				
T/R	Independent education topics	Shaped	Le	Allo

			ss on ti me	cate d scor e
6	System of sports competitions and competition activity	An independently mastered document is prepared based on theoretical sources.	1	2
	Competitions are the basis of sports		1	
	The content and features of the competition		1	
	Modeling of competitive activity		1	
7	System of sports competitions	A written summary is prepared using theoretical sources	1	2
	Exercise __ and competition downloads classification		1	
	Components of training loads		1	
	Factors and conditions that increase the effectiveness of training and competition activities		1	
	Training and competition downloads		1	
8	A system for recovery and improvement of performance	A written summary is prepared using theoretical sources	1	2
	Conducting sports activities in extreme conditions such as hot, cold climate, time zone change		1	
	Organizing the process of sports training		1	
9	Organization of training in large (macro-) cycles of preparation	Preparation of independent mastery presentation	1	2
	Organization of training in the middle (meso-) cycles of preparation		1	
	Organization of training in small (micro-) cycles of preparation		1	
	Organization of training in annual cycles of multi-year training		1	
10	Management of the improvement of the athlete's skills	An independently mastered document is prepared based on	1	2
	Setting goals and predicting results		1	
	Complex control in the sports improvement management system		1	
	Control of competition and training activities		1	

		theoretical sources.		
TOTAL			20	10

SCREENING CRITERIA AND PROCEDURE

§ 1. Points for evaluation of educational results are determined in the following order: Evaluation of student knowledge is carried out based on the "Guidelines on the procedure for monitoring student knowledge and evaluation criteria under the conditions of the credit-module system of education of the Pedagogical Institute of Uzbekistan-Finland" is increased. *The total number of credits (hours) allocated to science: 8 k (240 s).*

Type of control	Total points awarded	Control (assignment) form	Distribution of points	Qualifying score
Intermediate control	50 points	1. Mastering the subjects of independent education.	10 points	30 points
		2. The student's activity in each lesson (lecture, practice, seminar, laboratory).	10 points	
		3. The student's learning rate Question 1 (lecture) 10 points written Question 2 (practice, seminar) 10 points written Question 3 (independent education) 10 points written	30 points	

The following is recommended:

When collecting intermediate control points through the HEMIS information system, the following are:

1. Setting assignments based on the amount of credits in mastering independent education subjects;
2. Student's activity in each lesson (lecture, seminar, practical, laboratory and homework completed);
3. Control (or test, practical) question assignments are taken from audience training and independent study questions;

Obtaining a qualifying score (30-50) from the intermediate examination gives the student the opportunity to enter the final examination.

When the student is evaluated on the final test, the score obtained from the midterm test is not added.

The final inspection is evaluated in the following order:

Type of control	Total points awarded	Control (assignment) form	Distribution of points	Qualifying score
Y a daily control	100 points	Written work (5 questions)	100 points (20 points per question)	60 points

Note: This evaluation criterion It has the right to be changed based on the decision of the Council of the Samarkand State Pedagogical Institute.

- 90-100 points – 5 (excellent);
- 71 -89 points – 4 (good);
- 60-70 points – 3 (satisfactory) ;
- 0-59 points - 2 (unsatisfied).

final control in the form of *written work* (YN) – 100 points:

No	What type of training do the questions refer to?	Ball
1.	Lecture training	0-20 points
2.	Lecture training	0-20 points
3.	Practical, seminar, laboratory training	0-20 points
4.	Independent education (theoretical)	0-20 points
5.	Independent education (practical, seminar, laboratory)	0-20 points
	TOTAL	0-100 points

The final control is in the form of a test Distribution of (YN) –100 points :

No	What type of activity do the questions refer to?	Number of questions	Ball
1.	Lecture training	10	0-20 points
2.	Lecture training	10	0-20 points
3.	Practical, seminar, laboratory training	10	0-20 points
4.	Independent education (theoretical)	10	0-20 points

5.	Independent education (practical, seminar, laboratory)	10	0-20 points
	TOTAL	50	0-100 points

§ 2. Criteria for evaluating students' educational results:

D araja	5 point system (grade)	Interest rate	A is traditional	Evaluation criteria
For the educational board		For professor-teacher		
A +	4.61 – 5	93 - 100	Excellent	The student learns the material independently and works quickly on his own : he does not make mistakes ; actively participates in training ; answers the questions thoroughly and clearly.
A	4.46 - 4.60	90-92		the student learns the materials independently : he does not make mistakes ; answers the questions thoroughly and clearly.
B+	4.16–4.45	84-89	Good	the student likes the materials can express it logically ; actively participates in training ; answers questions completely and clearly , but makes less serious mistakes .
B	3.51 - 4.15	71-80		the student likes the materials studied on his own , answers questions fully and clearly , but makes less serious mistakes .
C+	3.26 - 3.50	66-70	Q oni q arli	difficulty expressing it clearly ; answer questions accurately and completely ; _ may contain some errors in the presentation of materials ; feels difficulty in the process of communication .
C	3.0 – 3.25	60-65		difficulty expressing it clearly ; answer questions accurately and completely ; _ may contain some errors in the presentation of materials ;
F	less than 3.0	Below 59	You are not satisfied	did not master the materials; cannot answer questions; does not participate in training

Basic literature.

1. A. Abdullayev. Sh.Khonkeldiyev. Theory and methodology of physical education. Tashkent. 2005 u
2. RSSalomov. Theoretical foundations of sports training. T. 2005
3. Makhkamdjionov KM Theory and methodology of physical culture. T. 2008.
4. RSSalomov. Theory and methodology of physical education. T. 2014
5. RSSalomov. Theory and methodology of physical education. (Volume II) T. 2015.
6. RSSalomov, YYAripov. Fundamentals of the methodology of physical education of school-aged children. T. "Molya" 2011.
7. USDosanov. Theory and methodology of physical culture. Study guide Tashkent 2019

Recommended additional reading

1. FAKerimov. Scientific research in the field of sports. T. "Zarqalam" 2004.
2. M. Rakhimov, B. Koltorayev. Theory and methodology of teaching physical education in primary grades. Tashkent, "New century generation" 2001
3. Goncharova OV Development of physical skills of young athletes Tashkent., State Institute of Physical Education of Uzbekistan, 2005.
4. Makhkamdjionov KM, Tulenova XB Theory and methodology of physical education - Tashkent TDPU, 2001-2002

Subject/module in-charges.

I. Makhmudov - teacher of the Department of "Physical Culture Theory and Methodology" of the Samarkand State Pedagogical Institute

Reviewers:

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Organization: Department of "Physical Culture Theory and Methodology" of the Samarkand State Pedagogical Institute

INTERMEDIATE QUESTIONS (3rd semester)

1. The purpose of the science of theoretical and practical foundations of physical education and sports training
2. The task of the science of theoretical and practical foundations of physical education and sports training

3. Define the basic concepts of physical education
4. Define the basic concepts of sports
5. Define physical education
6. Define physical knowledge
7. Describe the training of physical qualities
8. Define physical training
9. Define general physical fitness
10. Define professional physical fitness
11. Define physical culture
12. Define what sports training is
13. Define sport
14. Define what is called an athlete
15. Define what youth sports are
16. Matveyev LP (1977) divided sports into 5 groups depending on movement activity
17. Explain the third and fourth group
18. Matveyev LP (1977) divides sports into 5 groups depending on movement activity
19. Explain the third and fifth groups
20. Describe what school sports are
21. Define what sports training is
22. What is the sports training system?
23. Describe what a sports school is
24. Define what sports training is
25. Define what training an athlete is
26. What is exercise fitness ?
27. What is the level of preparation ?
28. Define what is the system of sports training
29. Define what sports indicators are
30. What are the results of sports ?
31. Define what is the classification of an athlete
32. Matveyev LP (1977) explain how sports are divided into groups depending on their movement activity
33. Matveyev LP (1977) divided sports into 5 groups depending on movement activity Explain the first group
34. Matveyev LP (1977) explain the second group, which divides sports into 5 groups based on movement activity
35. Matveyev LP (1977) explain the Third Group, which divides sports into 5 groups depending on their activity
35. Matveyev LP (1977) explain the Fourth group, which is divided into 5 groups depending on the activity of the sports
37. Matveyev LP (1977) explain the fifth group, which divides sports into 5 groups depending on their activity
38. Matveyev LP (1977) Explain the first and second groups, which are divided into 5 groups depending on the movement activity
39. Matveyev LP (1977) explain the first and third groups, which are divided into 5 groups depending on the movement activity

40. Matveyev LP (1977) explain the first and fourth groups, which are divided into 5 groups depending on the movement activity
41. Make an annual schedule for the 8th grade of physical education
42. Make an annual schedule for the 9th grade of physical education
43. Make an annual schedule for 10th grade in physical education
44. Make an annual schedule for the 11th grade of physical education
45. Matveyev LP (1977) explain the second and fifth groups of sports, which are divided into 5 groups depending on the movement activity
46. Matveyev LP (1977) divided sports into 5 groups depending on movement activity
47. Explain the fourth and fifth groups
48. What are the forms of organization of physical education
49. What is the content and structure of physical education classes
50. Explain the parts of physical training

FINAL EXAMINATION QUESTIONS (Semester 3)

- 1 . Explain the main part
2. Explain the final part
- Explain the organization of physical education classes in general education schools
4. In the preparatory part, explain how many minutes it will last in small groups, medium groups, and large groups.
5. In the main part, explain how many minutes it will last in small groups, medium groups, and large groups.
6. In the final part, explain how many minutes it will last in small groups, medium groups, and large groups.
7. Describe outdoor physical education activities
8. Explain the reason for morning gymnastics
9. Explain the training activities that are carried out with physical education
10. How are physical training sessions conducted?
11. How to carry out daily physical rehabilitation activities
12. How to conduct physical exercises during morning gymnastics, active games and walks
13. Physical moments, how to do the last physical exercises after daytime sleep
14. How to conduct training activities
15. What is the purpose of physical education in secondary schools?
16. What tasks do students perform during physical education.
17. Explain the general tasks in the process of physical education of students
18. Explain the special tasks of students in the process of physical education
19. How to make students interested in regular exercise and how to form such a habit.
20. Explain the general requirements for the physical education class
21. How did IPPavlov describe the effect of physical exercises on the body
22. Explain the teaching task of the physical education lesson.
23. Cover load moderation in class
- 240 What methods are used to load physical education in the lesson

25. Methods of organizing students' activities in physical education classes
26. What are the types of physical education classes?
27. Explain the introductory lessons.
28. Explain the lesson of familiarization with new educational material.
29. Explain the improvement lessons of the past lesson.
30. Explain mixed classes.
31. Explain the control lessons
32. Explain the preparation for the planning of physical education studies and the technological requirements for them
33. How are physical training sessions conducted?
34. How to carry out daily physical rehabilitation activities
35. How to conduct physical exercises during morning gymnastics, active games and walks
36. Physical minutes, how to do the last physical exercises after daytime sleep
37. How the training activities are conducted
38. Active recreation: children's tourism, physical recreation, physical education holidays, health days, how to conduct vacations
39. How children's independent activities are conducted
40. In school, students are divided into several groups according to their health status
41. Explain the students who are part of the preparatory group on the state of health of students at school
42. Explain the students who belong to the main group according to the state of health of students at school
43. Explain the students who belong to the special group according to the state of health of students at school
44. Make an annual plan schedule for grades 1-3 in physical education
45. Make an annual schedule for the 5th grade in physical education
46. Make an annual schedule for the 6th grade in physical education
47. Make an annual schedule for the 7th grade of physical education
48. Make an annual schedule for the 8th grade of physical education
49. Make an annual schedule for the 9th grade of physical education
50. Make an annual schedule for 10th grade in physical education
51. Make an annual schedule for the 11th grade of physical education
- How to form a school physical culture team .
53. Create a drawing of the committee structure of the school physical culture team board structure.
54. Explain the mass-organizational work of the school physical culture team council and the content of the work of the commission that organizes it
55. Creating a lesson plan for physical education (grade 1)
56. Creating a lesson plan for physical education (grade 4)
57. Creating a lesson plan for physical education (grade 5)
58. Creating a lesson plan for physical education (grade 6)
59. Creating a lesson plan for physical education (grade 7)
60. Creating a lesson plan for physical education (grade 8)

61. Creating a lesson plan for physical education (grade 9)
62. Creating a lesson plan for physical education (10th grade)
63. Creating a lesson plan for physical education (grade 11)
64. Explain what requirements are followed when creating a lesson plan
65. Explain the reasons for the pedagogical analysis of the physical education lesson
66. What are the parts of the physical education program designed for students of educational institutions in the system of secondary special, vocational education 67.
68. What are the main goals of professional physical training?
69. Explain the principles of sports training
70. The principle of striving for high performance
71. The principle of general and special training of an athlete
72. The principle of the continuity of the training process, the intensive mode of loading and rest
- The principle of gradually increasing exercise requirements
74. The principle of cyclical exercise
75. Physical education in public education schools
76. Physical education in academic lyceums and vocational colleges
77. Planning of educational activities of the educational institutions.
78. The principle of wave-like change of sports exercise loads
79. Physical exercises as the main means of sports training
80. Preparatory exercises in the system of sports training
81. Techniques used in sports
82. Explain how oral explanation methods are divided into groups
83. Explain how the methods of visual influence are divided into groups
84. Explain the eye target method
85. Explain the method of hearing (sound) exhibition
86. The purpose of the science of theoretical and practical foundations of physical education and sports training
87. The task of the science of theoretical and practical foundations of physical education and sports training
88. Define the basic concepts of physical education
89. Define the basic concepts of sports
90. Define physical education
91. Define physical knowledge
92. Describe the training of physical qualities
93. Define physical training
94. Define general physical fitness
95. Define professional physical fitness
96. Define physical culture
97. Define what sports training is
98. Define sport
99. Define what is called an athlete
100. What is youth sport?

101. Matveyev LP (1977) divided sports into 5 groups depending on movement activity
102. Explain the third and fourth groups
103. Matveyev LP (1977) divides sports into 5 groups depending on movement activity
104. Explain the third and fifth groups
105. Describe what school sports are
106. Define what sports training is
107. What is the definition of sports training system?
108. Describe what a sports school is
109. Define what sports training is
110. Describe what training an athlete is
111. Define what is fitness with exercise
112. What is the level of preparation ?
113. Define what is the system of sports training
114. Define what sports indicators are
115. What are the sports results ?
116. Define what is the classification of an athlete
117. Matveyev LP (1977) explain how sports are divided into groups depending on their activity
118. Matveyev LP (1977) divided sports into 5 groups depending on movement activity Explain the first group
119. Matveyev LP (1977) explain the second group, which divides sports into 5 groups depending on their activity
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121. Matveyev LP (1977) explain the Fourth group, which divides sports into 5 groups depending on the movement activity
122. Matveyev LP (1977) explain the fifth group, which divides sports into 5 groups depending on their activity
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126. Make an annual schedule for the 8th grade of physical education
127. Make an annual schedule for the 9th grade of physical education
128. Make an annual schedule for the 10th grade of physical education
129. Make an annual schedule for 11th grade in physical education
130. Matveyev LP (1977) explain the second and fifth groups of sports, which are divided into 5 groups depending on the movement activity
131. Matveyev LP (1977) divided sports into 5 groups depending on movement activity
132. Explain the fourth and fifth groups
133. What are the forms of organization of physical education
134. What is the content and structure of physical education classes
135. Explain how many parts physical education training consists of

INTERMEDIATE QUESTIONS (4th semester)

1. Explain the types of planning and its importance
2. Explain annual and multi-year planning
3. Explain monthly and weekly planning
4. Explain the daily planning
5. Explain the following types of sports training planning.
6. Description of the athlete's training system
7. Adaptation to sports exercises
8. What is adaptation?
9. Explain the stages of adaptation
10. Simple drawing of tissue
11. Adaptation of the cardiovascular system
12. Duration of adaptation process
13. What is the adaptation process
14. Define the concept of adaptation in sports training.
15. Express the concept of "quick adaptation"?
16. Define the concept of "long-term adaptation".
17. The main directions in which adaptive changes occur in the athlete's body.
18. Define the concepts of "functional reserve range" and "accelerating adaptation range".
19. Continuation of long-term training and its determining factors
20. Tasks, stages and basic methodology of technical training of an athlete
21. Psychological preparation during sports training
22. Multi-year sports training is divided into 5 periods:
23. Initial training
24. Technical preparation .
25. Initial basic preparation stage
26. Special basic training stage
27. The stage of maximum implementation of individual capabilities
28. Stage of saving the achieved results
29. In fast-power sports
30. Explain the types of competition
31. Method of training with conditional opponent .
32. How to train with a partner .
33. Method of training with the opponent .
34. The main directions of psychological preparation:
35. Preparation of the will
36. The basis of adaptation in multi-year training.
37. Adaptation of the organism in mastering complex movements.
38. Basics of movement control
39. Technical tactical and psychological preparation of sports.
40. Orientation to solving the main types of sports competitions and tasks of athlete training

41. Athlete's competitive activity
42. Olympic sports competitions
43. Structure of competition activities
44. Means of strengthening and restoration of working capacity
45. The multifaceted influence of environmental factors on the human body in modern sports
46. Training and competition in cold and hot weather conditions
47. Training structure and competition activity with the change of geographical zone and weather
48. Calendar of competitions , season-climatic conditions and periods of sports training
49. Pedagogical recovery tools
50. Psychological methods and tools

FINAL REVIEW QUESTIONS (Semester 4)

1. Medical-biological means .
2. Explain the types of planning and its importance
3. Explain annual and multi-year planning
4. Explain monthly and weekly planning
5. Explain the daily planning
6. Explain the following types of sports training planning.
7. Description of the athlete's training system
8. Adaptation to sports exercises
9. What is adaptation?
10. Explain the stages of adaptation
11. Simple drawing of tissue
12. Adaptation of the cardiovascular system
13. Duration of adaptation process
14. What is the adaptation process
15. Define the concept of adaptation in sports training.
16. Express the concept of quick adaptation
- U17. Define the concept of long-term adaptation.
18. The main directions in which adaptive changes occur in the athlete's body.
19. Define the concepts of "functional reserve range" and "accelerating adaptation range".
20. Continuation of long-term training and its determining factors
21. Tasks, stages and basic methodology of technical training of an athlete
22. Psychological training in sports training
23. Multi-year sports training is divided into 5 periods:
24. Initial training
25. Technical preparation .
26. Initial basic preparation stage
27. Special basic training stage
28. The stage of maximum implementation of individual capabilities

29. Stage of saving the achieved results
 30. In fast-power sports
 31. Explain the types of competition
 32. Method of training with conditional opponent .
 33. How to train with a partner .
 34. Method of training with the opponent .
 35. The main directions of psychological preparation:
 36. Preparation of will
 37. The basis of adaptation in long-term training.
 38. Adaptation of the organism in mastering complex movements.
 39. Basics of movement control
 40. Technical tactical and psychological preparation of sports.
 41. Orientation to solving the main types of sports competitions and tasks of athlete training
 42. Athlete's competitive activity
 43. Olympic sports competitions
 44. Structure of competition activities
 45. Means of strengthening and restoration of working capacity
 46. The multifaceted influence of environmental factors on the human body in modern sports
 47. Training and competition in cold and hot weather conditions
 48. Training structure and competition activity with the change of geographical zone and weather
 49. Calendar of competitions , season-climatic conditions and periods of sports training
 50. Pedagogical recovery tools
 51. Psychological methods and tools
 52. Medical-biological means .
 53. Means of recovery complexes .
 54. Strengthening the current working capacity
 55. Level training
 56. There are several phases of temporary adaptation
 57. What is meant by the work ability of an athlete.
 58. Pharmacological support in the athlete's training system.
 59. Sports training at medium and high altitude.
 60. Sports training and competition in hot and cold conditions.
 61. The connection with the change of geographical ideas.
 62. What is the choice in sports?
 63. What is a pass to sports?
 64. At what stage is the selection made in sports?
 65. What is the initial selection?
 66. How to choose multi -year training in 2-3 stages.
 67. What is a sports competition
 68. Explain sports training management
- Explain the current situation

What is the operative condition ?

71. What is modeling in sports training

72. Explain the second group of models

73. How the selection is conducted at the first stage of multi-year training

74. How is the selection conducted in the 2-3 stages of long-term training

75. What is meant by management of sports training

76. What types of control are used?

77 Ways to model sports training

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*This program was discussed and recommended for use by the Scientific
Council of the Faculty of Physical Sciences and Physical Culture
(Report No. __ of _____ 2025)*

Chairman of the faculty council: BTHayadarov

" AGREED "

The study is methodical
head of department vvb:

_____ I. Yakubov

" ___ " _____ 2025

3. MAIN THEORETICAL PART

3.1 TEXT OF LECTURES

SUBJECT 1. Basic concepts related to physical education and sports and classification of sports. The essence and tasks of sports.

PLAN.

- 1. physical education and sports training.**
- 2. Basic concepts of physical education**
- 3. Basic concepts related to sports and classification of sports**

1- The purpose of the science of theoretical and practical foundations of physical education and sports training.

Owners of this or that profession use certain concepts and expressions related to their profession and profession during communication. Studying a certain field of science and mastering it depends on the content of these leading concepts. Without determining their content and scope, it is difficult to correctly understand many phenomena and issues of the theory and practice of physical education, it is impossible to master the science of the theory of physical education successfully.

2-Basic concepts of physical education

Physical education is a pedagogical process aimed at improving the human body morphologically and functionally, forming and improving basic movement skills, skills, and related knowledge important for its life. Masha, in this definition, the uniqueness of physical education as an independent type of human education is emphasized.

The concept of "physical knowledge" and "development of physical qualities" with two separate meanings lies in the composition of this peculiarity related to physical education.

"**physical knowledge**" is found in the earliest systems of physical education of the new era. For example, Fit talked about the need for exercise to "train your body."

Physical education includes specific theoretical concepts of physical exercise and the skills and abilities to apply them in life as needed.

PF Lesgaft, who strongly advocated "educating the body" of children Pestalozzi, taught physical education,

explained as the expanded meaning of physical education. But the main idea of Lesgaft's teaching about physical education was the idea of physical education in the literal sense.

Education of physical qualities is considered a process of physical education. This concept includes the development of qualities of strength, speed, endurance, flexibility and agility.

These aspects of the whole process are strongly connected with each other. For example, if students repeat running exercises many times in order to master the technique of its execution, at the same time, both strength, endurance and, in some cases, quickness are cultivated. On the other hand, if the same running exercises are repeated at a high speed (to train speed), then the training technique is strengthened and improved, and at the same time, the tasks of education and knowledge are solved.

Physical training. There are three main directions in physical education, and human physical education is carried out on the basis of these frameworks. They are general physical training, professional physical training, sports training.uu

General physical training is aimed at strengthening health, acquiring a wide range of movement skills and abilities, and developing basic movement qualities that serve as a basis for subsequent special training."

3- Basic concepts related to sports and classification of sports

Sports training represents a special direction in physical education. Its task is to ensure that a person achieves high results in a chosen sport.^

Sports training in physical education is related to improving the functional capabilities of the body, and the high sports result becomes a criterion for evaluating people's physical fitness and is widely used as a goal for physical education.

Physical culture is a complex of achievements in the creation and rational use of special tools, methods and conditions for the purposeful implementation of physical development of members of society.

Physical culture is a part of general culture, its growth is inextricably linked to the level of social and economic development of society.

Sport is a component of physical culture. Sports, in particular, provide significant development and growth of physical and related abilities. Sports, considered a component of the physical culture of the society, means "trying hard", "competing" in the basic sense. Until the end of the 19th century and the beginning of the 20th century, it was considered as a means of recreation, entertainment, and then as a means of achieving a high physical performance, winning a competition.

The development of sport is manifested mainly in three ways - as an educational subject, as a mass-volunteer sport, as a "big sport".

serves as a means of physical education in secondary and higher schools, in the army .

Youth sports . There is a very short meaning in this concept. Its limit is determined by the age group: Youth, junior sports. Youth sports groups mainly consist of high school age students. This expression is considered conditional and implies the participation of girls in sports.

School sports are similar to children's sports in terms of age and other characteristics of the participants. The difference is that children's sports are organized through schools and out-of-school institutions, while school sports are organized in schools only with school students.

Sports competitions are a way of showing, evaluating and comparing sports achievements, managing competitions in the field of sports. Sports competitions are a necessary factor to communicate with others, a means of personal organization, understanding of human capabilities, aimed at creating benchmarks.

The purpose of sports competitions is to identify strong athletes and teams, improve sports skills, promote physical culture and sports, and objectively evaluate the activities of sports organizations, coaches, athletes, and referees.

Sports movement is a special form of social movement, which creates, develops, preserves, accepts and exchanges sports wealth, forms a person's organization, prepares the workforce for the society, and active defenders of the

Motherland. In Uzbekistan, sports movement is a necessary field of ideological struggle, it is one of the aspects that influence the public and educate people's national consciousness. Sports movement has historically created the following forms: mass, amateur sports. In addition, it creates a business form - professional sports.

Sports activity is the highest form of movement activity development, and the versatility of the process of human activity is the organization of physical and psychological development and improvement of a person in relation to the demands of society. Sports activities: divided into personal sports activities and organizational-pedagogical activities.

A person's sports activity has two interrelated aspects: reorganization and understanding (the athlete's knowledge, skills, skills and high sports performance).

Classification of sports.

Today, many independent types of modern sports have appeared, each of which differs from other sports by its form of competition, special movement structure, rules of competition, and the method of evaluating competition activity.

Matveyev LP (1977) divided sports into 5 groups depending on movement activity:

The first group - this type of sport requires physical qualities to the limit, and the athlete can succeed depending on his personal potential (boxing, gymnastics, wrestling, sports games, athletics, etc.);

The second group - sports related to driving technical vehicles (motorcycle, car, boat, yacht, etc.); the result of the sport in this type depends on the self-propelled technical means and the ability to manage them;

The third group - target sports with strictly limited conditions from special weapons (rifles, bows, etc.);

The fourth group - model - types of mutual comparison of construction activities (aviation model, car model and similar activities);

The fifth group is the type of sports to win in an abstract-logical way (chess, checkers);

Topic 2. Methods of organizing and conducting physical education classes in educational institutions

PLAN:

- 1. Content and structure of physical education classes**
- 2. Methodology of training**
- 3. Physical education and health activities are on the agenda, morning gymnastics**
- 4. Training activities with physical exercises**

Forms of organization of physical education - this is an educational-educational complex of children's colorful activities, the basis of which is movement activity. The forms of organization of children's movement activities are as follows:

1. Content and structure of physical education classes

Physical education class also has its own tasks. physical education is a pedagogical process aimed at improving the human body morphologically and functionally, forming and improving basic movement skills, skills, and knowledge related to them, which are important for his life.

it is directly related to the effective conduct of the physical education lesson. Every physical movement must be performed correctly and precisely, otherwise it can lead to bad consequences. Physical education is effective only if it is well studied in theory before performing physical activity and then physical activity is performed practically.

The structure of the training consists of the consistent performance of physical exercises by children. It is determined by the assigned tasks, the working ability of the nervous system and the characteristics of the child's body at each age. Controlling the dynamics of the child's organism and his psychology during training is one of the main tasks of the educator.

Physical training consists of three interrelated parts:

1. Introduction - preparation.
2. The main part.
3. The final part.

Educational, training, and wellness tasks are equally important for every part of training.

Content and tasks of the introductory part of the training

The first part of physical training can be different depending on the tasks and the content of exercises in its main part.

The purpose of this part of the training is to create an interest and emotional mood in children, to check the level of preparation of attention, to clarify some movement skills, to gradually prepare the child's body for a somewhat intensive and fast activity that takes place in the main part of the training.

For this purpose, children are offered to perform familiar exercises and their variants that help to educate the correct height, prevent flat feet, aim in space and in the team, and do not require a lot of time.

Such exercises include:

- alignment exercises - various alignments and re-alignments;
- walking and running with various tasks;
- spread out and run lightly and then line up in large and small circles, columns and hakoos;
- walking on the heel, tiptoe, on a thick cord on the floor, walking on a ladder, etc.

The introductory part ends with children lining up in groups of three and four, spreading out... It serves to teach children general development exercises at the beginning of the main part of training.

This part lasts from 2 to 4 minutes in small groups, from 3 to 5 minutes in medium groups, from 4 to 6 minutes in large groups.

Training main part duties and content.

In this part of the training, in one case, firstly, the tasks of teaching children general development exercises, then basic movements and education of physical qualities are defined; in the second case, training in basic movement exercises is prescribed. These exercises provide introduction to new movement material, repetition of previously familiar exercises using different options, improvement of movement skills in the strengthening phase. After that, regular action games will be held, which will make all the children active.

The duration of the main part of the training, which is carried out by teaching general development exercises: 15 to 18 minutes in small groups; in the middle group from 20 to 22 minutes; in a large group it is from 25 to 28 minutes.

When it is conducted without general development exercises, its duration is 8-12 minutes in small groups, 12-15 minutes in a medium group, and 15-20 minutes in a large group.

Training the finisher part.

The final part of the training session from the game includes an intensive photo walk that gradually slows down. It helps in general mobility work ; children can do several breathing exercises while walking. In some cases, walking can be replaced by a low-motion game with the participation of all children. At the end of the walk or the game that replaces it, the training is completed. Final part: 2 to 3 minutes in small group, 3 to 4 minutes in medium and large groups.

Duration of the entire training session:

- 15-20 minutes in small groups;
- 20-25 minutes in medium groups;
- in large groups it is 30-35 minutes.

Outdoor physical education training

It is very important to conduct physical education activities in the open air. They help the functional formation and training of the child's body, increase resistance to colds.

Outdoor training consists of three parts: introductory, preparatory, main and final parts.

The introductory- preparatory part of the training consists of exercises to improve movement technique, strengthen leg muscles, breathing and slow running exercises to improve stature. After running, the children line up in a column, circle, etc., which is convenient for further exercises.

The main part of the training is intended for general development exercises that give a good load to the muscles of the arms, body and legs. After that, run at an average speed. It ends with marching and children regrouping to perform basic movements.

In the final part of the training, we switch from slow running to walking while performing breathing exercises.

3. On the agenda, physical education and health work, morning gymnastics

Morning gymnastics is a mandatory part of a child's daily routine in a family, green kindergarten. Conducting it under the guidance of adults gradually educates children to get used to physical exercises that induce pleasant muscle sensations, positive emotions and cheerful mood. The importance of morning gymnastics is diverse: it improves the vital activity of the body, activates the nervous system after sleep, shortens the time of transition to wakefulness, and creates positive feelings.

For morning gymnastics, a set of exercises is selected from previously learned exercises.

Morning gymnastics is introduced from the first small group. Movements are not taught in morning gymnastics, so the teacher does not need to explain and demonstrate the exercise in advance. In the first half of the year in small and medium groups, the teacher offers the children to do the exercise with him.

4. Physical exercises with done to be increased training events

Fitness activities are very effective when combined with physical exercises: active muscle work helps the process of improving heat regulation and thus the adaptation of the body to the external environment.

The recovery process is diverse, on the one hand, it includes special activities (air, water, sun baths) according to the doctor's recommendation, and on the other hand, the conditions set in the daily routine (regular airing of the room, keeping the windows open, children wearing light clothes) - headgear and shoes, compliance with the set duration of the walk and the order of children's movement activity, sleeping on the porch with open windows). All this ensures the full training of the body, brings about pleasant changes in it (improves the state and function of the nervous system, the process of metabolism, blood composition , deepens breathing, creates an emotional and positive state of the psyche) and the child's behavior in this condition adapts

The child takes air baths first in the room, then on the street. Air baths are cold (10-20 C), indifferent (23-30 C) and hot (above 30 C). The child is gradually accustomed to cold weather. First, children take a 15-20 minute air bath in their pants. 10-15 days after taking an air bath, the child can be taken outside in light clothes.

In preparatory groups, waist-deep water can be used after morning gymnastics. Children bathe independently, in which neck, chest, shoulders and hands are treated with water, divided into the following types: cold (water temperature 20s), cool (20-30s), indifferent (34-35s), warm (36-40s), warm (above 40s).

Bathing as a regular daily treatment is an excellent means of health and exercise of the child's body. Cold water, ultraviolet light, fresh air, children's movement, these tools have a good effect on the child's body and nervous system. However, despite the effectiveness of this procedure , it is necessary to use it very carefully , teach children to it gradually - wipe before showering and gradually lower the temperature of the water.

First, you should spend no more than 5-6 minutes in the sun. This period increases every day by 5-6 minutes and finally reaches 1 hour.

The child should lie in the sun with a towel on his head or wearing a panama, every 2-2.5 minutes he should roll over from his stomach to his side, then to his back, then

to the other side. After sunbathing, you can rest in the shade for 15-20 minutes, pour water over it, and swim in the pool for 5-10 minutes.

Review questions

1. How are physical training sessions conducted?
2. How is the routine of physical rehabilitation carried out?
3. How are physical exercises during morning gymnastics, active games and walks carried out?
4. Physical minutes, how to do the last physical exercises after daytime sleep?
5. How are training activities conducted?
6. Active recreation: how are children's tourism, physical recreation, physical education holidays, health days, vacations conducted?
7. How are children's independent activities conducted?
 1. Purpose and tasks of physical education.
 2. Physical development.
 3. Requirements for the physical education class.
 4. Physical education
 5. Physical culture

SUBJECT 3. Physical education in general secondary schools

PLAN:

- 1. Specific features of the lesson and general requirements for it**
- 2. The content of the lesson and its structure**
- 3. The method of load moderation in the lesson**
- 4. Methods of organizing students' activities in physical education classes**
- 5. Types of physical education lessons**

1. Characteristic features of the lesson and what is attached to it general requirements

Physical education classes have their own characteristics according to their content and organization. They are held in the hall, on the playground, in the vestibule, in such places the movement of children is less restricted, which creates special conditions for organizing and conducting lessons with children. Children in physical education classes

they don't wear regular school clothes, but special sports clothes, they are in different temperature conditions. During the lesson, they have to repeatedly change their places to practice and interact with each other in a variety of ways. In addition, the teacher can deliberately change the situation in the classroom immediately when the students are forced to act in full dependence on the class. Physical education classes are distinguished by a large number of very diverse movement sensations that affect

the body of students. Therefore, a more individual approach to students is necessary here. Physical education is of great practical importance.

All these characteristics increase the responsibility of the teacher to conduct physical education classes.

2. The content of the lesson and its structure

One of the most important issues related to physical education classes is how to organize them.

Lesson structure means an approximate target plan used to create a separate lesson. The structure of the lesson helps the teacher to choose exercises wisely, place the material correctly and determine the load in the lesson.

The structure of the lesson depends on the tasks set based on the consistent study of the program materials.

Solving any pedagogical task in a physical education class requires a lot of effort from the body of the participants. The body should be adequately prepared for this work.

IPPavlov showed the harmfulness of the body's readiness to solve a difficult task, and said that gradualness and exercise are the main physiological rules in clinic and pedagogy. imposes the obligation to solve after some preparation. Solving the main tasks of the lesson requires organizing the students, creating the necessary mood and enthusiasm for this task. After organizing the students, that is, after fulfilling Pavlov's physiological rule of gradualness, it is possible to start solving the main task. Fulfillment of the main pedagogical task often coincides with the period when the students are active.

Preparation part (8-10 minutes). The task is to organize the students, explain the task of the lesson, prepare the student's body for future physical activity and exercise. Content - elements of formation, gymnastic re-formations, additional movements with arms, legs, body, walking, running, jumping, number development and dance exercises,

The main part (25-30 minutes). Tasks - to solve the main tasks of the lesson, that is, to teach new material, to repeat the material passed in order to strengthen it, to achieve the students' acquisition of movement, competence and skills, to develop their quickness, agility, endurance.

The exercises in the main part should be a consistent continuation of the exercises in the preparatory part.

Any material given in the program of this stage can be included in the main part of the lesson.

Exercises that strain the body are performed after light exercises. This follows the rules of gradually increasing the load.

Final part (3-5 minutes). Its tasks are to gradually move from the tension and agitation that occurred in the main part of the lesson to a relatively calm state, to show positive aspects and shortcomings, to finish the lesson, to give homework, to move to a new activity in an organized manner. Due to the correct conduct of the main part of the physical education lesson, a little excitement occurs in all the members of the student, and the heart rate and breathing speed up. Now, in order to prepare students for another type of activity, it is necessary to bring their bodies into

a state of balance. Content - line-up, walking, rhythmic and dance exercises, breathing

acquisition exercises, quiet play, teacher's closing speech, homework.

Determining the tasks of the lesson

Are the tasks of education (teaching) for the student to perform the exercises provided in the program, to improve the learned exercises, to apply the lesson in different conditions? as well as teaching to develop competence and skills.

The following must be taken into account when expressing educational tasks:

a) basis of technique in teaching;

b) the main part or details of the technique in the movement activity being taught ;

c) the level of physical and mental demands placed on participants.

Teaching tasks: 1. Introducing the exercise related to the content of the training.

2. Consolidation and control, acceptance of tests, etc.

The implementation of educational tasks is usually carried out in connection with the tasks of upbringing and health. In physical education classes, attention, discipline, will, organization, carefulness, as well as friendship, camaraderie, striving for a goal, independence and determination to overcome difficulties are cultivated.

3. The method of load moderation in the lesson

The teacher also solves problems related to physical load while preparing for the lesson. Physical load is determined to a certain extent by the nature of physical exercise, that is, the amount of exercise, the repetition of exercise, the time allocated to exercise, as well as the conditions of exercise. All physical exercises have an effect on the body of the exerciser: some more, some less. A lesson with a large number of exercises will be more difficult. Therefore, the load in the lesson will be different, the teacher must balance it.

The teacher should give enough weight to the body of the students in each lesson. Along with the educational tasks, it also ensures the improvement of the necessary functional activity of the organism. For this, it is necessary to use physical exercises skillfully and to know how it affects the body of those who exercise. There are many ways to determine the effect of physical exercise on the body. They include: measuring blood pressure, body temperature and pulse, checking blood composition, etc. The teacher uses more than the indicated methods to measure the pulse. The student's pulse is measured before running, jogging, alternating hurdles, or other exercises. Then exercises are performed, after which the pulse is measured again. Pre-exercise and post-exercise indicators are compared.

In order not to overburden students, difficult exercises should be replaced with easier ones, and familiar exercises with unfamiliar ones. Simultaneous training of a large number of students with different physical training makes it difficult to balance the load. Training should be aimed at students with average physical fitness, and physically stronger students should be given individual (additional) tasks. The following methods are used to balance the load of physical education in the lesson:

- change the amount of games and exercises;

- repeating the exercise in different amounts;
- increasing the time allocated for exercise or reduce;
- change the pace of the exercise;
- increase or decrease the amplitude of movements;
- complicating or simplifying exercise;
- use of different objects in the exercise.

4. Methods of organizing students' activities in physical education classes

The methods of organizing students' activities in the lesson mean the methods of organizing students' exercises according to the teacher's plan. Frontal (close-up) training method - all exercises

students do at the same time. Its advantage is to cover more students, to achieve high intensity and physical load in the lesson, if the students follow the teacher's order or command, the method of doing exercises is a good example of doing exercises as a team. This method is widely used in work with students of all levels of educational institutions, especially when introducing educational material.

The group method consists in the fact that students are divided into groups, each group works independently according to the teacher's task. This method is used when there is a lack of equipment and supplies for training. In order to use time wisely, two or three types of exercises are studied at the same time. Groups are known after a while they change places. A leader is assigned to each group to monitor the student's behavior during the training.

5. Types of physical education lessons

There are the following types of lessons in the practical work of the school:

1. Introductory lessons.
2. Familiarization lesson with new educational material.
3. Lessons to improve the lessons.
- 4 Mixed classes.
5. Control lessons.

Any lesson is modeled according to the program developed on the basis of the state educational standard, without conflicting with the work plan, and each lesson has its own characteristics.

Introductory classes are held at the beginning of the academic year, each quarter, and before starting new sections of the program.

At the beginning of the introductory lesson, there will be a conversation. In it, the teacher introduces the students to the content of the upcoming lesson, the tasks of the teacher and the students, the curriculum and the requirements for them. In this lesson, the teacher focuses the children's attention on active action, accurate performance of tasks, and the need for the whole class team to work together in harmony. Introductory classes are followed by familiarization classes with new educational material. There will not be many such classes. After the introductory lesson, only one introductory lesson can be held, because in the subsequent lessons the children are already familiar with the previous lesson.

The feature of these lessons is that each part of the lesson should contain new material for children. This gives the teacher the task of providing

interesting material that children can easily learn in the lesson. The main task in the improvement classes is to further strengthen the performance of previously learned exercises. In these classes, attention is paid to the technique of performing exercises, the formation of skills, complications and games are used to improve movement skills and abilities.

In mixed lessons, the tasks of introducing new material and improving the performance of what has already been learned are carried out together. In the main part of this lesson, it is necessary to give new material specific to one type of exercise and spend more time on it. The rest of the lesson materials are prepared to achieve good performance in the exercises. It is known that the new educational material requires a lot of attention from the children, it is given in the first half of the lesson, and then the lessons are repeated. New material is given after repeating the exercises of the previous lesson. In this case, the new educational material can be passed in the middle of the main part of the lesson, taking into account the increased load.

Topic 4. Planning of educational work in the general secondary education system.

PLAN.

1. Planning of educational work in physical culture.

2. The distribution of topics into lessons is planned

The lesson of physical culture is considered the main training form of educational work. Its planned implementation affects the effectiveness of the lesson. The right choice of planning technology and the content of its development is one of the important factors, which allows to fulfill the set goals and tasks accurately and carefully.

Allowing superficiality in the planning of the physical education education process, creating the necessary documents only for the sake of presentation to the inspectors, does not serve the success of the education-education process. creates formality in the relations of the parties.

Planning is the teacher's creative work. The conditions of the school, the physical development of its students, the level of preparation, possible sports and wellness, public sports activities, physical culture institutions outside the school, establishing relations with parents, embodies the content of a broad educational and organizational process, ensures the success of physical education for the academic year, and requires the specialist to have the necessary professional knowledge.

Planning is based on the teacher's creative analysis of his own work and accumulated experience during the last academic year, enriching it with theoretical and practical innovations, new considerations, and the condition created for the academic year. - based on the conditions, it is a responsible activity that consists of creating new projects and a road map of the educational process by making the necessary changes to the educational process.

Preparation for the planning of educational work in physical culture and technological requirements

In order to plan educational work in a general education school, the teacher starts planning before the beginning of the school year. Innovations in the field,

gathers the necessary information. This information helps in the correct identification, selection and use of forms and means of effective teaching of educational material.

Before starting planning, the planner will familiarize himself with the following recommended information, evidence, final results of analysis, recommendations in reports, etc., regarding the physical education process of the school.

The planner thoroughly studies the curriculum material of each parallel class. Taking into account that the technique of exercises that are difficult to master will continue in classes, the sequence of teaching topics, the technique of movement should be taught in full or by dividing it into blocks into separate or a series of lessons, educational quarterly tasks defines as The most important thing is that he knows the content of the curriculum completely, tries not to make mistakes in following the sequence in the distribution of them from class to class.

Training plans made taking into account the composition of training (lesson) participants (students), their state of health, level of theoretical training, physical and technical training are considered to be realistically (fairly) structured. The collection of the mentioned data involves the study of the documents prepared by the planner in the previous academic year - medical examination forms, the end of academic quarters, the analysis of annual reports, the results of interviews with students, the results of the new plans it helps to get out of life.

Orienting the plan to the goal and setting clear, solvable tasks based on the plans for a certain period (a series of lessons, quarter, academic year) and the tasks that have not been solved in them One of the main requirements is to plan for the continuation of the solution. Only then, random, episodic, ineffective lessons will be put an end to, and bold steps will be taken towards the planned perspective.

Taking into account the possibility of the exact implementation of the plan, pay attention to the ability of the implementer, the conditions in the school, the material and technical base and other possibilities! get; to enable the teacher to make a realistic assessment of his capabilities, to be able to see the progress achieved in teaching the materials recorded in the curriculum and to comply with the requirements of its planning.

Concreteness of plans, realism, division of teaching into specific stages, efficiency of tasks and the tools chosen to solve it, achieving maximum pedagogical result by being able to plan the necessary from a large number of exercises; performing exercises in sequence, not planning to learn "high-impact exercises" before simple exercises.

In planning the educational process of physical education practice, it is impossible to draw up the same ("template") plans in the form of a "model" for all schools. related to theoretical knowledge and practical skills, experience, physical development of the contingent, physical training is different.

The fact that the science of physical culture as a subject of education is a separate subject that is compulsory taught in all educational institutions of the educational system is a proof of the state importance of the subject. Science serves

to realize the great goal of preparing the country's population for creative work and defense of the country.

While studying the course of theory and methodology of physical education, the future specialist of physical culture must learn specific methods of athletics , gymnastics, sports games and other sports disciplines, as well as the practical skills and abilities of school physical culture teachers. .

embodies the teacher's ideas about the work planned for the next academic year , the results of creative analysis of the rich experience accumulated by him and other colleagues during his individual activities. Observing pedagogical activity means not only working on one's own subject, but also using the experiences of experienced subject teachers.

Plans specify a number of specific tasks to achieve the desired result, which facilitate the acquisition of necessary knowledge to solve them. So, training is classified as one of the technological operations of the educational process, and it is understood as the knowledge of the process of successive and sequential slaughtering of the tasks of growth and growth.

Some of the plans strengthen the pedagogical influence of the teacher on the students, include the system of solving the specified tasks, completing the task.

The planned tasks, like the previously solved tasks, should envisage the active implementation of the students, and thereby exclude the unfavorable factors that destroy the proper organization of the teaching process of physical culture. Therefore, it should be taken into account when planning the organization of a system of step-by-step control with the help of specially designed express tests to control the correctness of the planned non-pedagogical process.

If the result of the report obtained for each stage of education and upbringing, it is concluded that the planning of the educational process for the profession is carried out in accordance with the content of the planned work.

The annual plan is a schedule of sections of the physical culture science program recommended by the state educational standard - for gymnastics lessons, athletics lessons, sports (basketball, volleyball, handball, football) subjects and movement games, swimming, wrestling. provides for the purposeful distribution of the materials of sports subjects to academic quarters. "Annual plan - schedule" of educational work is created for each parallel classes of the school

Teaching the subjects of the program departments is half of the other subjects of the general education school: the practicality of the lesson; diversity of the subject; the amount of study hours allocated for the study material; the breadth of topics included in the program; physical development of the pupil's organism; level of physical fitness; it differs by the teaching of several subjects in one lesson and other features. Accordingly instructional planning also differs from other general education subjects.

For example , the total number of hours of general subjects taught in a general education school is determined by the number of subjects that must be taught in this subject. As a practical science, physical education is planned to be taught in the curriculum of the school for 68 hours, and the number of subjects of the program is 80-90 in some classes. in other classes, the program topics differ even more. Annual

curriculum-schedule distribution of teaching materials of the physical education program departments in the general education school in terms of academic quarters, breaks of the year. It includes taking into account the climatic conditions, material-technical, educational base of the school, the level of its provision, planning to spend some of the educational materials in the open air, some in specially equipped rooms, sports facilities, water basin.

Note: The annual schedule of academic work is divided into 6 columns, the first column is the number of courses organized by the physical education program sections of the DTS, the second column is the number of courses organized by the program sections, the 3-4-5-6 columns are the annual 63 The division of the physical education class into quarters is recorded.

Annual curriculum - table of seasons of Uzbekistan. Taking into account the climatic conditions, the teaching process of the program departments is divided into the following stages: I) autumn, 1st quarter; 2) autumn-winter, II quarter; 3) qshiki, III- quarter; 4) spring-summer, IV quarter.

Annual curriculum - the schedule of program sections for each quarter of the academic year, for example, light athletics, sports activities in the first half of the second quarter, the fourth quarter; It is appropriate to plan gymnastics, swimming (schools with conditions), wrestling in the months when the temperature drops, or in the classes between the seasons (the second etai), use the gymnastics material as the main tool (additional tool). as) has proven to be more effective in planning practice.

2. The distribution of topics into lessons is planned

The distribution of subjects to classes is made on the basis of the annual schedule of the planned educational process, for the subjects of one section of the curriculum or for each academic term. In it, the materials (topics) of the program sections of the annual curriculum are distributed to the lessons of the academic term (see the Estimated schedule of the distribution of topics to lessons,

Academic quarters, weeks and months are noted above the columns with class dates. In other words, in which quarter of the academic year, in which lesson, which subject will be taught, the next document of the educational process will be drawn up.

Usually, the recorded plans for separate sections of the program or each academic quarter, its structure for separate series of lessons are also found in the practice of physical education. This method of planning is convenient with the possibility of timely correction of errors (which are natural) during the educational process.

In the column where the topics of the lesson plan are presented, each program should be placed on a separate page, without mixing with the second topic. increase is appropriate. The sequence of topics is first the topics of the basic material, then the material (topics) of the "skills and qualifications" section that must be mastered by the student on these topics, and then the study of this section requirements set for students, homework assignments (recommended in the program) are included in the plan in a clear sequence.

The schedule for the distribution of subjects to lessons should include the following in its content:

By predicting and approximating the structure of the lesson, matching the educational material (topics) taught in this lesson to the preparation, main, and final parts of the lesson, putting a mark in the column of the lesson, it is made clear that exactly this topic or physical exercise will be held.

The subjects taught in the main part of the lesson are selected from the skills and competencies section of the program designed for this particular class. In connection with the division of students into several educational groups in the main part of the lesson, planning to teach 3 or more subjects in one lesson should be considered a simple matter. It should be considered as one of the principles of physical education that the selected subjects should develop not one, but several movement qualities.

We can see that the plan mentioned in a number of study guides and textbooks is named differently as "Schedule of Teaching the Subjects of Program Departments", "Expanded Schedule of Subjects", "Schedule of Distribution of Subjects into Quarters" and others. .

The materials of the "requirements for students" and "homework" sections of the timetable for the distribution of topics for lessons are adapted to the topics taught in the lesson, recommendations on how to perform the task exercises for students in the fields of the lesson, and the supervision of its implementation are provided by the teacher and making it mandatory for students to be taken by their parents is showing good results.

Nowadays, in the practice of physical education, such activities as homework assignments, special parent-parent meetings, joint meetings with the parents of grade students are effective in teaching the planned topics.

of the table of distribution of subjects for lessons, the topics of homework or normative norms for students are copied from the syllabus and written down.

In the content of the working plan, the main topics recommended and planned to be mastered in the program and their consistency, sequence, and gradual transition from easy to difficult to more difficult tasks (from lesson to lesson) are observed. The amount and intensity of the physical load is gradually increased from training to training, and time is allocated to the theoretical materials of the program.

Topic 5. Teaching methodology in grades 1-4 , 5-9, 10-11

PLAN:

Methodological basis of organization and conduct of physical education lesson in grades 1-4

Methodological basis of organization and conduct of physical education lesson in grades 5-9

Methodological basis of organizing and conducting a physical education class in grades 10-11

The effectiveness of the physical education lesson often depends on the importance of the teacher's plan, the method chosen to organize the activities of the participants and the ability to effectively use the existing equipment and sports equipment, technical means, sports facilities, temperature, climatic conditions, the readiness of the students, their age, individual taking into account its features and being able to use it effectively.

Ensuring the organization of the lesson includes:

- 1) creation of medical and hygienic conditions and compliance with them;
- 2) material and technical support;

3) implies the effective solution of the task by choosing the right methods of organizing students' activities in the lesson.

Creation of medical-hygienic conditions for the conduct of the lesson is understood as a whole set of complex measures that arise in the process of doing physical exercises, resulting from the health effect. Accordingly, to achieve compliance of the place of the training with strictly defined medical and hygienic norms. The air temperature for the gym (the most favorable) should be kept at 14-16 C. During the breaks, water is sprinkled on open fields, and sports halls are opened and aired. It is clear that the air ventilation exchange in the lungs of a person when he is at rest is about 6 l per minute , and during high-intensity exercises (running, sports), the body's air intake can exceed 10 or more levels. Therefore, it is important to supply the workplace with fresh air. In particular, the cleanliness of the equipment, utensils, mats (carpets) in the hall requires constant attention and attention. After each lesson, it is necessary to wipe the floor of the hall with a damp cloth, and the equipment mats with a damp cloth. After the end of the work, the cleaned area needs to be cleaned. Because an uncleaned hall causes a great loss to the employee's tax, causes the body and sports uniforms to become dirty.

The material and technical support of the lesson means sufficient level of educational equipment, equipment and training place, which allows to ensure the optimal density of the lesson, guarantees the complete solution of the set complex tasks. In recent years, on the initiative of physical education teachers in most schools, gyms and sports fields are equipped with non-standard equipment, equipment and simulators that can be used by many students at once. The use of such equipment leads to the creation of a highly effective organizational form, and ultimately to an increase in the results of the lessons.

13.3.3. Physical education is the content of the lesson

The content of the physical education lesson is expressed in the totality of four main components that determine the quality of the lessons. These elements are interconnected and are called characteristic *components of the lesson, they are:*

a) *physical exercises included in the lesson.* It is the largest characteristic component of the content of the lesson. But such a concept is one-sided and serves as a subject of activity for students in solving the tasks of educating, sanitizing, and imparting knowledge. Exercises are the content of the generalized subject of the lesson, in other words, it is only one side of the content of the lesson. b) activity of the students in the lesson, which includes the implementation of the recommended exercises, *is one of the next major components of the lesson content.* This component consists of different forms of intellectual and physical activity of the student, which include: listening to the teacher, carefully observing the exercise being shown, thinking about the imagination created through movement activity, thinking about the activity to be performed. [the project](#) forming an idea, carrying it out, controlling and evaluating one's own actions, discussing problems together with a teacher, being able to control one's character and mood, managing emotionality, etc. All activities of the students to solve the lesson task form the basis of the lesson content. v) *the activity of the pedagogue is the next component of the lesson content and* is manifested in the following cases. Giving homework and explaining it, being able to explain the specific task of the lesson and organize its solution, keeping students under constant control, analyzing their activities, as well as directing the students' activities to the right path, maintaining the relationship between them in the center it includes important basic conditions that play a positive role in the educational process, such as directing, managing and controlling activities. g) *Physiological, psychological, biomechanical and other changes* that occur in the students' body during the exercises included in the lesson are considered to be one of the next major characteristic components of the lesson content . , the hidden (latent) period that occurs through mastery, motor skill and its automation occurs as the fourth component of the content of the lesson. In this, the effect of the teacher's activity and the students' activity will be hidden. Whether the planned educational work is being carried out or not is currently monitored, and guidelines are prepared for how the pedagogical activity should be continued later.

CALENDAR - TOPIC PLANS

CLASS 1

Physical education 66 hours

No	1st class	1st quarter		2nd quarter		3rd quarter			4th quarter		
		IX	X	XI	XII	I	II	III	IV	V	
1 .	Theoretical knowledge	During the lesson									
2.	Gymnastics	16	-	-	-	-	4	6	6	-	-
3.	Athletics _	13	4	3	-	-	-	-	-	4	2
4.	Action games	37	5	6	6	8	2	-	-	5	5

Total	66	9	9	6	8	6	6	6	9	7
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No	1st class	1st quarter (18 hours)																	
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
1.	Theoretical knowledge	During the lesson																	
2.	Gymnastics																		
3.	Athletics _			+	+	+	+					+	+	+					
4.	Action games	+	+						+	+	+				+	+	+	+	+

Lesson	Subject and tasks	Hour
1-2 –	Theory: Safety rules in physical education classes. Observance of hygienic rules when doing physical exercises. Practical: <i>Action games</i> . a) Teaching behavior and safety rules in physical education classes; b) Alignment and line exercises (one -person line, standing in a line, counting); c) Exercises for walking upright; d) Action games "Line up", "Everyone quickly to their place" , "Charkhpalak", "Danak".	2
3-4 –	Theory: About the sport of athletics . Practical: <i>Athletics</i> . a) training of the URM complex; b) Improvement of learned line exercises; c) techniques of standing at a low start, exiting the start, running along the finish line, entering the finish line; d) Throwing the ball at the target; e) run for 30 meters.	2
5-6 –	Theoretical: The importance of physical education in reducing health . Habits harmful to human health . Practical: <i>Athletics</i> . a) Line exercises (turning to ten, left and back , counting by numbers); b) Tennis ball (from standing position) and throw 2-3 steps away ; c) 3x10 mokki running ; d) Alternate running with walking at the same speed for 1-1.5 minutes.	2
7-8 –	Theory: Positive effect of morning physical exercises on human health . Rules for training in sunlight. Practical: <i>Action games</i> . a) Walking in a row; b) independently perform the elements of the URM complex; c) action games "Don't get your feet wet", "Run, my child, the snow has come" , "Red flag", "Potato planting"; d) Relay race (6x30 m).	2
9	Theory: The role of URM in student health. Practical: <i>Action games</i> . a) Walking in a row with the feet forward, to the side; b) Walking upright; c) action games "White poplar, blue poplar", "Shepherd"; d) Alternate running with walking for 2 minutes at the same speed.	1
10-11-12 –	Theory: Personal hygiene. Cleanliness is a guarantee of health (hands, feet, eyes, teeth).	3

	Practical: <i>Athletics.</i> a) Row exercises: "Line up!", "Straighten up!", "Stand up!" carry out orders; b) Moving the figure in different positions; c) Teaching long jump from a standing position (dipping, flying, landing) ; d) 3x10 sled run; e) Repeat throwing the tennis ball to a distance ; f) alternating running with walking for 100-150 meters .	
13-14 –	Theory: first aid in case of bodily injury . Practical: <i>Action games.</i> a) repeating the set of URM's; b) Squat exercises; c) action games "Olib Kochar", "Zaghizgan", "Kopkan", "Forty Stones"; d) Jump rope exercises.	2
15-16 –	Theory: Proper breathing and exhalation during exercise . Meal plan during the day. Practical: <i>Action games.</i> a) Performing exercises with objects; b) Body building exercises; c) action games "Ikki Yahob", "A horse on the target" , "Permache garden", "Builders"; c) alternate running with walking for a distance of 150-200 meters .	2
17-18 –	Theoretical: Measures to prevent the flu. Flu. Practical: <i>Action games.</i> a) Performing exercises without equipment ; b) action games "Goat children", "Paint seller", "Sakra almond sparrows", "Bell"; c) Perform long jump from a standing position ; d) improvement of 3x10 mochiki running.	2

SUBJECT 6. PHYSICAL EDUCATION WORKS OUTSIDE THE CLASSROOM.

PLAN

1. The content of extracurricular activities on Islamic education.
2. Composition of the general education school physical culture team
 - 2.1. Public organizational work
 - 2.2. Educational sports activities

2.3. Propaganda and promotion work

2.4. Household work

2.5. Registration and reporting work

2.6. Work on Alpomish and Barchinoy test

1. Content of extracurricular activities on physical education.

Physical education and sports are one of the necessary factors of all-round development of a child, as well as teaching a healthy lifestyle. Scientific studies conducted on the development of a healthy child show that the role of physical education and sports in the formation of the child's organism is incomparable. The human body feels the biological need for regular movements. These actions serve as an active biological stimulus for physical maturity and intellectual development. The period of rapid growth and development of the organism corresponds to childhood and adolescence. Today, the formation of a healthy and harmoniously developed citizen of our republic cannot be imagined without physical education and sports. There are scientifically based studies on the significant impact of properly organized physical education and sports training on children's health and the ability to resist the adverse effects of the external environment. Physical education and sports Education forms confidence in the future, emotional and spiritual vitality in children and adolescents, and forms feelings of patriotism and love for the Motherland. In order to make sports a daily need of children and to attract them to sports, many public competitions are held in places. There are 3 mln. in cities and villages of our republic. 554 thousand boys and 3 mln. 416,000 girls are studied in which type of sport they are most interested in, and special attention is paid to the possibilities of developing sports suitable for urban, rural or remote villages, mountain or desert areas. Accordingly, 6.9 mln. attracting more than 100 boys and girls to 91640 sports clubs and departments in their free time, organizing and financing Republican competitions among students, strengthening the material and technical base of sports, certifying sports facilities. Activities such as training manuals on physical education and sports, as well as the preparation of training rules for sports are being carried out. The integrated national system of three-stage competition, which serves the development of children's sports based on the requirements of the times, introduced in our country, has become the main mechanism that continuously attracts young people to sports. This system: combined the efforts of regional governments, relevant ministries and sports organizations to attract students and youth to sports; - organized scattered, unrelated and non-targeted competitions in rural areas.

2. Composition of the general education school physical culture team

Physical education extracurricular activities are carried out through the physical education team of the general education school

Content of activity of physical culture team of general education schools () The physical culture team of the school is a community-based organization of students that coordinates school and family cooperation in the implementation of physical education of students.

Proper organization of activities allows to carry out extracurricular activities at school on a large scale, attracts students to socially useful activities, forms the habit of regular physical exercise and systematic participation in classes.

The organizational and methodical leadership of the team is led by the school's physical education teachers and the community-based board of the team. (formation of the school physical culture team in motion is carried

Together with the physical education teacher and the deputy chairman, the school's "calendar plan of public sports activities" and "plan of public health activities". Prepares "plan of annual meetings" of council. It will be discussed by the Pedagogical Council of the General Education School.

Vice- chairmen periodically report to the board. Approves the composition of school national teams participating in regional and city competitions. Participates in the preparation of the order of the school director and the S council on awarding physical education assets and the best athletes, and awarding sports titles.

The Committee of Public Organizational Affairs includes active athletes of the school, organizers of physical education, public guides, young sports referees, sports reporters, artists, photojournalists in each Commission of the Council. Involves them in various activities in the life of the school's physical culture as part of the necessary commissions. It is very important in the educational process to include in the plan of rehabilitation works and turn them into a tradition.

2.2. Content of the work of the "Educational and Sports Affairs" commission

si entrusts the organization of educational and sports work to a special commission of the council, and the members of this commission organize and conduct the following activities

They: sports organizations and children and teenagers give tickets to the school's talented students to participate in sports schools; conducts seminars for high school students, public guides, members of the bureau of sports sections and leaders and members of the commission; the athletes of the organizations are involved as public guides to conduct public sports activities and training of sports sections at the school;

- Physical education teachers are responsible for training in the school's national team;
- prepares the training schedule of the school sports sections and supervises their activities, organizes the activities of the sports sections. ;
 - In terms of physical development, children who are lagging behind their peers, students who do not participate in sports sections, organize general physical training (UJT) sectional work and optional training;

The classes of the UJT section are conducted with groups of children of the same age 2-4 times a week for 45-60 minutes, mostly in the open air. Training programs for UJT groups are drawn up by physical education teachers;

2.3 Content of the work of the Commission for Propaganda and Propaganda

In the school's promotion and promotion of physical culture and sports, verbal and visual methods of promotion and promotion work are widely used. Promotion and promotion of school physical culture is carried out by the commission elected as part of the council of the physical culture team, and its following forms are carried out through conversation, lecture, discussion, analysis, talk and other oral forms, various photo and video montages. , publications - newspapers, magazines, and the editorial staff of some of the school's monthly sports newspapers, including the activities of the weekly radio newspaper "School Sport".

Competitions, friendly meetings, traditional interschool sports weeks, etc. It is considered to be of wide variety according to its scope, and its practical importance is increasing nowadays.

2.4 Contents of the "Work of the Economic Affairs Commission "

It is of great importance that the economic work commission of and its activists have a tendency to construction, repair work, have carpenter, plasterer and other life-practical professions. As activists of public physical culture, they help to keep the material sports base of the school in compliance with the requirements for educational and extracurricular activities, to further improve it, and to start current repair works.

They are responsible for the repair, construction, installation and efficient use of sports facilities and equipment. Maintains inventory of equipment, sports equipment, sports fields, school, neighborhood children's park, sports facilities in need of repair.

2.5. Content of the work of the "Commission for Report Documentation and Registration".

The main content of the work of the committee, which is organized as part of the JMJM council of the school, is to monitor the implementation and execution of all writing and drawing work related to extracurricular activities, daily documents, prepared plans, and if necessary, make the necessary changes.

The sportsman's notebook deals with the level of sports training (discharge) and badges, orders for their issuance, and their formalization. The public registers referees and guides, prepares and conducts seminar training documents for them.

Pages for registration of sports competitions in which school national teams participated during the academic year (district, city championships); pages for school students to record the best sports results; the number of public sports referees, the number of awarded (awarded) students, the number of extended day classes for sports, "Alpomish" and "Barchinoy" test documents, pages for determining the number of honorees by age of each school; work plans of commissions; reports on extracurricular activities for the academic year; Sheets are allocated for writing the opinions and comments of the inspector (supervisors) and the normative records necessary for them are recorded, and the contents of the team activity and the work done during the academic year are created as an archive of the school's extracurricular activities.

Activists of physical education of , their training and implementation

The appointment of physical culture activists of the of the school and the establishment of their use is an indicator of the development of school physical culture and school sports.

Currently, the need for physical culture activists to organize extracurricular activities has increased. The large number of forms of extracurricular activities has eliminated the fact that the process of organizing public events can take a lot of time to prepare for them.

Activists conducting physical education classes. It is desirable to prepare at least two active participants for each class.

2.6 "Alpomish" and "Barchinoy" health test works

According to the nature of its content and organization, mass physical rehabilitation work organized on the basis of "Alpomish" and "Barchinoy" health tests as part of extracurricular activities is aimed at forming the habit of students to engage in physical exercises, the level of development of the physical qualities of the body. aims to control.

All the work on the health test is mainly based on the research of physical education activists consisting of the physical education teacher and the physical culture guide for the test prepared by him, the general physical training sessions that he conducts, or the preparation for passing the test norms. related to the content and quality of training in facultative groups.

Many students do not participate in physical exercises, public sports activities. Naturally, their body does not tolerate the movement activity or physical loads required by age. So, gradually, deviations in the formation (development and physical fitness) of the body begin to take place in a negative direction. Through the recorded trainings, it is possible to prevent the unpleasantness caused by not exercising by performing exercises to prepare for passing the "Health Test" norms, acquiring special knowledge and movement skills related to them. It is necessary to teach students in the course of education that the simple physiological law "requirement of a certain level of functional preparation of the organism to perform any action". Even getting up from a sitting position and walking is controlled from the outside by means of "reflective activity" in the body.

The process of preparing to pass the health test requirements and the control of the conformity of physical qualities with the requirements of biological age and non-conformity of the submitted physical qualities are determined by the results of the "Alpomish" and "Barchinoy" test norms.

Today, physical education teachers of general education schools, secondary schools and colleges, activists trained by them, primary military training specialists, school pedagogic team, neighborhood children's sports officials, parents and their school council are on the health test. to consider the work to be done as a priority. especially, it is necessary for students and young people to realize that this work is the most important, vital and practical work, and to make them feel comfortable doing it.

It includes the preparation, installation, installation of non-standard equipment for extracurricular activities, the purchase of tickets, etc., which are not necessary for teaching the curriculum material.

Taking into account that preparation work for passing the "Alpomish" and "Barchinoy" test standards is started in the family as well, building a physical education "town" (family physical culture corner) in a household with a student is the necessity of today. In its implementation, the initiative, advocacy, and organization of the student of physical education are important.

SUBJECT 7. Analysis of school lessons on physical education. The method of making a lesson outline.

PLAN

- 1. The method of making a development (summary) on physical education**
- 2. Methods of pedagogical analysis of physical education lessons**

The method of making a development (summary) on physical education

Development of a physical education lesson (summary, report) educational work

is the most basic planning document. A careful structure of lesson development has a great influence on ensuring the effective passage of the lesson. Lesson development

when specific requirements are set for the composition, its careful and exemplary composition requires a creative approach, knowledge and experience from the teacher. It can be said that a teacher who is able to create a lesson development using new pedagogical technologies in accordance with the requirements of the modern era can certainly conduct an effective lesson according to this plan. Lesson development is tailored to each lesson for each class. Of course, the lesson plan for 1 hour should be in accordance with the documents on the organization of the educational process. It is assumed that the development of the lesson should be in accordance with the physical education curriculum of general secondary education, annual, quarterly, monthly and weekly plans of educational work. In general pedagogy. Theory and method of physical education.

According to the recommendations of specialists such as Novikov AD, Matveyev AP, Makhkamjonov KM, Abdullayev A, Rafiyev X, Salomov RS, Khojayev P, different forms of lesson development can be used. Based on the lesson plans developed so far and personal experiences, we recommend a lesson plan as an example. This development is convenient for the teacher in all aspects of the lesson development.

A careful structure of the lesson plan for each lesson, correct tasks placement ensures effective organization of the lesson. Below is a sample lesson plan for 3rd graders.

Based on the positive possibilities of the teacher, the development of the physical education lesson given in the above example can be further improved on the basis of advanced pedagogical technologies. However, this must increase the effectiveness of the specified lesson.

It should also be noted that the teacher is above for each lesson

If he writes a lesson plan in the volume, he may consider it as excessive writing, too much work, and a waste of time. With this in mind, the following recommendations are made:

- the teacher has at least 4-5 extended perfect lessons for each class must be developed;

- abbreviated preparation of lesson plans for the rest of the lessons possible;

Some requirements are followed when creating a lesson plan. Including development

the abbreviated form should also be understandable. For this, to the following should pay attention to:

- the teacher prepares 10-12 URM complexes for each test at the beginning of the academic year

must make;

- URM complex should not repeat each other;

- URM complex is assembled separately;
- when creating a lesson plan, the URM should be consistent with the main part of the lesson;

However, it is assumed that the URM complex given in the lesson will be completed will be attached to the previously prepared lesson plan.

URM is carried out in different ways to physical education classes for students increases and activates his interest. Therefore, different URM in each lesson it is appropriate to use exercises. When creating general development exercises, the age, gender and physical fitness of students, school conditions and the availability of equipment must be taken into account.

Preparation, organization and

It is also important to be able to pedagogically analyze the lesson taught by another teacher.

Taking this into account, below is a pedagogical analysis of physical education classes

instructions are given on what to pay attention to.

2nd class 1-2 hours _ _

Topic: Action games . a) Teaching the students about the rules of walking and standing in the physical education class; b) Line exercises (alignment and re-alignment ; c) "Left-go!", "Right-go!", "Back-go!" carry out orders; d) "Hurry up!", "Hurry up!" , e) run at the same speed for 2 minutes. "Relay over obstacles" **Goal:** To develop students' physical qualities, endurance and agility.

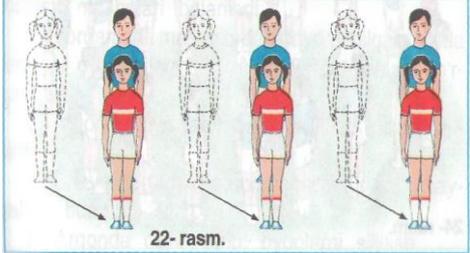
to know the rules of independent performance of exercises aimed at increasing endurance and teach them to follow them.

Teaching equipment: Se kun damer, flag , hat and balls.

Venue : Sports hall , field.

Date: _____ **Class:** 2 - ab class

Parts of the lesson	That's the end of the lesson	I 'm sorry	Methodological instruction
	<ul style="list-style-type: none"> - Saflani sh - Hello sh i sh - Be sure to attend - School health department _ _ _ - Explaining the content and tasks of the lesson - Execution of row exercises "Right", "Left", "Back". - Sharing your snake <p>Walking in line, running slowly, jogging.</p>	<p>2nd time</p> <p>3 times</p>	<p>Pay attention to the safety of the students .</p> <p>Wear sportswear to your studies .</p> <p>Identify sick students . _</p> <p>Flash the readings into 4 rows .</p>
Introductory-preparatory part:	<p>Exercise 1.</p> <p>DH feet shoulder width apart, hands on waist.</p> <p>1. We turn the head to the right.</p>	<p>4-6 times</p>	<p>Pay attention to the full tilt of the head.</p>

12-15 minutes	2. We turn the head to the left		
	Exercise 2. Feet shoulder width apart, hands shoulder width apart. We turn 1-2 hands forward. We turn 3-4 hands back.	4-6 times	Paying attention to the full rotation of the hands.
	Exercise 3. Hands forward, feet shoulder width apart, we move 1-4 hands in a scissor position	2-4 times	Spin the arms at a faster rate while keeping the torso upright
	4. Hands are on the waist, legs are shoulder width apart. 1-bends to the left, 2-dh, 3-bends to the right, 4-dh	8-10 times	Knees do not bend when bending down.
	5. Dh hands are on the waist, legs are spread shoulder width apart. 1. Bending forward, the hands touch the tip of the leg. 2nd dh, 3rd bends back, 4th dh	8-10 times	We return to the initial position with 4 commands.
Line up the students and prepare them for the new lesson .			
Main part: 25-28 minutes	<u>Action games .</u> a) Teaching the students about the rules of walking and standing in the physical education class; b) Row exercises (rowing and re-rowing ; c) "Left!", "Right!", "Back!" carry out orders; d) "Hurry up!", "Hurry up!" , e) run at the same speed for 2 minutes. "Relay over obstacles"	2-4 times 2 times 2 times	
	The final part: 3-5 minutes	Rearrangement Recovery, performing breathing exercises Briefing students about the end of the lesson, evaluating them. Completion of the lesson. Farewell. Leaving the general row area.	

Pedagogical analysis scheme of physical education lesson.

Class start time _____

School _____ Class _____

Preparation of the teacher for the lesson _____

Comprehensibility and accuracy of teaching tasks

The preparatory part of the lesson

The teacher's state of preparation for the lesson

Pupils' age, readiness for tasks in the main part of the lesson

the correct selection of appropriate physical exercises

Ability to perform exercises

Choosing the right place, actions of the teacher during the lesson

Correcting shortcomings and mistakes in a timely manner and giving methodical recommendations

to go

It is aimed at correcting the figure

exercises _____

Control proper breathing

do _____

Time spent on the preparation part _____

The disadvantage of the preparatory part and

Achievements _____

The main part of the lesson

teaching methods, showing the type of movement by the teacher, using visual aids

The teacher's instructions are clear and understandable

to give

Description of learning styles and

result _____

The teacher repeats the exercises and

effect _____

The purpose of the main part of the lesson
eligibility

Error detection and
correction

Encourage students to analyze their mistakes
reach

Increase classroom activity and supervision
do

The ability to conduct games during the course of the lesson and the experience of
refereeing
raise

Student knowledge and preparation
evaluation

Change the course of the lesson depending on the results of the students
input

Homework and its result
check

General of the main part
conclusions

The final part of the lesson

To the final part of the exercises
compatibility

Completion of the lesson and homework
to give

Conclusion to the lesson
to
give

Suggestions and comments

SUBJECT 8. Planning of educational work on physical culture

• PLAN:

1. People education __ in their schools physical education

2. Academic high school and profession - craft in colleges physical education

3. SPORT SCHOOLS study __ their work planning .

1. Academic high school and profession - craft in colleges physical education main course as

Education __ in the system academic high school and profession - craft colleges main in __ __ as important sit down _ holds _ This study __ in institutions physical education , sports and health __ their work development , education __ taking o ' reader - don't get younger sports types interest increase , knowledge , skill __ and qualifications strengthening period

on demand turning around is going This don't worry full __ fulfillment visually , physically __ education according to _ state education __ standard medium __ special , profession - craft education __ in the system students __ take over must was __ knowledge , skill __ and skills and study __ to download putable __ main is it required? set will give . Physical education according to _ state training standard " Personnel preparation national program " to item 4-12 basically all education __ institutions of students _ health storage , physical skill __ and qualifications strengthening , that's it with one at the time , because physical from development consists of

Physical education according to _ state standard standard education __ complex values __ and requirements about document is considered This document temporarily project status to be , talim _ system to the reform according to _ improved goes _ Physical education according to _ state education __ standard his functions and systems through is expressed .

Physical education according to _ state training of the standard main functions of the following consists of :

- physical education education everyone's opportunity suitable and public to be _ to provide ; _
- medium __ special , profession - craft education in the system study __ in institutions physical education and education __ process social - state way __ with in order put _
- medium __ special , profession - craft education system all stages and in directions _ physical education process control to do and management ;
- to improve the quality of education in physical education.

The physical training program intended for students of secondary special vocational training institutions consists of the following parts:

1. Letter of explanation.
2. Physical education lesson.
3. Public health measures on the educational agenda.
4. To engage in physical education, tourism and various sports outside of school.

It is desirable to conduct the classroom with the students of secondary special, vocational education institutions as much as possible in the open air, in the style of games and competitions, and to give homework to the students in each lesson.

The content of my homework: correcting the figure, observing hygienic rules, being able to organize and perform morning hygienic gymnastics sets, running independently, performing movement skills, expanding and strengthening theoretical knowledge, developing movement qualities, the history of sports, the current situation, competition rules will consist of studies.

Physical education teachers should have the following documents: physical education curriculum, schedule of distribution of total hours into academic semesters, annual thematic-calendar plan, daily lesson plan, base abstracts.

After a full medical check-up, students are allowed to participate in classes and activities. They can attend classes in light clothes when the temperature is 15° and above, and in warmer sports clothes if the temperature is below that.

At the I-II-III stages of the academic lyceum and vocational college, the following sports are taught with increasing complexity from year to year: gymnastics, athletics, sports (basketball, volleyball, handball, football), wrestling, swimming, batbaa preparation and elements of national dance, tourism, action games.

Vocational practical physical training is carried out in secondary special, vocational educational institutions based on general physical training, and students are connected with the main types of future labor activities.

The main goals of professional physical training are:

1. Improving and developing the necessary physical qualities of the students related to the profession.
2. Mastering mental and physiological activities related to a specific profession and necessary for the body.
3. Prevention of unpleasant effects such as hypodynamia, forced work situation, high and low intensity of movement, fatigue in working conditions.

The physical qualities and movement skills necessary for each profession are acquired and improved during the training process for the chosen specialty and during the labor process itself.

If the process of professional education is carried out in addition to special physical training, the learning of work operations will be much faster. Often, insufficient development of physical qualities is the only obstacle to achieving professional skills. In many cases, a person who does not do physical training is absolutely unemployable (jet pilots, astronauts). The use of special training improves the level of professional training and at the same time brings significant economic benefits, as it reduces training time and personnel preparation costs will be reduced.

Physical exercises help to solve many problems that are directly related to the preparation of a person for professional work and defense activities. That's why sports is a new and complex profession for everyone

remains my husband's closest assistant. Appropriate physical exercises also help to reduce the negative effects of the external environment in many types of work (overheating, cooling, low atmospheric pressure and to others) also increases the body's resistance.

No matter how important professional training is, it can never suppress general physical education, which is a solid foundation of physical education of a person. General physical fitness also serves as a basis for professional physical fitness.

One of the types of specialized processes of physical education is professional physical training, which is aimed at the development of physical and mental qualities of a person, as well as the formation of movement, skills and abilities in accordance with the specific characteristics of professional activity.

The task and content of the type of physical training for each profession is determined by the specific characteristics of specific professional activity, as well as the conditions under which the activity takes place.

Students who regularly play sports in academic lyceums and vocational colleges have a significant advantage in the development of physical qualities compared to students who are limited only to the program materials.

Therefore, specific tasks are set before the students to develop their physical quality at a certain level while passing the educational standards and the "Alpomish and Barchinoy" special test standards:

- to ensure the growth of qualities related to the requirements of sports specialization;
- Classification of the task of education of physical qualities of lyceum and college students should be directed according to the requirements of professional activity.

It is necessary to know. Alternative movement order of people from different fields (in the field of profession), independent training method, loads, blood pulse (pulse), alternative daily order (regime), nutrition, massages for the recovery of the body (massage). It should. To be able to perform a set of industrial gymnastics, taking into account one's specialty. To be able to perform self-massage (massage) techniques, refereeing competitions. Participation in various sports holidays, competitions and national games. It should be noted that the students of vocational colleges, academic lyceums, on the basis of the opportunities, conditions and requirements of the o5z community, together with a good knowledge of physical education, sports, travel and national games, so that in the future, promotion among the population they should develop sufficient skills in learning how to knit

Obligations of the coach-teacher

4.1. The tasks of the trainer-teacher include the obligation to fill in all the columns in each section (form) of the journal. The trainer-teacher fills out the journal in the following order:

- title page;
- In the section "**Schedule of training sessions**" there are times of training sessions held during the weeks of each month of the academic year in accordance with the agenda of the training process of the training group. 'displayed (form 1);

- In the **"General information about students"** section, information about each student is entered in accordance with the contents of the columns without losing any column. During the academic year, changes to the list of students are recorded in the sections "General information about students admitted or excluded during the academic year" based on the order of the director of the institution (form 2).

- Information on the subject of the briefing and the date of the briefing, including the signatures of the participants in the briefing, will be created in the **"Instruction on technical safety and labor protection"** section. Students over 14 years old put their signature and date, and instead of those under 14 years old, the trainer-teacher himself signs. Instruction on technical safety and labor protection is held at least three times during the academic year. Students who have not passed the instruction are not allowed to practice (Figure 3).

- In the **"Study plan for the current academic year"** section, the hours of training of the training group for the current academic year are determined based on the educational program of the institution the training load hours of the relevant academic year of the sports preparation stage are filled (form 4);

- In the **"Schedule of the annual distribution of study hours for the current academic year"** section, the volume of monthly training hours of training sessions for the current academic year, the relevant training of the sports training stage the academic year is distributed according to study hours (Figure 5).

- In the section **"Monthly attendance of students and summary of I or II training sessions of the current academic year"** the name, first name and surname of the students are written in alphabetical order, the date of the session, hours the number is indicated, and in the column of the summary of the exercises, the subject or training direction is written in accordance with the training schedule and the training program for the type of sport. Pupils participating in the training are marked with a sign (+), those who did not participate in the training: without reason - (ss), for reasons - (sb), due to illness - (k), in competitions - (m) (command bo are recorded with symbols. In case of changes in the composition of the group, the newly admitted and excluded are included in the "List of students" with the time of admission or exclusion (form 6).

- In the **"Information about the physical development of students"** section, the parameters of all indicators of physical development of students are entered in accordance with the results of medical examinations conducted twice a year (Form 7);

- In the section **"Students transfer - acceptance of control"** the criteria of the relevant academic year of the stage of sports training are filled in. Control tests are taken twice during the academic year (at the beginning of the academic year and at the end of the academic year) (Form 8);

- In the **"Participation of students in sports competitions"** section, the plan of participation in sports competitions for the current academic year and the number of their participation in planned competitions during the academic year are clearly indicated for each student (Figure 9).

- In the section **"Registering injuries or illnesses of students"**, it is filled in if students are injured during training. If no injuries occurred during the academic

year, then information about the absence of injuries should be recorded in this section (Form 10);

- In the section "**Monitoring the maintenance of the logbook of educational activities**" there are instructions and comments on the control of the logbook (Form 11).

V. Consideration of work during the summer season

5.1. During the summer season (from June 1 to August 31), log filling is carried out as follows:

- in accordance with the training schedule approved for the period of the summer season of the academic year in institutions, training camps (including summer camps) during training sessions (coach training except for the period of the teacher's paid annual leave), the journal that started at the beginning of the academic year will be continued;

- during the training sessions (including during the summer season), he fills out a separate journal with changes in the composition of the group.

9. Principles of sports training

PLAN

- 1. Principles of sports training**
- 2. The principle of unity of the athlete's general and special training**
- 3. The principle of the continuity mode of the training process**
- 4. The principle of gradually increasing exercise requirements**
- 5. The principle of cyclical exercise**
- 6. The principle of striving for high performance**
- 7. The principle of wave-like change of sports exercise loads**

1. The principles of sports training

Sports training has its own principles, just as every pedagogical process is based on certain principles. These principles are relevant and important from the planning and conducting of sports training to the achievement of sports results. Effective management of the training process should be based on principles. The principle of sports training is a set of priority, primary and decisive ideas for the organization of training.

The principles of sports training is a broad concept that includes the rules, methods and ways of effective management of sports activities, organization of training and preparation of athletes. Without a full understanding and understanding of the principles of sports training and strict adherence to its requirements, training an athlete or organizing training is of no importance. The principles of sports training are a literal "way" that effectively ensures the connection between the coach and the

athlete. In the process of sports training, changing the direction, content, form and methods of training, making additions is carried out directly based on the principles of sports training and their essence.

The principle of unity of the athlete's general and special training

Achieving a high result in the chosen sport requires all-round development of the athlete. Therefore, it is necessary to develop functionally in order to specialize in sports. The development of the athlete's physical and mental abilities allows to achieve the highest possible result in the chosen sport. Experiences in sports practice and research results fully confirm this opinion

The word "general and special training" of an athlete is the comprehensive preparation of an athlete for a sports goal. General and special training is considered completed only if the athlete is fully prepared. It is possible to understand not only physical abilities, but also the athlete's willpower, spiritual education and so on.

There are two main reasons why sports achievements depend on the athlete's comprehensive preparation:

First, the whole and inseparable existence of the organism. This means that organs are interrelated in the process of activity or movement. Which physical quality is the main or not the main one for an athlete depends on the nature of this type of sport, of course. But in order to develop a physical quality at a high level, the functional capabilities of the body must be at a high level. It can be said that a certain physical quality cannot be developed in isolation. The development of one physical quality requires the development of other qualities. On the one hand, this shows the integrity of the organism, and on the other hand, general preparation for the athlete, that is, the development of all physical qualities, is important.

Second, different motor skills and abilities work in cooperation. The wider the range of movement skills and skills mastered by the athlete, the higher the sports results. In accordance with the all-round development of the athlete, his results also increase.

3. Continuity of the training process, the principle of the regimen

It was understood that sports training is a continuous process. This process is directly related to the principles of sports training and acquires integrity. Sports exercise takes its original meaning when it is carried out continuously and regularly.

The principle of continuity in the process of sports training has special aspects. The continuity of the sports training process is characterized by:

- the process of training in sports continues for the whole year or for many years in order to achieve a sports result in the chosen sport;
- the next exercise is a logical continuation of the previous exercise and partially or fully repeats the previous exercise;
- the rest interval between exercises is intended to be at a level that guarantees the recovery and growth of the athlete's working capacity.

Sometimes the athlete is allowed to train without full recovery.

In most cases, the second and third indicators are the cause of controversy and require explanation. The meaning of the second case is that it should be assumed that the intervals between trainings are not too long and do not lose the effect of the previous training.

In the third case, it can be understood that the training is organized before the athlete's body, working capacity is fully or fully recovered. As a result, the process of adaptation of the athlete's body to physical loads and exercises improves. The adaptation process is effective. The results of research conducted in recent years indicate that the above situation is rational. In this process doctor - careful supervision of the pedagogue is a must .

If we briefly explain the meaning of this principle, such an intensification of the training process, putting exercises on top of each other **will lead** to an increase in the total amount of exercises. Athletes with sufficient training can participate in 6 or even more training sessions per week.

So, the real essence and content of this principle is that the interval, time and content between trainings complement each other. The training sessions, which last for a whole year, or in general, for a long time, should be connected with each other to such an extent that the period between training sessions should not be too long. As a result of the systematic implementation of the training process, training loads and demands gradually increase.

The principle of gradually increasing exercise requirements

The growth of sports results requires a gradual and high level of training demands. In the course of sports training, the volume of physical loads, as well as the level of technical, tactical or volitional training, will gradually increase. In the process of training, it should be assumed that the physical loads increase not only gradually, but also at the maximum speed. It also depends on the skill level and qualification of the athlete, of course. This principle of sports training was scientifically interpreted for the first time by ANKrestovnikov, and according to its content and direction, it is considered the most optimal form of adaptation of athletes to training. As training loads increase, the level of training of the athlete's body also increases. As a result, the adaptation of the athlete's organism to physical loads improves.

In the process of training, when it is said that the load gradually increases to the maximum level, it is often understood that it is an excessive, exhausting load. It would be more correct to say that this load is at the limit of the athlete's body's functional capabilities and does not go beyond its adaptation capabilities. The maximum load should be understood as the load at the level of the athlete's ability, within the limits of his functional capabilities. Overloading the back, whether physical or mental, has a negative effect on the athlete.

When talking about increasing loads, it should be said that this process is not the same at all stages of sports training. During certain periods of training, the volume of the load increases relatively, and sometimes the intensity increases. Physical loads do not go equally, in parallel.

So, during training, physical loads increase gradually and the athlete should reach the limits of his capabilities. The principle of gradually increasing physical loads is one of the most important indicators of an athlete's training. In this, gradual adaptation of the athlete's body is observed and carried out. In fact, one of the most important directions of this principle is to adapt the athlete's body to physical loads.

5. The principle of cyclical exercise

Cyclicity is one of the characteristics of sports training. Relatively full or partial repetition of certain exercises, stages and periods is characteristic of the structure of sports training. In sports theory and practice, it is recognized that there are large, medium and small cycles of sports training.

This principle of sports training combines a meaningful, broad concept of activity. It is necessary to explain the characteristics of training for each cycle.

According to experts, the whole process of sports training consists of 3 main cycles. They consist of small (micro) cycle, medium (meso) cycle and large (macro) cycle.

A microcycle includes several days of training. It is appropriate to mention the facts that lead to their formation. Microcycles create small waves of load dynamics and mainly include the process of repeating certain tasks and determining their effectiveness. For example, control competitions are organized at the end of the week to determine the effectiveness of training in wrestlers. First, it directly determines the level of methods mastered by the athlete in the microcycle of training, and secondly, it shows how to organize the future direction of training.

A training microcycle should be understood as a set of short-term (about 3-10 days) training. In microcycles, specific and concrete tasks are mainly solved. Analysis of certain shortcomings and achievements of the athlete and drawing appropriate conclusions is carried out during microcycles.

Mesocycles consist of several microcycles. They can last from several weeks to 2-3 months. In mesocycles, only a certain level of modification and revision can be made to the exercises without repeating them. The specifics of the training process, the preparation of the athlete, the expected competitions are the basis for changing the content of mesocycles. Sometimes the volume of physical downloads increases. In some cases, on the contrary, loads are relatively stabilized.

A macrocycle is a large structure that covers a whole training system and includes a whole set of exercises. Micro and mesocycles are characterized by their implementation in the macrocycle. They can last from 3 months to half a year and even one or more (up to 4 years, Olympic cycle) years.

A macrocycle is a large wave of the training process. Let's say that the annual training for a year is composed of two macrocycles, forming 2 large waves and based on long-term planning of training.

6. The principle of striving for high performance

Sports activity implies the task of striving for high performance and constantly improving the results. The use of physical exercises without the goal of achieving a sports result prevents the results from being high.

The pursuit of high performance is of great pedagogical importance, because it means striving to improve the most important life skills at the highest level. Based on this principle, the athlete will eventually achieve high sports results. In general, in the course of sports activities, aiming for high performance and striving for it is characterized by obtaining some kind of sports result. Even the results achieved in the simplest competitions (for example, district, city, etc.) are considered as aspiration to achieve high results and fulfill the tasks of directing young athletes to big sports.

Striving for high performance in sports occurs only in conditions of creative research. Any victory achieved is a discovery of one degree or another. It is a new way to use the athlete's capabilities.

Thus, striving for high performance in sports means striving to increase the athlete's results as much as possible while constantly increasing the opportunity of competition. This principle unites and relies on a number of principles of sports training.

7. The principle of wave-like change of sports exercise loads

In the process of sports training, loads are not at the same rate. During a certain period of training, the volume of downloads increases relatively. In some cases, on the contrary, the loads decrease and the dynamics decrease.

The increase or decrease of loads is not absolute, but within a certain limit, based on planned parameters. One of the main reasons for the wave-like changes in physical loads during sports training is to restore the athlete's functional condition, and on the other hand, to increase the possibility of competition. Modern sports theory and practice support the need to properly assess the athlete's capabilities, coordinate training loads based on the competition schedule. It should not be forgotten that the optimal period of sports results does not correspond to the period of the greatest increase in physical load. It takes a long time before the amount of work done is transferred to improve sports results.

All the principles explained above are relevant for the emergence of the principle of undulating changes in the volume of loads. They become a whole and reflect the essence of sports training. So, during sports training, the total volume of physical loads sometimes increases and sometimes decreases. It should be noted that sudden changes in training loads, derailing the consistency of load dynamics have a negative effect on sports results and on the athlete's health.

Above, the content of the principles of sports training and their features were discussed. In general, the full and appropriate implementation of the principles of sports training is one of the most important indicators of training an athlete. The coach's understanding of the content of the principles of sports training and their practical implementation is an important condition for the appropriate organization of sports training.

The principles of sports training, in turn, are not rigid, absolute concepts. New organization of modern sports training implies further improvement of athletes' training. In turn, the principles of sports training also require improvement in content and rely on the means of sports training.

SUBJECT 10. Sports equipment PLAN

1. Physical exercise as the main means of sports training

2. Preparatory exercises in the system of sports training

3. Techniques used in sports

1. Physical exercise as the main means of sports training

At the basis of the movement activity of a person lies the power of movement as a method of performing movement tasks. Means of sports training are various physical exercises that have a direct or indirect effect on the skill of the athlete. A specific type of sport, exercises that are considered a specialty sports subject are selected for the system of sports training.

General fitness exercises are means of solving tasks of motor activity. The power of movement can consist of the form of movement in space (movement) and situations (situation). According to the assigned tasks, the power of movement can have a household, work, educational or sports character.

If we run to catch up with a moving vehicle (for example, a bus), then running as a motive force has a domestic direction.

If we run in order to improve running technique, or to increase endurance, speed, then running as a force of motion will have a sports orientation.

Therefore, any movement force is not considered physical exercise, only those who solve the task of physical improvement or sports training through many repetitions can enter the scope of physical exercise.

Physical exercises can consist of one (bending, sitting, etc.) or a series of movements (games, gymnastic exercises, etc.).

Sports training focuses on the formation and improvement of movement skills or increasing the functional capacity of the athlete.

In both cases, this happens according to the law of adaptation to the work presented to the athlete (getting the body used to movement activity).

Changes that occur in a person's body during exercise are defined as the effect of exercise. The changes that remain in the body after exercise are defined as a trace exercise effect.

Training, the summation of the results of a certain period of training, is defined as the final or training result.

1. Physical exercise as the main means of sports training

All problems related to sports exercises are solved primarily with the help of physical exercises. That is why physical exercises are the main means of sports training.

They are conditionally divided into four groups: competition exercises, general preparation, converging and developmental exercises.

Competition exercises are performed in the conditions of a real sports competition, they differ in some aspects according to the mode and form of movements.

Specialization in a sport goes in the direction of competitive training (of a sport), deep improvement of the chosen sport.

Other competitive exercises (other types of sports) are used as additional types that serve as preparatory exercises.

Competition training plays an important role in sports training, because this type of sport helps to restore the set of demands placed on the athlete, which develops special training. At the same time, the volume of competitive exercises during training will not be much larger than the total volume of the training process.

This can be explained by two situations:

- a large number of functional shifts in the body caused by competition exercises;
- that it is inappropriate to return them frequently without special preparation, that is, without changing the results in terms of quality and quantity.

Competition exercises are performed during training, with a slight deviation from the type available in competition conditions.

In the same cases, the deviation occurs due to the need to improve the movements of the learned competition, in other cases, it occurs in the conditions of training where there is no opportunity to fully perform all the features of the movements in the upcoming competitions. This applies to martial arts and sports games. The training forms of competition exercises in these types are distinguished by good results.

2. Preparatory exercises in the system of sports training

Preparatory exercises are divided into basic and special types of preparation.

Depending on the main direction, special training exercises are mainly divided into training exercises aimed at acquiring movement patterns and exercises that develop physical qualities.

General preparatory exercises. This group of exercises will be the general training tool of the athlete

When organizing a general training session, choosing general training exercises, it is necessary to consider the following;

- taking into account the effectiveness of exercises on the wide development of all basic physical qualities and on the enrichment of the fund of movement skills and competencies;
- taking into account that the exercise reflects the characteristics of sports specialization.

In this case, it is necessary to take into account the certain rule of training with skills, quality, training, because during training work, not only positive skills and qualities, but also negative things that have a bad effect on this type of sport are equally important. ensures a successful transfer.

Purpose and tasks of general development exercises.

- for the formation, strengthening or improvement of positive transfer of skills and competencies that play the role of building material in technical training, help to improve performance of competition exercises or special training exercises;
- as a means of educating insufficiently developed qualities in the chosen sport, in order to increase the general level of work ability;
- used as active recreation.

Additional means of sports training. If physical exercise is considered the main tool in the system of training an athlete according to its importance, the healing forces of nature (sun, air, water) and hygienic factors (personal and collective hygiene) are used as additional means that allow physical exercise to have an effective effect (if they are used correctly).

Effectiveness and a certain result are achieved due to the importance of the movement performed in the sports activity, striving for brevity, precision, using various options, etc. The nature of the sport is taken into account.

Secondary technique - features of performing certain actions.

For example: features of anchoring when jumping up, head position when doing somersaults, leg position when swinging, etc.

In the analysis of the technique of physical exercises, in addition to the basics of the system of movements, such as the period of movement and the part of movement are determined.

Periods of movement form the basis of the technique of physical exercise, and parts of movement consist of the dynamics of an attempt to perform it.

3. Techniques used in sports

Methods of using physical exercises are understood as sports training methods.

For example: Running exercises are used in different forms as a means of sports training, depending on the tasks to be performed.

- when working on the technique of running steps, it is recommended to do the exercise of standing upright (as an option);

- runs long distances at a lower speed to develop endurance;

- runs at high speed for a short distance to develop speed capabilities.

Thus, the use of one or another method is determined by the tasks set before the training.

The methods used in sports training are divided into didactic (general pedagogical) and traditional (used in sports pedagogy).

- didactic methods of sports training.

Oral explanation methods are divided into three groups:

Group 1 - story, image, event methods. In this case, the word is used as a means of absorbing knowledge.

Group 2 - styles of commands, instructions, instructions. In this case, the word serves as a means of managing the athlete's activity.

Group 3 - methods of analysis, recommendation, evaluation. In this case, the word is a tool for analyzing and evaluating the athlete's performance.

Visual effects are divided into four groups:

Group 1 - visual weapon methods. Direct pointing, visual guides are used in this.

Group 2 - methods of hearing (sound) weapons

Group 3 - methods of movement exhibition

Group 4 - fast information methods.

Methods of showing (demonstrating) action.

Eye target . These methods help to perform the movement correctly in terms of distance and time. Special symbols and objects are used for the purpose.

For example: Long jump acceleration bar symbol.

- A flag hanging at a suitable height helps to determine the direction of projectile launch.

- Lines showing the image of the soccer goal on the training wall, etc

In addition to these (the simplest), complex devices of the type of light leader (in the form of a treadmill) can be used, in which the sequential lighting of electric lights determines the speed of movement (running, swimming) for the athlete.

Method of auditory (sound) exhibition

With the help of sound signals, it helps to determine the distance - time and time position of the movement.

With the help of a pre-given sound signal, it tells the time to spend the main effort to perform a complex motor activity.

For example: group dives, push-ups, push-ups or push-ups in gymnastics.

The movement pattern is well mastered with the help of a sound signal.

For example: a complex rhythm of movement can be clicked, which helps the athlete's mind to maintain the status, following which the athlete performs the movements well in certain conditions.

Sound leaders (especially in cyclic types) help to maintain the appropriate speed of movement (over the entire distance).

Presentation styles

The method of demonstration should not be confused with the method of demonstration of action or, in other words, the method of demonstration.

The fact is that the methods of motion visualization are based on the organization of perception by seeing motion.

This means that the coach helps the athlete to "lead" the movement in him. Compulsory "leading" action, paying attention to the basic conditions of the technique, makes it possible to acquire its technical nature faster.

PRACTICAL TRAINING

SUBJECT 1. Basic concepts related to physical education and sports and classification of sports. The essence and tasks of sport.

PLAN.

4. physical education and sports training.

5. Basic concepts of physical education

6. Basic concepts related to sports and classification of sports

1- The purpose of the science of theoretical and practical foundations of physical education and sports training.

Owners of this or that profession use certain concepts and expressions related to their profession and profession during communication. Studying a certain field of science and mastering it depends on the content of these leading concepts. Without determining their content and scope, it is difficult to correctly understand many phenomena and issues of the theory and practice of physical education, it is impossible to master the science of the theory of physical education successfully.

2-Basic concepts of physical education

Physical education is a pedagogical process aimed at improving the human body morphologically and functionally, forming and improving basic movement skills, skills, and related knowledge important for its life. Masha, in this definition, the uniqueness of physical education as an independent type of human education is emphasized.

The concept of "physical knowledge" and "development of physical qualities" with two separate meanings lies in the composition of this peculiarity related to physical education.

"**physical knowledge**" is found in the earliest systems of physical education of the new era. For example, Fit talked about the need for exercise to "train your body."

Physical education includes specific theoretical concepts of physical exercise and the skills and abilities to apply them in life as needed.

PF Lesgaft, who strongly advocated "educating the body" of children Pestalozzi, taught physical education,

explained as the expanded meaning of physical education. But the main idea of Lesgaft's teaching about physical education was the idea of physical education in the literal sense.

Education of physical qualities is considered a process of physical education. This concept includes the development of qualities of strength, speed, endurance, flexibility and agility.

These aspects of the whole process are strongly connected with each other. For example, if students repeat running exercises many times in order to master the technique of its execution, at the same time, both strength, endurance and, in some cases, quickness are cultivated. On the other hand, if the same running exercises are repeated at a high speed (to train speed), then the training technique is strengthened and improved, and at the same time, the tasks of education and knowledge are solved.

"**Physical training**. There are three main directions in physical education, and human physical education is carried out on the basis of these frameworks. They are general physical training, professional physical training, sports training.uu

"**General physical training** is aimed at strengthening health, acquiring a wide range of movement skills and abilities, and developing basic movement qualities that serve as a basis for subsequent special training."

3- Basic concepts related to sports and classification of sports

Sports training represents a special direction in physical education. Its task is to ensure that a person achieves high results in a chosen sport.^

Sports training in physical education is related to improving the functional

capabilities of the body, and the high sports result becomes a criterion for evaluating people's physical fitness and is widely used as a goal for physical education.

"Physical culture is a complex of achievements in the creation and rational use of special tools, methods and conditions for the purposeful implementation of physical development of members of society.

Physical culture is a part of general culture, its growth is inextricably linked to the level of social and economic development of society.

Sport is a component of physical culture. Sports, in particular, provide significant development and growth of physical and related abilities. Sports, considered a component of the physical culture of the society, means "trying hard", "competing" in the basic sense. Until the end of the 19th century and the beginning of the 20th century, it was considered as a means of recreation, entertainment, and then as a means of achieving a high physical performance, winning a competition.

The development of sport is manifested mainly in three ways - as an educational subject, as a mass-volunteer sport, as a "big sport".

As an educational subject, sport serves as a means of physical education in secondary and higher schools, in the army.

Youth sports . There is a very short meaning in this concept. Its limit is determined by the age group: Youth, junior sports. Youth sports groups mainly consist of high school age students. This expression is considered conditional and implies the participation of girls in sports.

School sports are similar to children's sports in terms of age and other characteristics of the participants. The difference is that children's sports are organized through schools and out-of-school institutions, while school sports are organized in schools only with school students.

Sports competitions are a way of showing, evaluating and comparing sports achievements, managing competitions in the field of sports. Sports competitions are a necessary factor to communicate with others, a means of personal organization, understanding of human capabilities, aimed at creating benchmarks.

The purpose of sports competitions is to identify strong athletes and teams, improve sports skills, promote physical culture and sports, and objectively evaluate the activities of sports organizations, coaches, athletes, and referees.

Sports movement is a special form of social movement, which creates, develops, preserves, accepts and exchanges sports wealth, forms a person's organization, prepares the workforce for the society, and active defenders of the Motherland. In Uzbekistan, sports movement is a necessary field of ideological struggle, it is one of the aspects that influence the public and educate people's national consciousness. Sports movement has historically created the following forms: mass, amateur sports. In addition, it creates a business form - professional sports.

Sports activity is the highest form of movement activity development, and the versatility of the process of human activity is the organization of physical and psychological development and improvement of a person in relation to the demands of society. Sports activities: divided into personal sports activities and organizational-pedagogical activities.

A person's sports activity has two interrelated aspects: reorganization and understanding (the athlete's knowledge, skills, skills and high sports performance).

Classification of sports.

Today, many independent types of modern sports have appeared, each of which differs from other sports by its form of competition, special movement structure, rules of competition, and the method of evaluating competition activity.

Matveyev LP (1977) divided sports into 5 groups depending on movement activity:

The first group - this type of sport requires physical qualities to the limit, and the athlete can succeed depending on his personal potential (boxing, gymnastics, wrestling, sports games, athletics, etc.);

The second group - sports related to driving technical vehicles (motorcycle, car, boat, yacht, etc.); the result of the sport in this type depends on the self-propelled technical means and the ability to manage them;

The third group - target sports with strictly limited conditions from special weapons (rifles, bows, etc.);

The fourth group - model - types of mutual comparison of construction activities (aviation model, car model and similar activities);

The fifth group is the type of sports to win in an abstract-logical way (chess, checkers);

SUBJECT 2. Analysis of school lessons on physical education. The method of making a lesson outline.

PLAN

2. The method of making a development (summary) on physical education

2. Methods of pedagogical analysis of physical education lessons

The method of making a development (summary) on physical education

Development of a physical education lesson (summary, report) educational work

is the most basic planning document. A careful structure of lesson development has a great influence on ensuring the effective passage of the lesson. Lesson development

when specific requirements are set for the composition, its careful and exemplary composition requires a creative approach, knowledge and experience from the teacher. It can be said that a teacher who is able to create a lesson development using new pedagogical technologies in accordance with the requirements of the modern era can certainly conduct an effective lesson according to this plan. Lesson development is tailored to each lesson for each class. Of course, the lesson plan for 1 hour should be in accordance with the documents on the organization of the educational process. It is assumed that the development of the lesson should be in accordance with the physical education curriculum of general secondary education,

annual, quarterly, monthly and weekly plans of educational work. In general pedagogy. Theory and method of physical education.

According to the recommendations of specialists such as Novikov AD, Matveyev AP, Makhkamjonov KM, Abdullayev A, Rafiyev X, Salomov RS, Khojayev P, different forms of lesson development can be used. Based on the lesson plans developed so far and personal experiences, we recommend a lesson plan as an example. This development is convenient for the teacher in all aspects of the lesson development.

A careful structure of the lesson plan for each lesson, correct tasks placement ensures effective organization of the lesson. Below is a sample lesson plan for 3rd graders.

Based on the positive possibilities of the teacher, the development of the physical education lesson given in the above example can be further improved on the basis of advanced pedagogical technologies. However, this must increase the effectiveness of the specified lesson.

It should also be noted that the teacher is above for each lesson

If he writes a lesson plan in the volume, he may consider it excessive writing, hard work, and a waste of time. With this in mind, the following recommendations are made:

- the teacher has at least 4-5 extended perfect lessons for each class must be developed;

- abbreviated preparation of lesson plans for the rest of the lessons possible;

Some requirements are followed when creating a lesson plan. Including development

the abbreviated form should also be understandable. For this, to the following should pay attention to:

- the teacher prepares 10-12 URM complexes for each test at the beginning of the academic year

must make;

- URM complex should not repeat each other;

- URM complex is assembled separately;

- when creating a lesson plan, the URM should be consistent with the main part of the lesson;

However, it is assumed that the URM complex given in the lesson will be completed will be attached to the previously prepared lesson plan.

URM is carried out in different ways to physical education classes for students increases and activates his interest. Therefore, different URM in each lesson it is appropriate to use exercises. When creating general development exercises, the age, gender and physical fitness of students, school conditions and the availability of equipment must be taken into account.

Preparation, organization and

It is also important to be able to pedagogically analyze the lesson taught by another teacher.

Taking this into account, below is a pedagogical analysis of physical education classes

instructions are given on what to pay attention to.

2nd class 1-2 hours _ _

Topic: Action games. a) Teaching the students about the rules of walking and standing in the physical education class; b) Line exercises (alignment and re-alignment ; c) "Left-go!", "Right-go!", "Back-go!" carry out orders; d) "Hurry up!", "Hurry up!" , e) run at the same speed for 2 minutes. "Relay over obstacles" **Goal:** To develop students' physical qualities, endurance and agility.

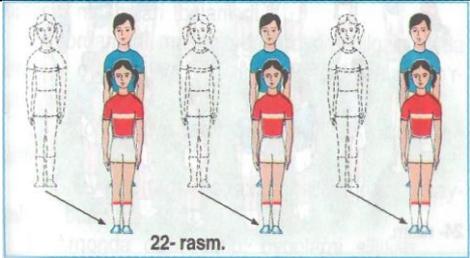
to know the rules of independent performance of exercises aimed at increasing endurance and teach them to follow them.

Teaching equipment: Se kun damer, flag , hat and balls.

Venue : Sports hall , field.

Date: _____ **Class:** 2 - ab class

Parts of the lesson	That's the end of the lesson	I 'm sorry	Methodological instruction
Introduction-preparatory part: 12-15 minutes	<ul style="list-style-type: none"> - Saflani sh - Hello sh i sh - Be sure to attend - School health department _ _ _ - Explaining the content and tasks of the lesson - Execution of row exercises "Right", "Left", "Back". - Sharing your snake Walking in line, running slowly, jogging.	2nd time 3 times	Pay attention to the safety of the students . Wear sportswear to your studies . Identify sick students . _ Flash the readings into 4 rows .
	Exercise 1. DH feet shoulder width apart, hands on waist. 1. We turn the head to the right. 2. We turn the head to the left	4-6 times	Pay attention to the full tilt of the head.
	Exercise 2. Feet shoulder width apart, hands shoulder width apart. We turn 1-2 hands forward. We turn 3-4 hands back.	4-6 times	Paying attention to the full rotation of the hands.
	Exercise 3. Hands forward, feet shoulder width apart, we move 1-4 hands in a scissor position	2-4 times	Spin the arms at a faster rate while keeping the torso upright

	4. Hands are on the waist, legs are shoulder width apart. 1-bends to the left, 2-dh, 3-bends to the right, 4-dh	8-10 times	Knees do not bend when bending down.
	5.Dh hands are on the waist, legs are spread shoulder width apart. 1. Bending forward, the hands touch the tip of the leg. 2nd dh, 3rd bends back, 4th dh	8-10 times	We return to the initial position with 4 commands.
Line up the students and prepare them for the new lesson .			
Main part: 25-28 minutes	<u>Action games</u> a) Teaching the students about the rules of walking and standing in the physical education class; b) Row exercises (rowing and re-rowing ; c) "Left!", "Right!", "Back!" carry out orders; d) "Hurry up!", "Hurry up!" , e) run at the same speed for 2 minutes. "Relay over obstacles"	2-4 times 2 times 2 times	
The final part: 3-5 minutes	Rearrangement Recovery, performing breathing exercises Briefing students about the end of the lesson, evaluating them. Completion of the lesson. Farewell. Leaving the general row area.		Paying attention to the alignment of students. 4x10 shuttle run training.

Pedagogical analysis scheme of physical education lesson.

Class start time _____

School _____ Class _____

Preparation of the teacher for the lesson _____

Comprehensibility and accuracy of teaching tasks

The preparatory part of the lesson

The teacher's state of preparation for the lesson

Pupils' age, readiness for tasks in the main part of the lesson
the correct selection of appropriate physical exercises

Ability to perform exercises

Choosing the right place, actions of the teacher during the lesson

Correcting shortcomings and mistakes in a timely manner and giving methodical recommendations

to go

It is aimed at correcting the figure exercises

Control proper breathing

do

Time spent on the preparation part

The disadvantage of the preparatory part and

Achievements

_____ **The main part of the lesson**

teaching methods, showing the type of movement by the teacher, using visual aids

The teacher's instructions are clear and understandable

to give

Description of learning styles and

result

The teacher repeats the exercises and

effect

The purpose of the main part of the lesson

eligibility

Error detection and

correction

Encourage students to analyze their mistakes

reach

Increase classroom activity and supervision

do _____

–

The ability to conduct games during the course of the lesson and the experience of refereeing
raise _____

–

Student knowledge and preparation
evaluation _____

Change the course of the lesson depending on the results of the students
input _____

–

Homework and its result
check _____

General of the main part
conclusions _____

The final part of the lesson

To the final part of the exercises
compatibility _____

Completion of the lesson and homework
to give _____

Conclusion to the lesson
to
give _____

Suggestions and comments

SUBJECT 3. Planning of educational work on physical culture (in the XTB, KHK, and BO'SM)

• PLAN:

- 1. People education __ in their schools physical education**
- 2. Academic high school and profession - craft in colleges physical education**
- 3. SPORT SCHOOLS study __ their work planning .**

1. Academic high school and profession - craft in colleges physical education main course as

Education __ in the system academic high school and profession - craft colleges main in _____ as important sit down _ holds _ This study __ in institutions

physical education , sports and health __ their work development , education __ taking o ' reader - don't get younger sports types interest increase , knowledge , skill __ and qualifications strengthening period

on demand turning around is going This don't worry full __ fulfillment visually , physically __ education according to _ state education __ standard medium __ special , profession - craft education __ in the system students __ take over must was __ knowledge , skill __ and skills and study __ to download putable __ main is it required? set will give . Physical education according to _ state training standard " Personnel preparation national program " to item 4-12 basically all education __ institutions of students _ health storage , physical skill __ and qualifications strengthening , that's it with one at the time , because physical from development consists of

Physical education according to _ state standard standard education __ complex values __ and requirements about document is considered This document temporarily project status to be , talim _ system to the reform according to _ improved goes _ Physical education according to _ state education __ standard his functions and systems through is expressed .

Physical education according to _ state training of the standard main functions of the following consists of :

- physical education education everyone's opportunity suitable and public to be _ to provide ; _
- medium __ special , profession - craft education in the system study __ in institutions physical education and education __ process social - state way __ with in order put _
- medium __ special , profession - craft education system all stages and in directions _ physical education process control to do and management ;
- physical education according to _ education __ quality increase _

Medium __ special , profession - craft education in the system study __ institutions o ' students for intended __ physical education program the following from parts consists of :

1. Letter of explanation.
2. Physical education lesson.
3. Public health measures on the educational agenda.
4. To engage in physical education, tourism and various sports outside of school.

It is desirable to conduct the classroom with the students of secondary special, vocational education institutions as much as possible in the open air, in the style of games and competitions, and to give homework to the students in each lesson.

The content of my homework: correcting the figure, observing hygienic rules, being able to organize and perform morning hygienic gymnastics sets, running independently, performing movement skills, expanding and strengthening theoretical knowledge, developing movement qualities, the history of sports, the current situation, competition rules will consist of studies.

Physical education teachers should have the following documents: physical education curriculum, schedule of distribution of total hours into academic semesters, annual thematic-calendar plan, daily lesson plan, base abstracts.

After a full medical check-up, students are allowed to participate in classes and activities. They can attend classes in light clothes when the temperature is 15° and above, and in warmer sports clothes if the temperature is below that.

At the I-II-III stages of the academic lyceum and vocational college, the following sports are taught with increasing complexity from year to year: gymnastics, athletics, sports (basketball, volleyball, handball, football), wrestling, swimming, batbaa preparation and elements of national dance, tourism, action games.

Vocational practical physical training is carried out in secondary special, vocational educational institutions based on general physical training, and students are connected with the main types of future labor activities.

The main goals of professional physical training are:

1. Improving and developing the necessary physical qualities of the students related to the profession.
2. Mastering mental and physiological activities related to a specific profession and necessary for the body.
3. Prevention of unpleasant effects such as hypodynamia, forced work situation, high and low intensity of movement, fatigue in working conditions.

The physical qualities and movement skills necessary for each profession are acquired and improved during the training process for the chosen specialty and during the labor process itself.

If the process of professional education is carried out in addition to special physical training, the learning of work operations will be much faster. Often, insufficient development of physical qualities is the only obstacle to achieving professional skills. In many cases, a person who does not do physical training is absolutely unemployable (jet pilots, astronauts). The use of special training improves the level of professional training and at the same time brings significant economic benefits, as it reduces training time and personnel preparation costs will be reduced.

Physical exercises help to solve many problems that are directly related to the preparation of a person for professional work and defense activities. That's why sports is a new and complex profession for everyone remains my husband's closest assistant. Appropriate physical exercises also help to reduce the negative effects of the external environment in many types of work (overheating, cooling, low atmospheric pressure and to others) also increases the body's resistance.

No matter how important professional training is, it can never suppress general physical education, which is a solid foundation of physical education of a person. General physical fitness also serves as a basis for professional physical fitness.

One of the types of specialized processes of physical education is professional physical training, which is aimed at the development of physical and mental qualities of a person, as well as the formation of movement, skills and abilities in accordance with the specific characteristics of professional activity.

The task and content of the type of physical training for each profession is determined by the specific characteristics of specific professional activity, as well as the conditions under which the activity takes place.

Students who regularly play sports in academic lyceums and vocational colleges have a significant advantage in the development of physical qualities compared to students who are limited only to the program materials.

Therefore, specific tasks are set before the students to develop their physical quality to a certain level when passing the educational standards and the special test standard "Alpomish and Barchinoy":

- to ensure the growth of qualities related to the requirements of sports specialization;
- Classification of the task of education of physical qualities of lyceum and college students should be directed according to the requirements of professional activity.

It is necessary to know. Alternative movement order of people from different fields (in the field of profession), independent training method, loads, blood pulse (pulse), alternative daily order (regime), nutrition, massages for the recovery of the body (massage). It should. To be able to perform a set of industrial gymnastics, taking into account one's specialty. To be able to perform self-massage (massage) techniques, refereeing competitions. Participation in various sports holidays, competitions and national games. It should be noted that the students of vocational colleges and academic lyceums, based on the capabilities, conditions and requirements of the community, together with a good knowledge of physical education, sports, travel and national games, so that in the future, promotion among the population they should also develop sufficient skills in learning how to knit

Obligations of the coach-teacher

4.1. The tasks of the trainer-teacher include the obligation to fill in all the columns in each section (form) of the journal. The trainer-teacher fills out the journal in the following order:

- title page;
- In the section "**Schedule of training sessions**" there are times of training sessions held during the weeks of each month of the academic year in accordance with the agenda of the training process of the training group. 'displayed (form 1);
- **In the "General information about students"** section, information about each student is entered in accordance with the contents of the columns without losing any column. During the academic year, changes to the list of students are recorded in the sections "General information about students admitted or excluded during the academic year" based on the order of the director of the institution (form 2).
- Information on the subject of the briefing and the date of the briefing, including the signatures of the participants in the briefing, will be created in the "**Instruction on technical safety and labor protection**" section. Students over 14 years old put their signature and date, and instead of those under 14 years old, the trainer-teacher himself signs. Instruction on technical safety and labor protection is held at least three times during the academic year. Students who have not passed the instruction are not allowed to practice (Figure 3).

- In the **"Study plan for the current academic year"** section, the hours of training of the training group for the current academic year are determined based on the educational program of the institution the training load hours of the relevant academic year of the sports preparation stage are filled (form 4);

- In the **"Schedule of the annual distribution of study hours for the current academic year"** section, the volume of monthly training hours of training sessions for the current academic year, the relevant training of the sports training stage the academic year is distributed according to study hours (Figure 5).

- In the section **"Monthly attendance of students and summary of I or II training sessions of the current academic year"** the name, first name and surname of the students are written in alphabetical order, the date of the session, hours the number is indicated, and in the column of the summary of the exercises, the subject or training direction is written in accordance with the training schedule and the training program for the type of sport. Pupils participating in the training are marked with a sign (+), those who did not participate in the training: without reason - (ss), for reasons - (sb), due to illness - (k), in competitions - (m) (command bo are recorded with symbols. In case of changes in the composition of the group, the newly admitted and excluded are included in the "List of students" with the time of admission or exclusion (form 6).

- In the **"Information about the physical development of students"** section, the parameters of all indicators of physical development of students are entered in accordance with the results of medical examinations conducted twice a year (Form 7);

- In the section **"Students transfer - acceptance of control"** the criteria of the relevant academic year of the stage of sports training are filled in. Control tests are taken twice during the academic year (at the beginning of the academic year and at the end of the academic year) (Form 8);

- In the **"Participation of students in sports competitions"** section, the plan of participation in sports competitions for the current academic year and the number of their participation in planned competitions during the academic year are clearly indicated for each student (Figure 9).

- In the section **"Registering injuries or illnesses of students"**, it is filled in if students are injured during training. If no injuries occurred during the academic year, then information about the absence of injuries should be recorded in this section (Form 10);

- In the section **"Monitoring the maintenance of the logbook of educational activities"** there are instructions and comments on the control of the logbook (Form 11).

V. Consideration of work during the summer season

5.1. During the summer season (from June 1 to August 31), log filling is carried out as follows:

- in accordance with the training schedule approved for the period of the summer season of the academic year in institutions, training camps (including summer camps) during training sessions (coach training except for the period of the

teacher's paid annual leave), the journal that started at the beginning of the academic year will be continued;

- during the training sessions (including during the summer season), he fills out a separate journal with changes

training PLAN

- 1. Exercises in the sports training system**
- 2. Scientific support in the training of athletes**
- 3. Material and technical supply in preparation for competitions**

1. Exercises in the sports training system

Training in gyms equipped with simulators provides effective support for the development of various physical qualities, improvement of technical skills, precise control conditions, training load parameters, etc.

Trainers used in sports practice can be divided into 5 main groups.

The first group includes trainers that work on the principle of reduced load. In these simulators, it is possible to perform sports exercises and elements that could not be achieved naturally.

These simulators help the athlete to clearly express the spatial, temporal, dynamic and rhythmic characteristics of the movement structure.

The second group includes trainers who help an athlete of various abilities to run at a given speed or to quickly learn a set pace and rhythm movement. For example, in cycling sports, light leaders are often used to set training lanes and precise tactics. In other sports, a different sound, a light flashes and informs the athlete about the intensity of the work and the amplitude of the time.

The third group includes trainers that combine physical qualities with technical improvement. For example, rowing machines.

The fourth group includes trainers that optimize rapid strength training. For this purpose, various spring block and lever pendulum-like simulators are used.

The fifth group - "*Nautilus*" type simultaneously increases the strength and mobility of the bones between the joints. A special eccentric device gradually increases the load according to its capacity.

In addition to these, various diagnostic tools are used to determine the strength of athletes, how to accept the load, and the functional state of the body. For example, "*sport 4*", "*clock*" measuring blood pressure, etc.

2 Scientific provision in the training of athletes

Timely implementation of scientific and technical development often affects the result of training an athlete.

Nowadays, scientists who are part of the Scientific Group Complex (IGM) enrich sports science by increasing the results of sports.

The following main directions are defined in the system of scientific support of the training process.

1. Improvement of preparation and improvement of material technical base.
2. Optimizing the arrangement of various structural units during training. (separate days of training, micro - mesocycles, periods and macrocycles, stages of multi-year training).
3. Prediction of sports achievements of individual athletes and teams.
4. Development of descriptions of individual training during training, diagnosis and modeling of training and competition activities.
5. Optimizing the planning of competition activities.

3. Technical supply of material in preparation for competitions

It is one of the directions that determine the development of modern sports, and it is necessary to improve the venue of competitions, develop and implement new sports inventory and equipment. These not only affect the growth of sports performance, but also have a wide impact on the organization of sports techniques and tactics, training methods, and competition activities.

This is due to the constant competition of sports schools, sports equipment - producing companies for scientific and technical development in modern sports.

Let's look at some sports materials.

In athletics, from the 1950s, in foreign countries, jumping with metal poles instead of bamboo poles began. Metal sheaths with their rigidity changed the performance technique: the jump took on the character of a well-defined rise and fall. In this regard, the demand for the level of special training of the athlete and the sales structure have also changed. The use of metal sheaths has led to the growth of national and world records.

But the 5-meter limit was able to be overcome by the flexibility and catapult properties of synthetic sheaths. This, in turn, leads to a change in the methodology of the level of special training of sports equipment.

Covering stadiums with synthetic material also led to changes in rhythm, running speed, high jump, and mechanics.

In Moscow in 1980, a wood-covered bicycle track led to a steady performance in major competitions, while in the GDR, the USA, a speed bicycle construction led to victory. For example, due to the use of disc wheels, E. Merck (49,432 *km*) set a 12-year record, F. Moser 50 *km/h* clocked a fantastic time of 51.151 *km/h* .

sports clothes for cyclists - overalls made of materials that allow air to pass through, increased 100 *km in a team race* by an average of 2 minutes.

has created a large number of complex, original elements, links and connections between exercises , which has evolved to facilitate identification by judges. Thus, newly prepared inventory, equipment, and technical means lead to the development of sports.

SUBJECT 5. Planning of educational work in general secondary education system.

PLAN.

- 1. Planning of educational work in physical culture.**
- 2. The distribution of topics into lessons is planned**

The lesson of physical culture is considered the main training form of educational work. Its planned implementation affects the effectiveness of the lesson. The right choice of planning technology and the content of its development is one of the important factors, which allows to fulfill the set goals and tasks accurately and carefully.

Allowing superficiality in the planning of the physical education education process, creating the necessary documents only for the sake of presentation to the inspectors, does not serve the success of the education-education process. creates formality in the relations of the parties.

Planning is the teacher's creative work. The conditions of the school, the physical development of its students, the level of preparation, possible sports and wellness, public sports activities, physical culture institutions outside the school, establishing relations with parents, embodies the content of a broad educational and organizational process, ensures the success of physical education for the academic year, and requires the specialist to have the necessary professional knowledge.

Planning is based on the teacher's creative analysis of his own work and accumulated experience during the last academic year, enriching it with theoretical and practical innovations, new considerations, and the condition created for the academic year. - based on the conditions, it is a responsible activity that consists of creating new projects and a road map of the educational process by making the necessary changes to the educational process.

Preparation for the planning of educational work in physical culture and technological requirements

In order to plan educational work in a general education school, the teacher starts planning before the beginning of the school year. Innovations in the field, gathers the necessary information. This information helps in the correct identification, selection and use of forms and means of effective teaching of educational material.

Before starting planning, the planner will familiarize himself with the following recommended information, evidence, final results of analysis, recommendations in reports, etc., regarding the physical education process of the school.

The planner thoroughly studies the curriculum material of each parallel class. Taking into account that the technique of exercises that are difficult to master will continue in classes, the sequence of teaching topics, the technique of movement should be taught in full or by dividing it into blocks into separate or a series of lessons, educational quarterly tasks defines as The most important thing is that he knows the content of the curriculum completely, tries not to make mistakes in following the sequence in the distribution of them from class to class.

Training plans made taking into account the composition of training (lesson) participants (students), their state of health, level of theoretical training, physical and technical training are considered to be realistically (fairly) structured. The collection of the mentioned data involves the study of the documents prepared by the planner in the previous academic year - medical examination forms, the end of academic quarters, the analysis of annual reports, the results of interviews with students, the results of the new plans it helps to get out of life.

Orienting the plan to the goal and setting clear, solvable tasks based on the plans for a certain period (a series of lessons, quarter, academic year) and the tasks that have not been solved in them One of the main requirements is to plan for the

continuation of the solution. Only then, random, episodic, ineffective lessons will be put an end to, and bold steps will be taken towards the planned perspective.

Taking into account the possibility of the exact implementation of the plan, pay attention to the ability of the implementer, the conditions in the school, the material and technical base and other possibilities! get; to enable the teacher to make a realistic assessment of his capabilities, to be able to see the progress achieved in teaching the materials recorded in the curriculum and to comply with the requirements of its planning.

Concreteness of plans, realism, division of teaching into specific stages, efficiency of tasks and the tools chosen to solve it, achieving maximum pedagogical result by being able to plan the necessary from a large number of exercises; performing exercises in sequence, not planning to learn "high-impact exercises" before simple exercises.

In planning the educational process of physical education practice, it is impossible to draw up the same ("template") plans in the form of a "model" for all schools. related to theoretical knowledge and practical skills, experience, physical development of the contingent, physical training is different.

The fact that the science of physical culture as a subject of education is a separate subject that is compulsory taught in all educational institutions of the educational system is a proof of the state importance of the subject. Science serves to realize the great goal of preparing the country's population for creative work and defense of the country.

While studying the course of theory and methodology of physical education, the future specialist of physical culture must learn specific methods of athletics , gymnastics, sports games and other sports disciplines, as well as the practical skills and abilities of school physical culture teachers. .

embodies the teacher's ideas about the work planned for the next academic year , the results of creative analysis of the rich experience accumulated by him and other colleagues during his individual activities. Observing pedagogical activity means not only working on one's own subject, but also using the experiences of experienced subject teachers.

Plans specify a number of specific tasks to achieve the desired result, which facilitate the acquisition of necessary knowledge to solve them. So, training is classified as one of the technological operations of the educational process, and it is understood as the knowledge of the process of successive and sequential slaughtering of the tasks of growth and growth.

Some of the plans strengthen the pedagogical influence of the teacher on the students, include the system of solving the specified tasks, completing the task.

The planned tasks, like the previously solved tasks, should envisage the active implementation of the students, and thereby exclude the unfavorable factors that destroy the proper organization of the teaching process of physical culture. Therefore, it should be taken into account when planning the organization of a system of step-by-step control with the help of specially designed express tests to control the correctness of the planned non-pedagogical process.

If the result of the report obtained for each stage of education and upbringing, it is concluded that the planning of the educational process for the profession is carried out in accordance with the content of the planned work.

The annual plan is a schedule of sections of the physical culture science program recommended by the state educational standard - for gymnastics lessons, athletics lessons, sports (basketball, volleyball, handball, football) subjects and movement games, swimming, wrestling. provides for the purposeful distribution of the materials of sports subjects to academic quarters. "Annual plan - schedule" of educational work is created for each parallel classes of the school

Teaching the subjects of the program departments is half of the other subjects of the general education school: the practicality of the lesson; diversity of the subject; the amount of study hours allocated for the study material; the breadth of topics included in the program; physical development of the pupil's organism; level of physical fitness; it differs by the teaching of several subjects in one lesson and other features. Accordingly

instructional planning also differs from other general education subjects.

For example, the total number of hours of general subjects taught in a general education school is determined by the number of subjects that must be taught in this subject. As a practical science, physical education is planned to be taught in the curriculum of the school for 68 hours, and the number of subjects of the program is 80-90 in some classes. in other classes, the program topics differ even more. Annual curriculum-schedule distribution of teaching materials of the physical education program departments in the general education school in terms of academic quarters, breaks of the year. It includes taking into account the climatic conditions, material-technical, educational base of the school, the level of its provision, planning to spend some of the educational materials in the open air, some in specially equipped rooms, sports facilities, water basin.

Note: The annual schedule of academic work is divided into 6 columns, the first column is the number of courses organized by the physical education program sections of the DTS, the second column is the number of courses organized by the program sections, the 3-4-5-6 columns are the annual 63 The division of the physical education class into quarters is recorded.

Annual curriculum - table of seasons of Uzbekistan. Taking into account the climatic conditions, the teaching process of the program departments is divided into the following stages: I) autumn, 1st quarter; 2) autumn-winter, II quarter; 3) qshiki, III- quarter; 4) spring-summer, IV quarter.

Annual curriculum - the schedule of program sections for each quarter of the academic year, for example, light athletics, sports activities in the first half of the second quarter, the fourth quarter; It is appropriate to plan gymnastics, swimming (schools with conditions), wrestling in the months when the temperature drops, or in the classes between the seasons (the second etai), use the gymnastics material as the main tool (additional tool). as) has proven to be more effective in planning practice.

2. The distribution of topics into lessons is planned

The distribution of subjects to classes is made on the basis of the annual schedule of the planned educational process, for the subjects of one section of the

curriculum or for each academic term. In it, the materials (topics) of the program sections of the annual curriculum are distributed to the lessons of the academic term (see the Estimated schedule of the distribution of topics to lessons,

Academic quarters, weeks and months are noted above the columns with class dates. In other words, in which quarter of the academic year, in which lesson, which subject will be taught, the next document of the educational process will be drawn up.

Usually, the recorded plans for separate sections of the program or each academic quarter, its structure for separate series of lessons are also found in the practice of physical education. This method of planning is convenient with the possibility of timely correction of errors (which are natural) during the educational process.

In the column where the topics of the lesson plan are presented, each program should be placed on a separate page, without mixing with the second topic. increase is appropriate. The sequence of topics is first the topics of the basic material, then the material (topics) of the "skills and qualifications" section that must be mastered by the student on these topics, and then the study of this section requirements set for students, homework assignments (recommended in the program) are included in the plan in a clear sequence.

The schedule for the distribution of subjects to lessons should include the following in its content:

By predicting and approximating the structure of the lesson, matching the educational material (topics) taught in this lesson to the preparation, main, and final parts of the lesson, putting a mark in the column of the lesson, it is made clear that exactly this topic or physical exercise will be held.

The subjects taught in the main part of the lesson are selected from the skills and competencies section of the program designed for this particular class. In connection with the division of students into several educational groups in the main part of the lesson, planning to teach 3 or more subjects in one lesson should be considered a simple matter. It should be considered as one of the principles of physical education that the selected subjects should develop not one, but several movement qualities.

We can see that the plan mentioned in a number of study guides and textbooks is named differently as "Schedule of Teaching the Subjects of Program Departments", "Expanded Schedule of Subjects", "Schedule of Distribution of Subjects into Quarters" and others. .

The materials of the "requirements for students" and "homework" sections of the timetable for the distribution of topics for lessons are adapted to the topics taught in the lesson, recommendations on how to perform the task exercises for students in the fields of the lesson, and the supervision of its implementation are provided by the teacher and making it mandatory for students to be taken by their parents is showing good results.

Nowadays, in the practice of physical education, such activities as homework assignments, special parent-parent meetings, joint meetings with the parents of grade students are effective in teaching the planned topics.

of the table of distribution of subjects for lessons, the topics of homework or normative norms for students are copied from the syllabus and written down.

In the content of the working plan, the main topics recommended and planned to be mastered in the program and their consistency, sequence, and gradual transition from easy to difficult to more difficult tasks (from lesson to lesson) are observed. The amount and intensity of the physical load is gradually increased from training to training, and time is allocated to the theoretical materials of the program.

3rd SEMESTER SEMINAR

SUBJECT 1. Basic concepts related to physical education and sports and classification of sports. The essence and tasks of sport.

PLAN.

- 7. physical education and sports training.**
- 8. Basic concepts of physical education**
- 9. Basic concepts related to sports and classification of sports**

1- The purpose of the science of theoretical and practical foundations of physical education and sports training.

Owners of this or that profession use certain concepts and expressions related to their profession and profession during communication. Studying a certain field of science and mastering it depends on the content of these leading concepts. Without determining their content and scope, it is difficult to correctly understand many phenomena and issues of the theory and practice of physical education, it is impossible to master the science of the theory of physical education successfully.

2-Basic concepts of physical education

Physical education is a pedagogical process aimed at improving the human body morphologically and functionally, forming and improving basic movement skills, skills, and related knowledge important for its life. Masha, in this definition, the uniqueness of physical education as an independent type of human education is emphasized.

The concept of "physical knowledge" and "development of physical qualities"

with two separate meanings lies in the composition of this peculiarity related to physical education.

"physical knowledge" is found in the earliest systems of physical education of the new era. For example, Fit talked about the need for exercise to "train your body."

Physical education includes specific theoretical concepts of physical exercise and the skills and abilities to apply them in life as needed.

PF Lesgaft, who strongly advocated "educating the body" of children Pestalozzi, taught physical education,

explained as the expanded meaning of physical education. But the main idea of Lesgaft's teaching about physical education was the idea of physical education in the literal sense.

Education of physical qualities is considered a process of physical education. This concept includes the development of qualities of strength, speed, endurance, flexibility and agility.

These aspects of the whole process are strongly connected with each other. For example, if students repeat running exercises many times in order to master the technique of its execution, at the same time, both strength, endurance and, in some cases, quickness are cultivated. On the other hand, if the same running exercises are repeated at a high speed (to train speed), then the training technique is strengthened and improved, and at the same time, the tasks of education and knowledge are solved.

"Physical training. There are three main directions in physical education, and human physical education is carried out on the basis of these frameworks. They are general physical training, professional physical training, sports training.uu

"General physical training is aimed at strengthening health, acquiring a wide range of movement skills and abilities, and developing basic movement qualities that serve as a basis for subsequent special training."

3- Basic concepts related to sports and classification of sports

Sports training represents a special direction in physical education. Its task is to ensure that a person achieves high results in a chosen sport.^

Sports training in physical education is related to improving the functional capabilities of the body, and the high sports result becomes a criterion for evaluating people's physical fitness and is widely used as a goal for physical education.

"Physical culture is a complex of achievements in the creation and rational use of special tools, methods and conditions for the purposeful implementation of physical development of members of society.

Physical culture is a part of general culture, its growth is inextricably linked to the level of social and economic development of society.

Sport is a component of physical culture. Sports, in particular, provide significant development and growth of physical and related abilities. Sports, considered a component of the physical culture of the society, means "trying hard", "competing" in the basic sense. Until the end of the 19th century and the beginning of the 20th century, it was considered as a means of recreation, entertainment, and then as a means of achieving a high physical performance, winning a competition.

The development of sport is manifested mainly in three ways - as an educational subject, as a mass-volunteer sport, as a "big sport".

As an educational subject, sport serves as a means of physical education in secondary and higher schools, in the army.

Youth sports . There is a very short meaning in this concept. Its limit is determined by the age group: Youth, junior sports. Youth sports groups mainly consist of high school age students. This expression is considered conditional and implies the participation of girls in sports.

School sports are similar to children's sports in terms of age and other characteristics of the participants. The difference is that children's sports are organized through schools and out-of-school institutions, while school sports are organized in schools only with school students.

Sports competitions are a way of showing, evaluating and comparing sports achievements, managing competitions in the field of sports. Sports competitions are a necessary factor to communicate with others, a means of personal organization, understanding of human capabilities, aimed at creating benchmarks.

The purpose of sports competitions is to identify strong athletes and teams, improve sports skills, promote physical culture and sports, and objectively evaluate the activities of sports organizations, coaches, athletes, and referees.

Sports movement is a special form of social movement, which creates, develops, preserves, accepts and exchanges sports wealth, forms a person's organization, prepares the workforce for the society, and active defenders of the Motherland. In Uzbekistan, sports movement is a necessary field of ideological struggle, it is one of the aspects that influence the public and educate people's national consciousness. Sports movement has historically created the following forms: mass, amateur sports. In addition, it creates a business form - professional sports.

Sports activity is the highest form of movement activity development, and the versatility of the process of human activity is the organization of physical and psychological development and improvement of a person in relation to the demands of society. Sports activities: divided into personal sports activities and organizational-pedagogical activities.

A person's sports activity has two interrelated aspects: reorganization and understanding (the athlete's knowledge, skills, skills and high sports performance).

Classification of sports.

Today, many independent types of modern sports have appeared, each of which differs from other sports by its form of competition, special movement structure, rules of competition, and the method of evaluating competition activity.

Matveyev LP (1977) divided sports into 5 groups depending on movement activity:

The first group - this type of sport requires physical qualities to the limit, and the athlete can succeed depending on his personal potential (boxing, gymnastics, wrestling, sports games, athletics, etc.);

The second group - sports related to driving technical vehicles (motorcycle, car, boat, yacht, etc.); the result of the sport in this type depends on the self-propelled technical means and the ability to manage them;

The third group - target sports with strictly limited conditions from special weapons (rifles, bows, etc.);

The fourth group - model - types of mutual comparison of construction activities (aviation model, car model and similar activities);

The fifth group is the type of sports to win in an abstract-logical way (chess, checkers);

Topic 2. Methods of organizing and conducting physical education classes in educational institutions

PLAN:

- 1. Content and structure of physical education classes**
- 2. Methodology of training**
- 3. Physical education and health activities are on the agenda, morning gymnastics**
- 4. Training activities with physical exercises**

Forms of organization of physical education - this is an educational-educational complex of children's colorful activities, the basis of which is movement activity. The forms of organization of children's movement activities are as follows:

1. Content and structure of physical education classes

Physical education class also has its own tasks. physical education is a pedagogical process aimed at improving the human body morphologically and functionally, forming and improving basic movement skills, skills, and knowledge related to them, which are important for his life.

it is directly related to the effective conduct of the physical education lesson. Every physical movement must be performed correctly and precisely, otherwise it can lead to bad consequences. Physical education is effective only if it is well studied in theory before performing physical activity and then physical activity is performed practically.

The structure of the training consists of the consistent performance of physical exercises by children. It is determined by the assigned tasks, the working ability of the nervous system and the characteristics of the child's body at each age. Controlling the dynamics of the child's organism and his psychology during training is one of the main tasks of the educator.

Physical training consists of three interrelated parts:

4. Introduction - preparation.
5. The main part.
6. The final part.

Educational, training, and wellness tasks are equally important for every part of training.

Content and tasks of the introductory part of the training

The first part of physical training can be different depending on the tasks and the content of exercises in its main part.

The purpose of this part of the training is to create an interest and emotional mood in children, to check the level of preparation of attention, to clarify some movement skills, to gradually prepare the child's body for a somewhat intensive and fast activity that takes place in the main part of the training.

For this purpose, children are offered to perform familiar exercises and their variants that help to educate the correct height, prevent flat feet, aim in space and in the team, and do not require a lot of time.

Such exercises include:

- alignment exercises - various alignments and re-alignments;
- walking and running with various tasks;
- spread out and run lightly and then line up in large and small circles, columns and hakozos;
- walking on the heel, tiptoe, on a thick cord on the floor, walking on a ladder, etc.

The introductory part ends with children lining up in groups of three and four, spreading out... It serves to teach children general development exercises at the beginning of the main part of training.

This part lasts from 2 to 4 minutes in small groups, from 3 to 5 minutes in medium groups, from 4 to 6 minutes in large groups.

Training main part duties and content.

In this part of the training, in one case, firstly, the tasks of teaching children general development exercises, then basic movements and education of physical qualities are defined; in the second case, training in basic movement exercises is prescribed. These exercises provide introduction to new movement material, repetition of previously familiar exercises using different options, improvement of movement skills in the strengthening phase. After that, regular action games will be held, which will make all the children active.

The duration of the main part of the training, which is carried out by teaching general development exercises: 15 to 18 minutes in small groups; in the middle group from 20 to 22 minutes; in a large group it is from 25 to 28 minutes.

When it is conducted without general development exercises, its duration is 8-12 minutes in small groups, 12-15 minutes in a medium group, and 15-20 minutes in a large group.

Training the finisher part.

The final part of the training session from the game includes an intensive photo walk that gradually slows down. It helps in general mobility work; children can do several breathing exercises while walking. In some cases, walking can be replaced by a low-motion game with the participation of all children. At the end of the walk or the game that replaces it, the training is completed. Final part: 2 to 3 minutes in small group, 3 to 4 minutes in medium and large groups.

Duration of the entire training session:

- 15-20 minutes in small groups;
- 20-25 minutes in medium groups;
- in large groups it is 30-35 minutes.

Outdoor physical education training

It is very important to conduct physical education activities in the open air. They help the functional formation and training of the child's body, increase resistance to colds.

Outdoor training consists of three parts: introductory, preparatory, main and final parts.

The introductory- preparatory part of the training consists of exercises to improve movement technique, strengthen leg muscles, breathing and slow running exercises to improve stature. After running, the children line up in a column, circle, etc., which is convenient for further exercises.

The main part of the training is intended for general development exercises that give a good load to the muscles of the arms, body and legs. After that, run at an average speed. It ends with marching and children regrouping to perform basic movements.

In the final part of the training, we switch from slow running to walking while performing breathing exercises.

3. On the agenda, physical education and health work, morning gymnastics

Morning gymnastics is a mandatory part of a child's daily routine in a family, green kindergarten. Conducting it under the guidance of adults gradually educates children to get used to physical exercises that induce pleasant muscle sensations, positive emotions and cheerful mood. The importance of morning gymnastics is diverse: it improves the vital activity of the body, activates the nervous system after sleep, shortens the time of transition to wakefulness, and creates positive feelings.

For morning gymnastics, a set of exercises is selected from previously learned exercises.

Morning gymnastics is introduced from the first small group. Movements are not taught in morning gymnastics, so the teacher does not need to explain and demonstrate the exercise in advance. In the first half of the year in small and medium groups, the teacher offers the children to do the exercise with him.

4. Physical exercises with done to be increased training events

Fitness activities are very effective when combined with physical exercises: active muscle work helps the process of improving heat regulation and thus the adaptation of the body to the external environment.

The recovery process is diverse, on the one hand, it includes special activities (air, water, sun baths) according to the doctor's recommendation, and on the other hand, the conditions set in the daily routine (regular airing of the room, keeping the windows open, children wearing light clothes) - headgear and shoes, compliance with the set duration of the walk and the order of children's movement activity, sleeping on the porch with open windows). All this ensures the full training of the body, brings about pleasant changes in it (improves the state and function of the nervous system, the process of metabolism, blood composition , deepens breathing,

creates an emotional and positive state of the psyche) and the child's behavior in this condition adapts

The child takes air baths first in the room, then on the street. Air baths are cold (10-20 C), indifferent (23-30 C) and hot (above 30 C). The child is gradually accustomed to cold weather. First, children take a 15-20 minute air bath in their pants. 10-15 days after taking an air bath, the child can be taken outside in light clothes.

In preparatory groups, waist-deep water can be used after morning gymnastics. Children bathe independently, in which neck, chest, shoulders and hands are treated with water, divided into the following types: cold (water temperature 20s), cool (20-30s), indifferent (34-35s), warm (36-40s), warm (above 40s).

Bathing as a regular daily treatment is an excellent means of health and exercise of the child's body. Cold water, ultraviolet light, fresh air, children's movement, these tools have a good effect on the child's body and nervous system. However, despite the effectiveness of this procedure, it is necessary to use it very carefully, teach children to it gradually - wipe before showering and gradually lower the temperature of the water.

First, you should spend no more than 5-6 minutes in the sun. This period increases every day by 5-6 minutes and finally reaches 1 hour.

The child should lie in the sun with a towel on his head or wearing a panama, every 2-2.5 minutes he should roll over from his stomach to his side, then to his back, then to the other side. After sunbathing, you can rest in the shade for 15-20 minutes, pour water over it, and swim in the pool for 5-10 minutes.

Review questions

8. How are physical training sessions conducted?
9. How is the routine of physical rehabilitation carried out?
10. How are physical exercises during morning gymnastics, active games and walks carried out?
11. Physical minutes, how to do the last physical exercises after daytime sleep?
12. How are training activities conducted?
13. Active recreation: how are children's tourism, physical recreation, physical education holidays, health days, vacations conducted?
14. How are children's independent activities conducted?
6. Purpose and tasks of physical education.
7. Physical development.
8. Requirements for the physical education class.
9. Physical education
10. Physical culture

SUBJECT 3. Physical education in general secondary schools

PLAN:

- 1. Specific features of the lesson and general requirements for it**
- 2. The content of the lesson and its structure**
- 3. The method of load moderation in the lesson**
- 4. Methods of organizing students' activities in physical education classes**
- 5. Types of physical education lessons**

1. Characteristic features of the lesson and what is attached to it general requirements

Physical education classes have their own characteristics according to their content and organization. They are held in the hall, on the playground, in the vestibule, in such places the movement of children is less restricted, which creates special conditions for organizing and conducting lessons with children. Children in physical education classes

they don't wear regular school clothes, but special sports clothes, they are in different temperature conditions. During the lesson, they have to repeatedly change their places to practice and interact with each other in a variety of ways. In addition, the teacher can deliberately change the situation in the classroom immediately when the students are forced to act in full dependence on the class. Physical education classes are distinguished by a large number of very diverse movement sensations that affect the body of students. Therefore, a more individual approach to students is necessary here. Physical education is of great practical importance.

All these characteristics increase the responsibility of the teacher to conduct physical education classes.

2. The content of the lesson and its structure

One of the most important issues related to physical education classes is how to organize them.

Lesson structure means an approximate target plan used to create a separate lesson. The structure of the lesson helps the teacher to choose exercises wisely, place the material correctly and determine the load in the lesson.

The structure of the lesson depends on the tasks set based on the consistent study of the program materials.

Solving any pedagogical task in a physical education class requires a lot of effort from the body of the participants. The body should be adequately prepared for this work.

I PPavlov showed the harmfulness of the body's readiness to solve a difficult task, and said that gradualness and exercise are the main physiological rules in clinic and pedagogy. imposes the obligation to solve after some preparation. Solving the main tasks of the lesson requires organizing the students, creating the necessary mood and enthusiasm for this task. After organizing the students, that is, after fulfilling Pavlov's physiological rule of gradualness, it is possible to start solving the main task. Fulfillment of the main pedagogical task often coincides with the period when the students are active.

Preparation part (8-10 minutes). The task is to organize the students, explain the task of the lesson, prepare the student's body for future physical activity and exercise. Content - elements of formation, gymnastic re-formations, additional movements with arms, legs, body, walking, running, jumping, number development and dance exercises,

The main part (25-30 minutes). Tasks - to solve the main tasks of the lesson, that is, to teach new material, to repeat the material passed in order to strengthen it, to achieve the students' acquisition of movement, competence and skills, to develop their quickness, agility, endurance.

The exercises in the main part should be a consistent continuation of the exercises in the preparatory part.

Any material given in the program of this stage can be included in the main part of the lesson.

Exercises that strain the body are performed after light exercises. This follows the rules of gradually increasing the load.

Final part (3-5 minutes). Its tasks are to gradually move from the tension and agitation that occurred in the main part of the lesson to a relatively calm state, to show positive aspects and shortcomings, to finish the lesson, to give homework, to move to a new activity in an organized manner. Due to the correct conduct of the main part of the physical education lesson, a little excitement occurs in all the members of the student, and the heart rate and breathing speed up. Now, in order to prepare students for another type of activity, it is necessary to bring their bodies into a state of balance. Content - line-up, walking, rhythmic and dance exercises, breathing

acquisition exercises, quiet play, teacher's closing speech, homework.

Determining the tasks of the lesson

Are the tasks of education (teaching) for the student to perform the exercises provided in the program, to improve the learned exercises, to apply the lesson in different conditions? as well as teaching to develop competence and skills.

The following must be taken into account when expressing educational tasks:

a) basis of technique in teaching;

b) the main part or details of the technique in the movement activity being taught ;

c) the level of physical and mental demands placed on participants.

Teaching tasks: 1. Introducing the exercise related to the content of the training.

2. Consolidation and control, acceptance of tests, etc.

The implementation of educational tasks is usually carried out in connection with the tasks of upbringing and health. In physical education classes, attention, discipline, will, organization, carefulness, as well as friendship, camaraderie, striving for a goal, independence and determination to overcome difficulties are cultivated.

3. The method of load moderation in the lesson

The teacher also solves problems related to physical load while preparing for the lesson. Physical load is determined to a certain extent by the nature of physical

exercise, that is, the amount of exercise, the repetition of exercise, the time allocated to exercise, as well as the conditions of exercise. All physical exercises have an effect on the body of the exerciser: some more, some less. A lesson with a large number of exercises will be more difficult. Therefore, the load in the lesson will be different, the teacher must balance it.

The teacher should give enough weight to the body of the students in each lesson. Along with the educational tasks, it also ensures the improvement of the necessary functional activity of the organism. For this, it is necessary to use physical exercises skillfully and to know how it affects the body of those who exercise. There are many ways to determine the effect of physical exercise on the body. They include: measuring blood pressure, body temperature and pulse, checking blood composition, etc. The teacher uses more than the indicated methods to measure the pulse. The student's pulse is measured before running, jogging, alternating hurdles, or other exercises. Then exercises are performed, after which the pulse is measured again. Pre-exercise and post-exercise indicators are compared.

In order not to overburden students, difficult exercises should be replaced with easier ones, and familiar exercises with unfamiliar ones. Simultaneous training of a large number of students with different physical training makes it difficult to balance the load. Training should be aimed at students with average physical fitness, and physically stronger students should be given individual (additional) tasks. The following methods are used to balance the load of physical education in the lesson:

- change the amount of games and exercises;
- repeating the exercise in different amounts;
- increasing the time allocated for exercise or reduce;
- change the pace of the exercise;
- increase or decrease the amplitude of movements;
- complicating or simplifying exercise;
- use of different objects in the exercise.

4. Methods of organizing students' activities in physical education classes

The methods of organizing students' activities in the lesson mean the methods of organizing students' exercises according to the teacher's plan. Frontal (close-up) training method - all exercises

students do at the same time. Its advantage is to cover more students, to achieve high intensity and physical load in the lesson, if the students follow the teacher's order or command, the method of doing exercises is a good example of doing exercises as a team. This method is widely used in work with students of all levels of educational institutions, especially when introducing educational material.

The group method consists in the fact that students are divided into groups, each group works independently according to the teacher's task. This method is used when there is a lack of equipment and supplies for training. In order to use time wisely, two or three types of exercises are studied at the same time. Groups are known after a while they change places. A leader is assigned to each group to monitor the student's behavior during the training.

5. Types of physical education lessons

There are the following types of lessons in the practical work of the school:

1. Introductory lessons.
2. Familiarization lesson with new educational material.
3. Lessons to improve the lessons.
- 4 Mixed classes.
5. Control lessons.

Any lesson is modeled according to the program developed on the basis of the state educational standard, without conflicting with the work plan, and each lesson has its own characteristics.

Introductory classes are held at the beginning of the academic year, each quarter, and before starting new sections of the program.

At the beginning of the introductory lesson, there will be a conversation. In it, the teacher introduces the students to the content of the upcoming lesson, the tasks of the teacher and the students, the curriculum and the requirements for them. In this lesson, the teacher focuses the children's attention on active action, accurate performance of tasks, and the need for the whole class team to work together in harmony. Introductory classes are followed by familiarization classes with new educational material. There will not be many such classes. After the introductory lesson, only one introductory lesson can be held, because in the subsequent lessons the children are already familiar with the previous lesson.

material is found. The feature of these lessons is that each part of the lesson should contain new material for children. This gives the teacher the task of providing interesting material that children can easily learn in the lesson. The main task in the improvement classes is to further strengthen the performance of previously learned exercises. In these classes, attention is paid to the technique of performing exercises, the formation of skills, complications and games are used to improve movement skills and abilities.

In mixed lessons, the tasks of introducing new material and improving the performance of what has already been learned are carried out together. In the main part of this lesson, it is necessary to give new material specific to one type of exercise and spend more time on it. The rest of the lesson materials are prepared to achieve good performance in the exercises. It is known that the new educational material requires a lot of attention from the children, it is given in the first half of the lesson, and then the lessons are repeated. New material is given after repeating the exercises of the previous lesson. In this case, the new educational material can be passed in the middle of the main part of the lesson, taking into account the increased load.

Topic 4. Planning of educational work in the general secondary education system.

PLAN.

- 1. Planning of educational work in physical culture.**
- 2. The distribution of topics into lessons is planned**

The lesson of physical culture is considered the main training form of educational work. Its planned implementation affects the effectiveness of the lesson. The right choice of planning technology and the content of its development is one

of the important factors, which allows to fulfill the set goals and tasks accurately and carefully.

Allowing superficiality in the planning of the physical education education process, creating the necessary documents only for the sake of presentation to the inspectors, does not serve the success of the education-education process. creates formality in the relations of the parties.

Planning is the teacher's creative work. The conditions of the school, the physical development of its students, the level of preparation, possible sports and wellness, public sports activities, physical culture institutions outside the school, establishing relations with parents, embodies the content of a broad educational and organizational process, ensures the success of physical education for the academic year, and requires the specialist to have the necessary professional knowledge.

Planning is based on the teacher's creative analysis of his own work and accumulated experience during the last academic year, enriching it with theoretical and practical innovations, new considerations, and the condition created for the academic year. - based on the conditions, it is a responsible activity that consists of creating new projects and a road map of the educational process by making the necessary changes to the educational process.

Preparation for the planning of educational work in physical culture and technological requirements

In order to plan educational work in a general education school, the teacher starts planning before the beginning of the school year. Innovations in the field, gathers the necessary information. This information helps in the correct identification, selection and use of forms and means of effective teaching of educational material.

Before starting planning, the planner will familiarize himself with the following recommended information, evidence, final results of analysis, recommendations in reports, etc., regarding the physical education process of the school.

The planner thoroughly studies the curriculum material of each parallel class. Taking into account that the technique of exercises that are difficult to master will continue in classes, the sequence of teaching topics, the technique of movement should be taught in full or by dividing it into blocks into separate or a series of lessons, educational quarterly tasks defines as The most important thing is that he knows the content of the curriculum completely, tries not to make mistakes in following the sequence in the distribution of them from class to class.

Training plans made taking into account the composition of training (lesson) participants (students), their state of health, level of theoretical training, physical and technical training are considered to be realistically (fairly) structured. The collection of the mentioned data involves the study of the documents prepared by the planner in the previous academic year - medical examination forms, the end of academic quarters, the analysis of annual reports, the results of interviews with students, the results of the new plans it helps to get out of life.

Orienting the plan to the goal and setting clear, solvable tasks based on the plans for a certain period (a series of lessons, quarter, academic year) and the tasks

that have not been solved in them One of the main requirements is to plan for the continuation of the solution. Only then, random, episodic, ineffective lessons will be put an end to, and bold steps will be taken towards the planned perspective.

Taking into account the possibility of the exact implementation of the plan, pay attention to the ability of the implementer, the conditions in the school, the material and technical base and other possibilities! get; to enable the teacher to make a realistic assessment of his capabilities, to be able to see the progress achieved in teaching the materials recorded in the curriculum and to comply with the requirements of its planning.

Concreteness of plans, realism, division of teaching into specific stages, efficiency of tasks and the tools chosen to solve it, achieving maximum pedagogical result by being able to plan the necessary from a large number of exercises; performing exercises in sequence, not planning to learn "high-impact exercises" before simple exercises.

In planning the educational process of physical education practice, it is impossible to draw up the same ("template") plans in the form of a "model" for all schools. related to theoretical knowledge and practical skills, experience, physical development of the contingent, physical training is different.

The fact that the science of physical culture as a subject of education is a separate subject that is compulsory taught in all educational institutions of the educational system is a proof of the state importance of the subject. Science serves to realize the great goal of preparing the country's population for creative work and defense of the country.

While studying the course of theory and methodology of physical education, the future specialist of physical culture must learn specific methods of athletics , gymnastics, sports games and other sports disciplines, as well as the practical skills and abilities of school physical culture teachers. .

embodies the teacher's ideas about the work planned for the next academic year , the results of creative analysis of the rich experience accumulated by him and other colleagues during his individual activities. Observing pedagogical activity means not only working on one's own subject, but also using the experiences of experienced subject teachers.

Plans specify a number of specific tasks to achieve the desired result, which facilitate the acquisition of necessary knowledge to solve them. So, training is classified as one of the technological operations of the educational process, and it is understood as the knowledge of the process of successive and sequential slaughtering of the tasks of growth and growth.

Some of the plans strengthen the pedagogical influence of the teacher on the students, include the system of solving the specified tasks, completing the task.

The planned tasks, like the previously solved tasks, should envisage the active implementation of the students, and thereby exclude the unfavorable factors that destroy the proper organization of the teaching process of physical culture. Therefore, it should be taken into account when planning the organization of a system of step-by-step control with the help of specially designed express tests to control the correctness of the planned non-pedagogical process.

If the result of the report obtained for each stage of education and upbringing, it is concluded that the planning of the educational process for the profession is carried out in accordance with the content of the planned work.

The annual plan is a schedule of sections of the physical culture science program recommended by the state educational standard - for gymnastics lessons, athletics lessons, sports (basketball, volleyball, handball, football) subjects and movement games, swimming, wrestling. provides for the purposeful distribution of the materials of sports subjects to academic quarters. "Annual plan - schedule" of educational work is created for each parallel classes of the school

Teaching the subjects of the program departments is half of the other subjects of the general education school: the practicality of the lesson; diversity of the subject; the amount of study hours allocated for the study material; the breadth of topics included in the program; physical development of the pupil's organism; level of physical fitness; it differs by the teaching of several subjects in one lesson and other features. Accordingly

instructional planning also differs from other general education subjects.

For example, the total number of hours of general subjects taught in a general education school is determined by the number of subjects that must be taught in this subject. As a practical science, physical education is planned to be taught in the curriculum of the school for 68 hours, and the number of subjects of the program is 80-90 in some classes. in other classes, the program topics differ even more. Annual curriculum-schedule distribution of teaching materials of the physical education program departments in the general education school in terms of academic quarters, breaks of the year. It includes taking into account the climatic conditions, material-technical, educational base of the school, the level of its provision, planning to spend some of the educational materials in the open air, some in specially equipped rooms, sports facilities, water basin.

Note: The annual schedule of academic work is divided into 6 columns, the first column is the number of courses organized by the physical education program sections of the DTS, the second column is the number of courses organized by the program sections, the 3-4-5-6 columns are the annual 63 The division of the physical education class into quarters is recorded.

Annual curriculum - table of seasons of Uzbekistan. Taking into account the climatic conditions, the teaching process of the program departments is divided into the following stages: I) autumn, 1st quarter; 2) autumn-winter, II quarter; 3) qshiki, III- quarter; 4) spring-summer, IV quarter.

Annual curriculum - the schedule of program sections for each quarter of the academic year, for example, light athletics, sports activities in the first half of the second quarter, the fourth quarter; It is appropriate to plan gymnastics, swimming (schools with conditions), wrestling in the months when the temperature drops, or in the classes between the seasons (the second etai), use the gymnastics material as the main tool (additional tool). as) has proven to be more effective in planning practice.

2. The distribution of topics into lessons is planned

The distribution of subjects to classes is made on the basis of the annual schedule of the planned educational process, for the subjects of one section of the

curriculum or for each academic term. In it, the materials (topics) of the program sections of the annual curriculum are distributed to the lessons of the academic term (see the Estimated schedule of the distribution of topics to lessons,

Academic quarters, weeks and months are noted above the columns with class dates. In other words, in which quarter of the academic year, in which lesson, which subject will be taught, the next document of the educational process will be drawn up.

Usually, the recorded plans for separate sections of the program or each academic quarter, its structure for separate series of lessons are also found in the practice of physical education. This method of planning is convenient with the possibility of timely correction of errors (which are natural) during the educational process.

In the column where the topics of the lesson plan are presented, each program should be placed on a separate page, without mixing with the second topic. increase is appropriate. The sequence of topics is first the topics of the basic material, then the material (topics) of the "skills and qualifications" section that must be mastered by the student on these topics, and then the study of this section requirements set for students, homework assignments (recommended in the program) are included in the plan in a clear sequence.

The schedule for the distribution of subjects to lessons should include the following in its content:

By predicting and approximating the structure of the lesson, matching the educational material (topics) taught in this lesson to the preparation, main, and final parts of the lesson, putting a mark in the column of the lesson, it is made clear that exactly this topic or physical exercise will be held.

The subjects taught in the main part of the lesson are selected from the skills and competencies section of the program designed for this particular class. In connection with the division of students into several educational groups in the main part of the lesson, planning to teach 3 or more subjects in one lesson should be considered a simple matter. It should be considered as one of the principles of physical education that the selected subjects should develop not one, but several movement qualities.

We can see that the plan mentioned in a number of study guides and textbooks is named differently as "Schedule of Teaching the Subjects of Program Departments", "Expanded Schedule of Subjects", "Schedule of Distribution of Subjects into Quarters" and others. .

The materials of the "requirements for students" and "homework" sections of the timetable for the distribution of topics for lessons are adapted to the topics taught in the lesson, recommendations on how to perform the task exercises for students in the fields of the lesson, and the supervision of its implementation are provided by the teacher and making it mandatory for students to be taken by their parents is showing good results.

Nowadays, in the practice of physical education, such activities as homework assignments, special parent-parent meetings, joint meetings with the parents of grade students are effective in teaching the planned topics.

of the table of distribution of subjects for lessons, the topics of homework or normative norms for students are copied from the syllabus and written down.

In the content of the working plan, the main topics recommended and planned to be mastered in the program and their consistency, sequence, and gradual transition from easy to difficult to more difficult tasks (from lesson to lesson) are observed. The amount and intensity of the physical load is gradually increased from training to training, and time is allocated to the theoretical materials of the program.

Topic 5. Teaching methodology in grades 1-4 , 5-9, 10-11

PLAN:

Methodological basis of organization and conduct of physical education lesson in grades 1-4

Methodological basis of organization and conduct of physical education lesson in grades 5-9

Methodological basis of organizing and conducting a physical education class in grades 10-11

The effectiveness of the physical education lesson often depends on the importance of the teacher's plan, the method chosen to organize the activities of the participants and the ability to effectively use the existing equipment and sports equipment, technical means, sports facilities, temperature, climatic conditions, the readiness of the students, their age, individual taking into account its features and being able to use it effectively.

Ensuring the organization of the lesson includes:

- 1) creation of medical and hygienic conditions and compliance with them;
- 2) material and technical support;
- 3) implies the effective solution of the task by choosing the right methods of organizing students' activities in the lesson.

Creation of medical-hygienic conditions for the conduct of the lesson is understood as a whole set of complex measures that arise in the process of doing physical exercises, resulting from the health effect. Accordingly, to achieve compliance of the place of the training with strictly defined medical and hygienic norms. The air

temperature for the gym (the most favorable) should be kept at 14-16 C. During the breaks, water is sprinkled on open fields, and sports halls are opened and aired. It is clear that the air ventilation exchange in the lungs of a person when he is at rest is about 6 l per minute, and during high-intensity exercises (running, sports), the body's air intake can exceed 10 or more levels. Therefore, it is important to supply the workplace with fresh air. In particular, the cleanliness of the equipment, utensils, mats (carpets) in the hall requires constant attention and attention. After each lesson, it is necessary to wipe the floor of the hall with a damp cloth, and the equipment mats with a damp cloth. After the end of the work, the cleaned area needs to be cleaned. Because an uncleaned hall causes a great loss to the employee's tax, causes the body and sports uniforms to become dirty.

The material and technical support of the lesson means sufficient level of educational equipment, equipment and training place, which allows to ensure the optimal density of the lesson, guarantees the complete solution of the set complex tasks. In recent years, on the initiative of physical education teachers in most schools, gyms and sports fields are equipped with non-standard equipment, equipment and simulators that can be used by many students at once. The use of such devices leads to the formation of a highly effective organizational form of the lesson, which ultimately leads to an increase in the results of the training.

13.3.3. Physical education is the content of the lesson

The content of the physical education lesson is expressed in the totality of four main components that determine the quality of the lessons. These elements are interconnected and are called characteristic ***components of the lesson, they are:***

a) *physical exercises included in the lesson.* It is the largest characteristic component of the content of the lesson. But such a concept is one-sided and serves as a subject of activity for students in solving the tasks of educating, sanitizing, and imparting knowledge. Exercises are the content of the generalized subject of the lesson, in other words, it is only one side of the content of the lesson. b) activity of the students in the lesson, which includes the implementation of the recommended exercises, *is one of the next major components of the lesson content.* This component consists of different forms of intellectual and physical activity of the student, which include: listening to the teacher, carefully observing the exercise being shown, thinking about the imagination created through movement activity, thinking about the activity to be performed. the project forming an idea, carrying it out, controlling and evaluating one's own actions, discussing problems together with a teacher, being able to control one's character and mood, managing emotionality, etc. All activities of the students to solve the lesson task form the basis of the lesson content. v) *the activity of the pedagogue is the next component of the lesson content and* is manifested in the following cases. Giving homework and explaining it, being able to explain the specific task of the lesson and organize its solution, keeping students under constant control, analyzing their activities, as well as directing the students' activities to the right path, maintaining the relationship between them in the center it includes important basic conditions that play a positive role in the educational process, such as directing, managing and controlling activities. g) *Physiological, psychological, biomechanical and other changes* that occur in the students' body during the

exercises in the lesson are considered to be one of the next major characteristic components of the lesson content. the hidden (latent) period, which occurs through mastery, motor skill and its automation, occurs as the fourth component of the content of the lesson. In this, the effect of the teacher's activity and the students' activity will be hidden. Whether the planned educational work is being carried out or not is currently monitored, and guidelines are prepared for how the pedagogical activity should be continued later.

CALENDAR - TOPIC PLANS

CLASS 1

Physical education 66 hours

No	1st class	1st quarter		2nd quarter		3rd quarter			4th quarter		
		IX	X	XI	XII	I	II	III	IV	V	
1.	Theoretical knowledge	During the lesson									
2.	Gymnastics	16	-	-	-	-	4	6	6	-	-
3.	Athletics _	13	4	3	-	-	-	-	-	4	2
4.	Action games	37	5	6	6	8	2	-	-	5	5
Total		66	9	9	6	8	6	6	6	9	7

No	1st class	1st quarter (18 hours)																	
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
1.	Theoretical knowledge	During the lesson																	
2.	Gymnastics																		
3.	Athletics _			+	+	+	+				+	+	+						
4.	Action games	+	+						+	+	+				+	+	+	+	+

Lesson	Subject and tasks	Hour
1-2 –	Theory: Safety rules in physical education classes. Observance of hygienic rules when doing physical exercises. Practical: <i>Action games</i> . a) Teaching behavior and safety rules in physical education classes; b) Alignment and line exercises (one -person line, standing in a line, counting); c) Exercises for walking upright; d) Action games "Line up", "Everyone quickly to their place" , "Charkhpalak", "Danak".	2
3-4 –	Theory: About the sport of athletics . Practical: <i>Athletics</i> . a) training of the URM complex; b) Improvement of learned line exercises; c) techniques of standing at a low start, exiting the start, running along the finish line, entering the finish line; d) Throwing the ball at the target; e) run for 30 meters.	2

5-6 –	<p>Theoretical: The importance of physical education in reducing health . Habits harmful to human health .</p> <p>Practical: <i>Athletics.</i> a) Line exercises (turning to ten, left and back , counting by numbers); b) Tennis ball (from standing position) and throw 2-3 steps away ; c) 3x10 mokki running ; d) Alternate running with walking at the same speed for 1-1.5 minutes.</p>	2
7-8 –	<p>Theory: Positive effect of morning physical exercises on human health . Rules for training in sunlight.</p> <p>Practical: <i>Action games.</i> a) Walking in a row; b) independently perform the elements of the URM complex; c) action games "Don't get your feet wet", "Run, my child, the snow has come" , "Red flag", "Potato planting"; d) Relay race (6x30 m).</p>	2
9	<p>Theory: The role of URM in student health.</p> <p>Practical: <i>Action games.</i> a) Walking in a row with the feet forward, to the side; b) Walking upright; c) action games "White poplar, blue poplar", "Shepherd"; d) Alternate running with walking for 2 minutes at the same speed.</p>	1
10-11-12 –	<p>Theory: Personal hygiene. Cleanliness is a guarantee of health (hands, feet, eyes, teeth).</p> <p>Practical: <i>Athletics.</i> a) Row exercises: "Line up!", "Straighten up!", "Stand up!" carry out orders; b) Moving the figure in different positions; c) Teaching long jump from a standing position (dipping, flying, landing) ; d) 3x10 sled run; e) Repeat throwing the tennis ball to a distance ; f) alternating running with walking for 100-150 meters .</p>	3
13-14 –	<p>Theory: first aid in case of bodily injury .</p> <p>Practical: <i>Action games.</i> a) repeating the set of URMs; b) Squat exercises; c) action games "Olib Kochar", "Zaghizgan", "Kopkan", "Forty Stones"; d) Jump rope exercises.</p>	2
15-16 –	<p>Theory: Proper breathing and exhalation during exercise . Meal plan during the day.</p> <p>Practical: <i>Action games.</i> a) Performing exercises with objects; b) Body building exercises; c) action games "Ikki Yahob", "A horse on the target" , "Permache garden", "Builders"; c) alternate running with walking for a distance of 150-200 meters .</p>	2
17-18 –	<p>Theoretical: Measures to prevent the flu. Flu.</p> <p>Practical: <i>Action games.</i> a) Performing exercises without equipment ; b) action games "Goat children", "Paint seller", "Sakra almond sparrows", "Bell"; c) Perform long jump from a standing position ; d) improvement of 3x10 mochiki running.</p>	2

SUBJECT 6. PHYSICAL EDUCATION WORKS TO BE DONE OUTSIDE THE CLASSROOM.

PLAN

- 1. The content of extracurricular activities on Islamic education.**
- 2. Composition of the general education school physical culture team**
 - 2.1. Public organizational work**
 - 2.2. Educational sports activities**
 - 2.3. Propaganda and promotion work**
 - 2.4. Household work**
 - 2.5. Registration and reporting work**
 - 2.6. Work on Alpomish and Barchinoy test**

1. Content of extracurricular activities on physical education.

Physical education and sports are one of the necessary factors of all-round development of a child, as well as teaching a healthy lifestyle. Scientific studies conducted on the development of a healthy child show that the role of physical education and sports in the formation of the child's organism is incomparable. The human body feels the biological need for regular movements. These actions serve as an active biological stimulus for physical maturity and intellectual development. The period of rapid growth and development of the organism corresponds to childhood and adolescence. Today, the formation of a healthy and harmoniously developed citizen of our republic cannot be imagined without physical education and sports. There are scientifically based studies on the significant impact of properly organized physical education and sports training on children's health and the ability to resist the adverse effects of the external environment. Physical education and sports Education forms confidence in the future, emotional and spiritual vitality in children and adolescents, and forms feelings of patriotism and love for the Motherland. In order to make sports a daily need of children and to attract them to sports, many public competitions are held in places. There are 3 mln. in cities and villages of our republic. 554 thousand boys and 3 mln. 416,000 girls are studied in which type of sport they are most interested in, and special attention is paid to the possibilities of developing sports suitable for urban, rural or remote villages, mountain or desert areas. Accordingly, 6.9 mln. attracting more than 91,640 boys and girls to sports clubs and departments in their free time, organizing and financing Republican competitions among students, strengthening the material and technical base of sports, certifying sports facilities. Activities such as training manuals on physical education

and sports, as well as the preparation of training rules for sports are being carried out. The integrated national system of three-stage competition, which serves the development of children's sports based on the requirements of the times, introduced in our country, has become the main mechanism that continuously attracts young people to sports. This system: combined the efforts of regional governments, relevant ministries and sports organizations to attract students and youth to sports; - organized scattered, unrelated and non-targeted competitions in rural areas.

2. Composition of the general education school physical culture team

Physical education extracurricular activities are carried out through the physical education team of the general education school

Content of activity of physical culture team of general education schools () The physical culture team of the school is a community-based organization of students that coordinates school and family cooperation in the implementation of physical education of students.

TOPIC 6 Prediction, Modeling, Selection, Targeting, Management and Control in Athlete Training

PLAN

- 1. Selection of athletes during the long-term training process and training (procedure for selecting young athletes)**
- 2 Management of sports training**
- 3 Modeling in sports training**

1. Selection of athletes during the long-term training process and training (procedure for selecting young athletes)

The selection procedure of future young athletes plays an important role in the training of substitutes in S port . In order to show high results in sports , an athlete must have unique morphological indicators at a high level of development, a complex of excellent physical and mental abilities. There are very few athletes who have such harmony.

Selection in sports - We understand the process of searching for capable, talented people who can achieve high results in any sport . According to VP Fillin, it is a complex order of organizational and methodological activities that includes the methods of pedagogical , sociological, psycho -medical biological research (scientific investigation) , and on the basis of which children's abilities to specialize in certain sports are determined.

Referral to sports is the determination of the future direction of achieving high sports skills based on the study of the individual characteristics of the athlete's abilities and the formation of sports skills .

VP Fillin said that the referral to sports is a complex procedure of organizational and methodical measures based on which short specialization of an athlete in a certain type of sport is determined.

Selection in sports is a multi-stage, multi-year process that is carried out at all stages of training in sports. It is aimed at creating good conditions for the formation of these abilities based on a comprehensive study of the abilities of athletes. There are many types of sports, each person plays sports in some way, gives an opportunity to acquire high skills. A person who is unfit for one sport may excel or excel in another sport. Therefore skills recovery should be carried out individually or in groups. Athletes who are distinguished by their stability of sports abilities also depend on their genetic abilities. Progeny abilities are manifested when a large load is given to the organism, therefore age the ability of the athlete should be focused on high performance.

Selection in sports is carried out in three stages

it solves the task of choosing the right type of sport, taking into account the child's morpho-functional and mental characteristics.

sports results is solved in the intermediate 2-3 training phases.

Finalist - solves selection issues for international results.

Selection and referral at the first stage of multi-year training

The task - is to help the child choose a sport to improve in sports.

than 100 children should be examined to select 2-3 educational groups for the sports school. According to statistics, out of 60,000 children who come to the pool, only 1 athlete of the international category emerges, many of the masters of sports of the international category become Olympic winners.

What determines the child's future achievements is determined by the age at which the child should start playing sports.

Pedagogical tests are often used **in the initial selection**. The tests are related to checking speed, coordination of movement, endurance, aerobic and anaerobic capacity.

Passport t and determination of biological age is one of the important issues. Rapid development of the genitals leads to good results quickly, but not later. There is also a late-developing selection of 16-17- year-old athletes worldwide.

Puberty age - 8-9 in girls, 10 in boys average: 10-11, 12-13 in boys. Late development: after 13 years in girls, after 15 years in boys.

Mental indicators are also of great importance: the need to practice, the desire to get good grades in practice, not to be afraid, etc.

In the initial selection - the result in sports cannot be a criterion. Youth winners of all-Union competitions are one in every 19 - the average winner of the former USSR: every 52 European champions - one in 120 winners of the Olympic Games.

Selection of multi-year training in 2 - 3 stages

Their tasks are to select talented athletes who can show high sports results, athletes who can realize their individual potential to the maximum. At this stage, morphological characteristics are of great importance. These characteristics are passed down to different species and different morphological structures.

Attracting people to sports on a regular basis depends on their interest and personal results, special features of this or other sports, and individual abilities.

each person chooses a sport, most of his individual characteristics match the requirements of this sport, which constitutes the essence of sports orientation. Sports orientation is often associated with children and adolescents and mass sports. The better the introduction of sports orientation, the more effective the selection of sports will be. The technology of casting and selection is the same, in terms of which way to approach, casting determines the type of sport for a certain person, and in the process of selection, the athlete chooses a person.

A sports competition is a set of events that meet the special requirements of this sport with a high level of ability. The competition is part of a multi-year and annual preparation system, changes in quality and participates in all its periods, consists of four stages.

The first step is the initial selection of children (often 9-14 years old) who have the potential to learn a specific sport. From the organizational point of view, the competition is held in three periods.

The first is to carry out promotional work to arouse interest in training: the second is to check on tests and show children with the necessary abilities for this sport: third - in the process of training and the development of physical qualities, long-term monitoring of learning material learning rate:

The second stage is to identify teenagers (16-17 years old) with a high level of ability for this sport and their desire for certain types of specialization (athletics, games, etc.).

The third stage is to hold a competition (18-20 years old) for inclusion in the team of highly qualified athletes. The selection is carried out by studying the training and competition activities of the children's and youth team, specially studied training sessions, control tests and determining functional readiness.

The fourth stage is the selection of various national teams (republics, agencies, etc.) For this purpose, the information about the sportsman's training and competition activity in his club is analyzed, and his competition activity in the national team is studied in the national championships and training sessions.

2 Management of sports training

Changes in the athlete's condition under the influence of training are divided into 3 stages: maintenance during the relative stage by weeks or months. For example: the condition of the sports uniform is insufficient during training, etc

Current state : change under the influence of one or more exercises (it helps to assess the situation, determine the structure and direction of the next exercises and the size of the load in relation to them).

Operative state i : changing and changing speed under the influence of individual exercises (the duration, character, intensity of the exercises and their execution, the nature of the duration and the rest interval are taken into account when creating a training program).

the sports training process and the constant change of the athlete's ability, the fluctuation of his condition under the influence of various factors, are the basis of his management. This is given through feedback from the athlete to the coach: 1) Information from the athlete to the coach (self-awareness, attitude to work, mood, etc.): 2) Information about the athlete's behavior (volume of training work, its

performance, detected errors, etc.): 3) Training efficiency, short-term indicators (limits and changes in the functional system under the influence of training load): 4) Information on the collection (cumulative) of training efficiency (athlete state of change in exercise tolerance).

During the periods of sports training, the effectiveness of training management is related to the indicators of the exact number of training sessions and sports activities.

this is characteristic of a specific sports subject in this or that sport . Therefore, it is also used as a model for training and competition activities . (it is also used as a selection at certain stages of improvement in sports).

Types and content of control

To objectively manage the process of sports training, to evaluate the changes in the state of the results during the long duration of the functional training of the athlete (phase state)

In sports theory, it is accepted to distinguish three different types of control.

1. Staged
2. Current
3. Operative

In stepwise control, the following are determined:

1. The condition of the athlete, training for a relatively long time changes under the influence of:

Developments developed for the next macrocycle or training period.

Accordingly, in the process of step-by-step control, the development of the level of preparation and assessment of various aspects. In this, shortcomings in preparation and ways to improve in the future are identified.

The following are identified in the current control.

microcycles and individual training sessions and the standards in their series is determined.

It creates complex conditions for the necessary adaptation of the athlete's body and gives the necessary direction.

1. It helps in the process of adaptation of the athlete's body to ensure the ratio between large and small loads of great importance. On the other hand, it consists in ensuring the conditions for the passage of these processes.

Structure and ratio of " loading " and " restoration " microcycles within mesocycles .

Optimal ratio of work in different directions (technical, tactical, integral) in micro and mesocycles .

4. In the processes of restoration and adaptation of working ability, continuous management of pedagogical and additional tools (physical, psychological, pharmacological, special nutrition, training with specialized tools and methods, etc.).

5. The following are defined in operational control. The measures used for the reaction indicators of the reaction of the athlete's body to individual exercises, which bring the effectiveness of the exercise , are to get a clear impression of the structure of tools and methods at the expense of these activities, to develop them for the

specific development of the necessary qualities and abilities. help and interrelationship in training : rapid correction of some parameters of training load (duration, intensity and nature of rest) .

3 Modeling in sports training

Effectiveness of management of the training process, modeling and sports training from models It is used to determine various descriptions and organize parts of the structure in a rational manner.

Stresses and their complexity of all objects and aspects of sports training and many factors show that the model is sufficiently complete. Many models use separate indicators that describe the model.

In sports training, various models are divided into the main group . These include:

1. Models describing the structure of competition activities and ensuring the effectiveness of competition activities.

the athlete 's preparation and ensure the effectiveness of the competition.

2. Morphofunctional models. Morpho-functional models that show the morpho-functional characteristics of the organism and the capabilities of some functional systems and parts, ensuring competition activity and the required level of preparation.

To the models of the second group:

1. Models showing multi-year training periods, microcycles and training stages are the major structural aspects of the training process.

2. Model of meso- and microcycles of training cycles .

Z. Training exercises and their model.

4 . Models of individual training exercises and complexes.

Determining whether all parameters characteristic of this view are sufficient to proceed with the modeling time.

In the course of training, in the development of modeling, the modeler prepares the appearance and processes of the object, the model structure and functional capabilities, and pedagogical it is necessary to improve the means directed under the influence.

When modeling the aspects of an athlete's basic training and competition activities, it is necessary to determine not only the numerical aspects, but also the aspects related to which sport for a specific athlete . It is also necessary to take into account the variability of some dimensions, the athlete's body condition at different stages of the competition and the different structure of the training process .

Self-test questions:

1. Problems of selecting young athletes?
2. How is the selection conducted at the first stage of multi-year training?
3. How is the selection conducted in the 2-3 stages of multi-year training?
4. What is meant by sports training management?
5. What types of controls are used?
6. Ways to model sports training?

7th topic. Management of the improvement of the athlete's skills .

PLAN

- 1. Formation of education of general physical fitness and special fitness of athletes.**
- 2. Mastering, strengthening and improving movements.**
- 3. Principles of improvement of technical and tactical skills.**

1. Formation of education of general physical fitness and special fitness of athletes.

Including, as it is known, improving the process of training athletes is necessarily related to the search for optimal ways to implement physical work ability through general physical fitness and special physical fitness. This is the basis for the development of physical qualities that help to bring out the special individual abilities and potential of the athletes in reserve, to educate the general physical fitness and special training of the athletes, and to form their technical and tactical skills, as well as to increase the efficiency of the athletes in competitions. However, the problems of planning and controlling loads in the process of sports training, achieving high sports results are the focus of the specialists and coaches of this field. Therefore, the results of the training of the athletes can be positive by involving them in their growth, by involving them in the regular exercise during training, and by using different types of physical tools and methods during training. The effectiveness of the process of training athletes in modern conditions largely depends on the use of complex control methods as a management tool. **LITERATURE ANALYSIS AND METHODOLOGY** Because complex control methods implement feedback between coaches and athletes, and on this basis create an opportunity to increase the level of their management decisions in the training of training participants. Comprehensive control, i.e., in order to comprehensively assess the preparation of athletes, the content of the training process and competition activities, the types of control include staged, current and rapid (operational) control types, as well as pedagogical, social-psychological and medical -effective use of biological indicators will be desirable. Each of them corresponds to a specific type of athletes' condition: - staged control - allows to assess the athletes' staged condition, i.e., the state resulting from the effectiveness of long-term training. The conditions of the athlete in this case are the result of his long training for several years (year, macrocycle, period or stage); - current control - is aimed at studying the current state of athletes, which is the result of microcycles during training, training or competitions; - rapid (operational) control - provides assessment of the operational conditions of athletes, i.e. the rapid reactions of their body to loads during certain trainings and competitions. According to the tools and methods used, control can be pedagogical, social-psychological, and medical-biological in nature: - the level of technical-tactical and physical training in the process of pedagogical control, the peculiarities of participation in competitions, the dynamics of sports

results, training the structure, content, etc. of the process are evaluated; - social-psychological control is related to the study of the athlete's personality, his mental state and preparation, the general environment, conditions, etc., characteristic of training and competition activities; - medical-biological control provides assessment of the athlete's health condition, capabilities of various functional systems, individual organs and mechanisms that bear the main load during training and competition processes. Currently, in the theory and methodology of sports training, including all types of complex control, physical tools and methods in sports practice, coaches can achieve positive results if they support athletes in sports training and sports competitions. The analysis of scientific and methodical literature shows that an athlete with a high level of technical and tactical training performs better than an athlete with more physical quality. First of all, by controlling the loads given in training competitions, performing the techniques of a skilled athlete better and more will always lead to improved competition results. Secondly, during the technical-tactical training process, distribution of loads given to athletes through control allows the athlete to participate well in the competition. Theoretically, the planning of the training process of athletes, first of all, involves the development of a system of training programs that envisage the implementation of a set of interrelated goals (in accordance with short, medium and long goals) it is appropriate to form an urgent (operational), current and multi-year or prospective program. Taking into account the individual characteristics of athletes as much as possible while observing the main organizational and methodological principles of preparation is an important factor in the improvement of qualified athletes. Mastering technical activities and the conditioned reflex that controls involuntary movements in the formation of movement skills, mechanisms occur on the basis of unconditioned reflexes. The presence of ready "energies" of unconditioned reflexes facilitates the control of the motor apparatus in the involuntary formation of skills and skills. However, between the formed technical movements and innate reflexes, o It is also necessary to take into account negative interactions, which can resist the acquisition of technically efficient actions and cause errors in action. Skills formed in living conditions have such an inhibitory nature. Negative effects of life skills occur in every sport, from "simple" cycling to exercises with acyclic motion. For example, the simple life form of running and high jumping is based on the active impulse of the leg. Now, the technique of declination in jumping occurs in the rational interaction of active, reactive and inertial forces. This difference in the mechanisms of execution and control of movements not only complicates the training process, but also serves as a real obstacle to the strengthening of rational technical skills in conditions that require maximum strength . It is necessary to express the level of physical qualities, technical and tactical development that will make it possible to achieve a high result in the formation of the model of the athlete of the future period. In this case, it is important to take into account the time factor, that is, the time it takes for an athlete to reach the level of an international class. Technical skill consists in carefully mastering the most rational movement structure of sports exercises aimed at achieving maximum results in the conditions of sports competition. Consciousness is very important in mastering, strengthening and improving movements, even

automated movements are subject to it. In addition, any purposeful action is formed in the process of continuous correction based on information coming to the central nervous system in the form of feedback from afferent nerves. Therefore, the trainer should be able to influence the psyche of the athlete in addition to managing the improvement of movement skills. In practice, there are two main types of improvement of technical skills: 1) the technique mainly corresponds to the modern rational structure of the movement, and therefore, at the same time, corresponds to the personal characteristics of the athlete's physical fitness; 2) the technique of the athlete's movement does not fully correspond to its functional potential and has more or less shortcomings compared to the modern technique model. Therefore, a different approach to the process of improving movement skills is necessary. In the first case, it depends on the numerical further development of right actions; increase in speed and amplitude, increase in power impulses, determine the main elements of coordination and their interaction with the rhythm of overall movement activity, and therefore form a certain movement activity based on this. In the second case, the improvement of the movement technique is related to the training of movement skills and the replacement of less effective parts of the movement structure with more effective ones. Work experience and special studies have shown that the main reasons for movement technique deficiencies are that trainers and athletes do not have objective indicators of technical skill level determination, measures to monitor its improvement, and also the lack of a perfect model of performance technique. Therefore, both the trainer and the athlete must have methods of obtaining quick information with the help of technical tools in order to regularly correct the movements and monitor their execution.

DISCUSSION AND RESULTS The level of technical skill should be determined by the level of effective use of movement potential. Here there is a disproportionate relationship between the level of technical skill and the amount of effort per unit of measurement of the sports result and the physical effort expended. In this case, not only the size of the action effect in absolute units, but also the economy indicator of the action potential is taken into account. The lower the number of savings, the higher the skill. Thus, the main indicator of technical skill is the efficiency and economy of actions. The more the body uses reactive and external forces to perform the movement, and the less active muscle work is added, the more economical and rational the body movement is. An integral (analytical) indicator of technical skill is the rhythm of movement, one of its characteristic features is the presence of rationally alternating phases of different intensities of force in certain time intervals. Technical skill is expressed by the reliability and accuracy of movements. A system of movements consisting of different combinations of movements (multivariable in terms of direction, intensity, etc.) is less reliable. Therefore, cyclic movements have a more reliable system than acyclic movements.

Technical improvement: I The method of dividing into parts consists in simplifying the structure of movement, it facilitates the process of understanding, it helps to know the structure of each element in the whole coordination. In this case, the following tools are recommended: imitation exercises to master the form of movement; perform special exercises aimed at performing mastered forms of movement at the necessary speed, with a certain force and in a

standard manner. II. The method of complete performance helps to form a comprehensive movement skill in accordance with the condition and mode of neuromuscular activity in competition conditions. In this method, the following is recommended: performing the integrated movement in facilitated conditions, simplifying the structure of the integrated movement, reducing the overall speed of execution (with half strength, etc.), easing the muscle strain - using a lighter projectile, reducing the amplitude of the movement, using restraints and restraints. ; to gradually complicate the conditions of the overall exercise (increasing the speed, strength of resistance, in changing conditions of the environment, etc.); improvement of technical skills in conditions of high nervous excitement, such as in a competition (ability to engage oneself, develop maximum effort and be able to distribute it, etc.). It is necessary to pay attention to ideomotor training in improving technical skills. Imaginary performance of actions in learning improves the image of the imagination of this action. Ideomotor training is a feature that helps to modify actions, correct errors and improve skills. Principles of improving technical skills. There are specific laws (principles) of managing the process of technical skill improvement in sports training: I Principle of managing mutual relationship. There are 2 types of interactions in opposite (negative) and unity (positive) trends. For example, the relationship between physical qualities may interfere with each other's development due to a certain degree of conflict; excessive development of endurance hinders the development of speed, development of strength negatively affects the formation of speed endurance and necessary activity. However, among these qualities, one can find their independent development compatibility, which helps their complex development (endurance, speed-strength, etc.). Also, life experience in stone throwing has a negative effect on the mastery of javelin throwing techniques, or old techniques hinder the formation of new techniques. Although the new skills are superior to the previous ones, sometimes the old ones can appear in extreme (competition) conditions. II. The principle of compatibility. All tools, methods, and size of weights should be selected according to the requirements for the proportional development of physical qualities necessary for certain sports. For example, physical training in all aspects should be in a clearly specialized direction without requiring the development of all physical qualities to the same high level. The matching principle is also important in the body's response to stress. It is necessary to have a certain compatibility between the athlete's psychological preparation, training regimen and performance in the competition. III. Principle of compensation (substitution). The principle of compensation occupies an important biological place in animal and human life. With its help, the violation of vital aspects is eliminated and the physiological balance is restored. In movement activity, this principle is manifested in the form of replacing random changes of movement elements in a whole movement system and controlling the response of the whole system to changes in its parts. The first form occurs when there are restrictions in certain parts of the movement structure that ensure the effect of mutual substitution, while the second form is caused by more movement changes that can reduce the effectiveness of the whole movement without replacing it completely within one link of the movement. will consist of In such cases, technically existing deficiencies are

compensated by additional efforts. Sleepy forms of compensation can be found in the interaction of individual techniques, in the development of movement qualities, in the selection of tactical actions. IV. Prime factors and the principle of rhythms. Head factors are important in movement technique. For example, in physical training, this principle is expressed in the primary importance of certain physical qualities. For a middle distance runner, the main factor is endurance, etc. Main factors include main parameters, main elements, main phases of movement. During the main phase of the movement, only one major joint change causes a significant change in the structure of the movement activity. In the process of performing exercises, the importance of the main factor is enhanced by the movement activity characteristic of determining the effective picture of the movement, and the effective picture of the movement is expressed by the speed and dynamics of the effort in different parts of the movement. Any enhancement of movement coordination elements is associated with the introduction of head elements or the head link phase of the element. Regarding the issue of standards, it is known its importance in organizing a person's life and how it has a positive effect on production productivity. As Academician NK, Anokhin said, "Our body can withstand very large loads. The whole issue depends on the distribution of this work. If this is the picture itself, and the highest stress states alternate with periods of calmness, then no vivid picture of the times, no sharpness of mental experiences can lead to hypertension." These statements also apply directly to the organization of the training regime. V. The principle of reciprocity. Any exercise aimed at the development of this physical quality will make a certain change in the development of other mental qualities, among them there will be a certain number of changes (accumulation), forming the skills of their effective use. Such a continuous interdependence in the development of the organism is an objective law. Directed interdependence can also be in the training process itself (physical training is the basis of the athlete's activity; technical and tactical training is manifested as a means of wide use of physical capabilities). Existing shortcomings in multi-year sports training , which are manifested in the inconsistent consideration of individual, age-specific and sexual characteristics of athletes when preparing athletes for competitions, prevent the development of scientifically based systems of planning and implementation, as well as a deep and systematic study of various aspects of this problem. serves as a basis for. In this regard, children and teenagers sports schools, specialized children and teenagers sports schools,

4TH SEMESTER PRACTICAL

SUBJECT 1. Sports equipment PLAN

1. Physical exercise as the main means of sports training

2. Preparatory exercises in the system of sports training

3. Techniques used in sports

1. Physical exercise as the main means of sports training

At the basis of human movement activity lies the power of movement as a method of performing movement tasks. Means of sports training are various physical exercises that have a direct or indirect effect on the skill of the athlete. A specific type of sport, exercises that are considered a specialty sports subject are selected for the system of sports training.

General fitness exercises are means of solving tasks of motor activity. The power of movement can consist of the form of movement in space (movement) and situations (situation). According to the assigned tasks, the power of movement can have a household, work, educational or sports character.

If we run to catch up with a moving vehicle (for example, a bus), then running as a motive force has a domestic direction.

If we run in order to improve running technique, or to increase endurance, speed, then running as a force of motion will have a sports orientation.

Therefore, any movement force is not considered physical exercise, only those who solve the task of physical improvement or sports training through many repetitions can enter the scope of physical exercise.

Physical exercises can consist of one (bending, sitting, etc.) or a series of movements (games, gymnastic exercises, etc.).

Sports training focuses on the formation and improvement of movement skills or increasing the functional capacity of the athlete.

In both cases, this happens according to the law of adaptation to the work presented to the athlete (getting the body used to movement activity).

Changes that occur in a person's body during exercise are defined as the effect of exercise. The changes that remain in the body after exercise are defined as a trace exercise effect.

Training, the summation of the results of a certain period of training, is defined as the final or training result.

1. Physical exercise as the main means of sports training

All problems related to sports exercises are solved primarily with the help of physical exercises. That is why physical exercises are the main means of sports training.

They are conditionally divided into four groups: competition exercises, general preparation, converging and developmental exercises.

Competition exercises are performed in the conditions of a real sports competition, they differ in some aspects according to the mode and form of movements.

Specialization in a sport goes in the direction of competitive training (of a sport), deep improvement of the chosen sport.

Other competitive exercises (other types of sports) are used as additional types that serve as preparatory exercises.

Competition training plays an important role in sports training, because this type of sport helps to restore the set of demands placed on the athlete, which develops special training. At the same time, the volume of competitive exercises during training will not be much larger than the total volume of the training process.

This can be explained by two situations:

- a large number of functional shifts in the body caused by competition exercises;

- that it is inappropriate to return them frequently without special preparation, that is, without changing the results in terms of quality and quantity.

Competition exercises are performed during training, with a slight deviation from the type available in competition conditions.

In the same cases, the deviation occurs due to the need to improve the movements of the learned competition, in other cases, it occurs in the conditions of training where there is no opportunity to fully perform all the features of the movements in the upcoming competitions. This applies to martial arts and sports games. The training forms of competition exercises in these types are distinguished by good results.

2. Preparatory exercises in the system of sports training

Preparatory exercises are divided into basic and special types of preparation.

Depending on the main direction, special training exercises are mainly divided into training exercises aimed at acquiring movement patterns and exercises that develop physical qualities.

General preparatory exercises. This group of exercises will be the general training tool of the athlete

When organizing a general training session, choosing general training exercises, it is necessary to consider the following;

- taking into account the effectiveness of exercises on the wide development of all basic physical qualities and on the enrichment of the fund of movement skills and competencies;

- taking into account that the exercise reflects the characteristics of sports specialization.

In this case, it is necessary to take into account the certain rule of training with skills, quality, training, because during training work, not only positive skills and qualities, but also negative things that have a bad effect on this type of sport are equally important. ensures a successful transfer.

Purpose and tasks of general development exercises.

- for the formation, strengthening or improvement of positive transfer of skills and competencies that play the role of building material in technical training, help to improve performance of competition exercises or special training exercises;

- as a means of educating insufficiently developed qualities in the chosen sport, in order to increase the general level of work ability;

- used as active recreation.

Additional means of sports training. If physical exercise is considered the main tool in the system of training an athlete according to its importance, the healing forces of nature (sun, air, water) and hygienic factors (personal and collective hygiene) are used as additional means that allow physical exercise to have an effective effect (if they are used correctly).

Effectiveness and a certain result are achieved due to the importance of the movement performed in the sports activity, striving for brevity, precision, using various options, etc. The nature of the sport is taken into account.

Secondary technique - features of performing certain actions.

For example: features of anchoring when jumping up, head position when doing somersaults, leg position when swinging, etc.

In the analysis of the technique of physical exercises, in addition to the basics of the system of movements, such as the period of movement and the part of movement are determined.

Periods of movement form the basis of the technique of physical exercise, and parts of movement consist of the dynamics of an attempt to perform it.

3. Techniques used in sports

Methods of using physical exercises are understood as sports training methods.

For example: Running exercises are used in different forms as a means of sports training, depending on the tasks to be performed.

- when working on the technique of running steps, it is recommended to do the exercise of standing upright (as an option);

- runs long distances at a lower speed to develop endurance;

- runs at high speed for a short distance to develop speed capabilities.

Thus, the use of one or another method is determined by the tasks set before the training.

The methods used in sports training are divided into didactic (general pedagogical) and traditional (used in sports pedagogy).

- didactic methods of sports training.

Oral explanation methods are divided into three groups:

Group 1 - story, image, event methods. In this case, the word is used as a means of absorbing knowledge.

Group 2 - styles of commands, instructions, instructions. In this case, the word serves as a means of managing the athlete's activity.

Group 3 - methods of analysis, recommendation, evaluation. In this case, the word is a tool for analyzing and evaluating the athlete's performance.

Visual effects are divided into four groups:

Group 1 - visual weapon methods. Direct pointing, visual guides are used in this.

Group 2 - methods of hearing (sound) weapons

Group 3 - methods of movement exhibition

Group 4 - fast information methods.

Methods of showing (demonstrating) action.

Eye target . These methods help to perform the movement correctly in terms of distance and time. Special symbols and objects are used for the purpose.

For example: Long jump acceleration bar symbol.

- A flag hanging at a suitable height helps to determine the direction of projectile launch.

- Lines showing the image of the soccer goal on the training wall, etc

In addition to these (the simplest), complex devices of the type of light leader (in the form of a treadmill) can be used, in which the sequential lighting of electric lights determines the speed of movement (running, swimming) for the athlete.

Method of auditory (sound) exhibition

With the help of sound signals, it helps to determine the distance - time and time position of the movement.

With the help of a pre-given sound signal, it tells the time to spend the main effort to perform a complex motor activity.

For example: group dives, push-ups, push-ups or push-ups in gymnastics.

The movement pattern is well mastered with the help of a sound signal.

For example: a complex rhythm of movement can be clicked, which helps the athlete's mind to maintain the status, following which the athlete performs the movements well in certain conditions.

Sound leaders (especially in cyclic types) help to maintain the appropriate speed of movement (over the entire distance).

Presentation styles

The method of demonstration should not be confused with the method of demonstration of action or, in other words, the method of demonstration.

The fact is that the methods of motion visualization are based on the organization of perception by seeing motion.

This means that the coach helps the athlete to "lead" the movement in him. Compulsory "leading" action, paying attention to the basic conditions of the technique, makes it possible to acquire its technical nature faster.

SUBJECT 2. Types of sports training planning and its importance

PLAN

- 1. Types of planning and its importance**
- 2. Annual and multi-year planning**
- 3. Monthly and weekly planning.**
- 4. Daily planning**

Organization and planning of children's sports training is considered a complex pedagogical process and requires a high level of knowledge from the coach. Before elucidating opinions about this, it is necessary to divide children according to age characteristics.

Taking into account pedagogical, psychological and biological knowledge, children and adolescents are classified as follows from the point of view of age.

Junior school period 1-4 grades (from 6-7 to 10-11 years old).

High school period 5-9 grades (from 11-12 to 14-15 years old).

Adolescence Students of academic lyceums and vocational colleges (from 15-16 to 17-18 years old).

In general, during childhood and adolescence, a coach should be careful with his students. Specific aspects of children's sports activities differ in sports practice. These differences are characterized by the shortness of the training time, the small amount of loads, and the uniqueness of the training methods.

It is desirable to clarify perceptions about the specific aspects of children's sports. The basis of any sports activity is the planning of sports training. Without planning, it is impossible to achieve any results or start a sports activity.

Planning sports activities it means guaranteeing future sports results in advance. For this reason, it is appropriate for coaches or specialists to pay special attention to this process.

The most important criterion to consider when planning children's sports training is the athlete's age, personal characteristics and skills. When all three indicators are close to each other, athletes can be trained according to the general plan. In this case, do not forget to give them individual exercises.

There are following types of sports training planning:

1. Multi-year planning.
2. Annual planning.
3. Monthly (mesocycle) and weekly (microcycle) planning.
4. A plan for a specific exercise.

Each form of planning involves a certain level of tasks. It is wrong to say that there is a concrete border between them. Each process is unique and has a common unity. When planning children's sports training, especially at the stage of initial sports preparation, the main attention should be paid to issues of comprehensive development of athletes. Because young athletes who have just started training and whose forms of movement are not sufficiently formed cannot perfectly master the technique without the physical qualities necessary for sports. It can be said that when planning multi-year training with young athletes, it is necessary to achieve a broad foundation that will be necessary for the athlete's future sports activities.

2. Annual and multi-year planning

Annual and multi-year planning is of particular importance in sports practice. This type of planning summarizes the overall view of the athlete's training. This process integrates all the directions and departments of the athlete's preparation and serves as the basis for further plans. In the annual and multi-year planning, necessary indicators such as theoretical and practical knowledge, skill, skills and competence, which the athlete should master, are included in the plan.

The characteristics of the sport, the level of the athlete's capabilities, climatic conditions, material and technical support should be taken into account in annual and multi-year planning. Also, the competition calendar plan is of special importance. Training planning will be more accurate and effective according to the time, place and conditions of the competitions.

3. Monthly and weekly planning.

Weekly and monthly training planning is widely used in practice. In monthly and weekly planning, it is necessary to take into account the following:

1. of training .
2. The tools and methods used in the training are x character.
3. Parameters, size and intensity of training loads , their use during training .
4. Different directions of physical loads during training and sequence gi (arrangement) in volume h .
5. Control exercises that determine whether the sports uniform is being formed correctly .

Monthly and weekly planning are so close to each other that separating them from each other in terms of content will lead to an imbalance of the preparation process. In adult athletes, the process of creating these plans is mainly focused on restoring or maintaining sports form, while in children's sports training, it is mainly aimed at the athlete's health, appropriate physical development and all-round education. When planning children's sports activities, the initial training sessions are 3 or 4 times a week.

**An approximate plan of weekly training
(for 12-14 year olds)**

No	Days of the week	Type and direction of preparation
1	D is Tuesday	He is JT
2	CH Monday	TTT
3	J uma	MJT

It is very important to make these plans in a purposeful way and to use them effectively in practice. Therefore, coaches should be very careful in this matter. It is required to be able to change and update them. Because there is no possibility that the physical capabilities of the athlete and the structured training plan do not match each other.

As you can see from the table above, the weekly training plan mainly provides information about the content and nature of the training day. For example, UJT is shown on the first day of the week. However, its content does not specify what tasks should be performed, the composition of exercises or other structural principles. These concepts are supposed to be included in the daily planning of training.

The main goals and objectives of monthly and weekly planning are to ensure the formation of a sports uniform, to strengthen the athlete's health level, and to develop physical qualities. On the basis of monthly and weekly planning, the coach plans daily training.

4. Daily planning

Daily training planning is still an important issue in sports science. Nevertheless, leading experts express their opinions on some aspects of this issue. In this place, it is necessary to mention various scientific researches, published literature, training programs for young athletes. Nevertheless, the training of young athletes is constantly improving.

The daily planning of children's sports training is similar to the structure of a physical education lesson (we already mentioned it in this regard). But it has its own features, in which the daily planning of sports training is based on specific criteria.

These criteria are consistent with and based on the general principles and laws of sports practice. Therefore, experts should consider these laws when planning training. A training plan for one session is structured roughly like a physical education lesson. Special tasks are set only in the report of the training. The technical and tactical, physical, mental, spiritual and voluntary preparation issues for a particular training should be clearly defined in the report of the daily training plan. Naturally, the approximate size or parameters of loads in these directions should be within the limits of the athlete's physical capabilities ¹. In this case, the sports coach is of great importance in ensuring the connection and compatibility between the training plan and the athlete's body.

Development of training in sports gymnastics for children (plan for one training session)

Training date: _____

Training venue: _____

Training time: 120 minutes

Training topic: Development of physical qualities (flexibility, endurance)

Equipment : high-low horizontal bar, barbell, gymnastic seat.

TR	Content	Lead time	Methodological instructions
1	Introduction: 20 minutes		
	Line-up, receiving reports, explaining the task and topic of the training	2-3 minutes	Reviewing employees
	Walking and running exercises	3-4 minutes	Keeping distance, controlling discipline
	Perform URM	7-8 minutes	Performing URM in a circle, doing the exercises correctly
	Performing special exercises	5-7 minutes	Application of various special exercises
2	Main part: 40-43 minutes		
	Horse jumping exercises		Organizing exercises in groups
	Jump left and right on the horse	10 minutes	Emphasis on light landing
	Holding the body position correctly, being able to control the body	12 minutes	Ensuring the compatibility of hand movements and body movements
	Exercises in the ring		

	Swing while hanging	6-8 minutes	Control of body movements during movement
	Movement while hanging, bending and twisting	5 minutes	Control the movements of the knees and back
	Throwing the trunk slightly back, maintaining balance	5 minutes	Holding legs and head correctly
3	Final part: 13-15 minutes		
	Alternating split and bridge exercises	3-5 times	Correct grip
	Writing while lying down with folded arms, doing exercises for the abdominal muscles while sitting on a gym chair	10-12 times, with 2 repetitions	Correct breathing
	Ranking, announcement of results	2-3 minutes	Assignment of homework, summary of achievements and shortcomings, motivation

In the daily planning of training, the trainer's knowledge, practical and theoretical skills, together with his imagination, the ability to imaginatively develop training details or parts are important. Tasks to be performed during the training, the sequence of the composition of the exercises, changes in the size of the loads and a number of other indicators should be designed by the coach.

In this section, opinions were expressed about the specific features of children's sports activities. When organizing classes, the main focus should be on planning classes, successful implementation of plans, strengthening children's health, and educating them in all aspects.

When planning classes, it is necessary to pay special attention to children's readiness, the level of mastery of physical loads, the calendar of sports competitions, and climatic conditions. Also, coaches should analyze whether young athletes are absorbing loads in accordance with the requirements of the training plans.

Age recommendations for choosing sports

Sports	AGE		
	Initial preparation	Training	Sports improvement
Acrobatics	8-10	10-14	14-17
Basketball, volleyball	10-12	12-16	16-18
Badminton	10-12	12-16	16-18
Boxing	12-14	14-17	17-18
Types of fighting	10-12	12-16	16-18
Cycling	12-14	14-17	17-18
Water polo	10-13	13-16	16-18
Sports gymnastics	8-10	10-14	14-17

Boys and girls	7-9	9-14	14-17
Artistic gymnastics	7-9	9-13	13-17
Academic rowing	10-12	12-17	17-18
Kayaking and canoeing	11-12	12-17	17-18
Equestrian sport	11-13	13-17	17-18
Athletics	11-13	13-17	17-18
Skiing (freestyle)	8-10	10-14	14-17
Swimming	7-10	10-12	12-17
Jump into the water	8-10	10-14	14-17
Handball	10-12	12-16	16-18
Shooting sport	11-13	13-16	16-18
Archery	11-13	13-17	17-18
Shooting at the stand	14-15	15-17	17-18
Tennis, table tennis	7-9	9-14	14-17
Technical types	16-17	17-18	18-20
Tourism	16-17	17-18	18-19
Weightlifting	13-14	14-17	17-18
Fencing	10-12	12-16	16-18
Football	10-12	12-17	18-19
CHESS and checkers	9-11	11-15	15-18

In general, the process of choosing an athlete for one or another sport is a complex process. In modern sports, the selection processes for sports are becoming more and more sophisticated. It should be mentioned with special pleasure that the solution to this issue has been effectively implemented in Uzbekistan.

The implementation of state programs for the development of sports, the creation of legal frameworks are of great importance in the selection and training of young athletes.

Topic 3. Athlete training system

PLAN

1. Description of the athlete's training system

2. Adaptation to sports exercises

1. Description of the athlete's training system

In the years after the independence of the Republic of Uzbekistan , our President has been paying great attention to the development of sports and increasing its popularity.

In this regard, at the current stage of sports development, we see such features that have a serious impact on the process of training an athlete and put new complex tasks and tasks before the trainer and the athlete. in turn, forces to find the most suitable forms and methods of organizing the training process:

- in order to further improve the level of high performance achieved by today's athletes, it is necessary to completely improve the method of training the world's most qualified athletes, as well as the current organizational-methodical method that has been used for training athletes for many years.

- Due to the fact that the results of the achievements in the biggest sports competitions are increasing more and more, the competition has become extremely intense. This condition increases the demand for the efficiency, stability and priority of the technical and practical skills of the athletes, moral will and mental preparation in the conditions of their responsibility.

- Highly qualified athletes have reached such a high peak of special physical training that now it is the hardest and most difficult task to rise above it, therefore, the search for resources to increase the effectiveness of special physical training and at the same time, new methods and techniques are needed in the training process system in general.

The methods of training an athlete are a set of scientific and methodical bases, as well as the result of the cooperation of organizations (institutions) that consistently train athletes in certain specialties.

1. As can be seen from the table above, the conditions for training a highly qualified athlete are the single main basis of the athlete-coach complex. In this complex, the greatest load falls on the athlete, because it is this athlete who must face the effects of a number of activities (learning, development, training, training, competition, rehabilitating the organism). However, an athlete as an independent individual cannot prepare for a competition without a coach, material, technical and economic support, scientific methodical support, and groups. All-round (physical,

mental and moral) development of today's athlete requires physical, technical, tactical, mental and functional preparation.

2. In order to review the methods of preparing the athlete, let's turn to the organizational aspect of this activity.

It can be seen that ideological-educational work and education of moral-volitional qualities are given the first place, because only if these activities are carried out well, one can protect oneself, the trainer, the team members, can respect his opponent and others practically. At the same time, the coach and the athlete should develop good duties as shown above, and they should regularly fight against the violators of the sports law, against drunkenness, hooliganism, lasciviousness and other immoral people in all places. Among athletes, there are still many people who do not know what to do, who are big-mouthed, arrogant, who demand to worship the personality of the champion. There are negative actions such as improper training of athletes, following fashion trends, tarnishing the honor of our athletes (especially abroad).

By collecting and analyzing sports data, we can visualize not only the current state of sports, but also its future. Various coordination services are embodied in this place (coach, athlete, doctor, psychologist, methodologist, etc., they jointly solve issues such as the formation of new technical movements, functional preparation for practical complex training, psychological preparation, i.e. athletes form the 2005 model.

In order to provide national teams with such specialists, it is necessary to conduct regular training of new personnel and retraining of old personnel everywhere. Currently, one-year training courses for high-class trainers are being opened for national teams. Sports referees are required not only refereeing skills, but also physical and functional training. Scientific and methodical conferences are held for trainers, trainers share experience by inviting high-level experts and periodically re-certify.

It is necessary to properly organize and effectively spend free time and rest of athletes during training sessions and competitions. Ideological and political training in national teams is carried out differently depending on the age of the team members.

Ideological and political education of athletes includes theoretical seminars, political information, evenings dedicated to important dates and similar events. Meetings with revolution participants, civil war and labor heroes, and sports veterans should be organized very carefully.

During the training season, it is necessary to pay attention to labor education (to be on duty in the room, gym, sports field, to keep the base area tidy, to unload the construction materials from cars and wagons, to repair halls and sports equipment, to be on duty in the kitchen, dormitory etc.).

Current doctors do not talk about the athlete's resistance to training, limiting themselves only to their practical indicators, about how resistant the athlete is to general training.

Regular medical check-ups (this task is performed by physical culture dispensaries), treatment, pedagogical observations, self-monitoring of one's own

health, and other forms of complex control used in the training of high-level athletes (for example, step-by-step and current comprehensive checks) are of paramount importance.

All these works provide a great help in determining how much each athlete can withstand a given load, in normalizing the loads and in planning the training process taking into account the weight and lightness of the loads, as well as the age and physical characteristics of the person exercising.

Doctors are not engaged in preventive work, they are not responsible for the low quality of planning, they have a low level of control over training exercise loads created only in the name of personal training plans.

There is no practical information about the athlete's health, functional condition, psychological readiness for competitions and other similar aspects.

The task of medical supervision is to conduct dispensary examination of athletes every year, to conduct functional training tests, to carry out the supervision before the preparation for the competition, and then to carry out current observation at least once every 3-4 months.

Activities aimed at effectively restoring and increasing the athlete's working capacity include:

a) special hygienic measures that eliminate body fatigue and overexertion (these measures are also referred to as pedagogical tools that restore strength).

b) psychological measures. Psycho-prophylactic and psycho-therapeutic methods of regulating the athlete's mental state are autogenic (independent exercise, psychoregulatory exercise, sleep rest with hypnosis). Leaders, trainers, and staff should be kind to the athlete, not to harm the athlete's dignity, to create a favorable psychological microclimate to nurture his spirit. In addition, it is necessary to use methods and activities that relieve mental tension, and various means of entertainment.

c) extensive and comprehensive use of various physical factors and body regeneration apparatus.

from nutrients consumed during metabolism in the human body (ammonia and citric acid), biochemical use of drugs affecting the process.

The scientific-methodical group dealing with the supply must definitely express its opinion on the management of the training process, the athlete's entry into the sports uniform, and the dynamics of the sports uniform.

The coach implements the exercise process aimed at training the physical qualities of the athlete to form the activity of the movement members, solves the issue of orderly preparation of the athlete for competitions with the help of training methods and adaptive issues representing the pedagogical process in managing the development of the athlete's activity.

While carrying out the training process, the coach must conscientiously select only promising children in the sports center (this is a system of organizational-methodical activities of a set of characters consisting of pedagogical, social, psychological, methodical-biological methods, the talent and ability is determined using these methods), determining which type of sport they are capable of (currently, both the quantitative and qualitative structure of children's selection for 16 types of

sports has been determined) is a duty and obligation. But in any situation, when choosing children for sports, the coach must pay attention to the sum of positive factors in them and take into account the child's hardworking, hardworking and unique qualities.

The coach independently requires the athlete to calmly face any accidents that may occur during training, and must not allow him to become excessively excited, angry, and selfish.

The main condition for the effective management of the training process is the constant analysis of the components of the training process. The main aspect of such an analysis is as follows:

1. Taking into account all the work done by athletes;
2. Monitoring the condition of the athlete (his attitude to this work), as a result of such monitoring, it is possible to obtain objective information about the condition of the athlete, about the qualitative development rate of his technical skills and how well he can perform the training loads.

2. Adaptation to sports exercises

For the first time, the concept of **adaptation (Latin - adaptation) was revealed in Selye's (Canadian scientist who defined this concept) doctrine of the state of general adaptation.**

Adaptation syndrome (symptom) is explained by Selye as an abnormal response of the body to a stimulus. This happens as follows:

Anxiety-resistance-thinness (resistance-tolerance of the body to the influence of various damaging factors of the environment).

Anxiety is characterized by extreme mobilization of the body at normal and abnormal levels. If this influence does not stop, after some time the body will run out of capacity and its power of perception will fade.

Due to heavy physical load (stress condition) Adenosintri-phosphoric acid (ATF) reserves are reduced, as a result of which the ratio of its products to decomposition increases compared to the rest, which is the basis of adaptation. In the process of adaptation, special interdependent changes are observed. For example, under the influence of physical effort, the weight of the heart can increase by 20-40%, in connection with this, the thin vascular networks of the heart muscle also increase.

When developing a long-term training program, external factors must be taken into account in strictly balancing the athlete's adaptation reserves with personal characteristics of recovery and preservation.

There are two types of adaptation: quick (unstable) and long-term (relatively stable) adaptation.

Movements in the athlete's body in response to a certain load can be an example of rapid adaptation in sports practice. After all, in an untrained athlete, these shifts are lower than in a trained one, because his body is adapted to work under a lower load compared to that of a trained athlete. Therefore, athletes who have trained at a high level (with high sports capabilities) can show high results.

In the above example, the comparative index of the main organs of the body after running 400 m is given for athletes of different levels, that is, HTSU and 3rd level.

What is the reason for the indicated distance of HTSU less preparation the question arises as to whether he ran faster than the athlete he saw. This can be explained primarily by the high functional capabilities of his body.

A simple drawing of the fabric

Currently, the concept of tissue is a semi-solid bone composed of structural proteins, many of which are "tubular", and a complex composition in which fluids of various simple and complex molecules circulate. Material-energy and informational communications are made from it.

Tissue activity is often associated with chemical reactions, each of which takes place under the influence of its own protein-enzyme. Proteins are synthesized (made) in ribosomes according to templates RNA samples are created by copying a gene in DNA.

- a strong external stimulus

- previously "spent" enzyme weight
- the presence of power provided by "providing" components.

Biochemists have discovered that proteins break down into simple molecules at a uniform rate. Its size is defined as "half-life".

As we said above, a new protein is formed from "working elements" in ribosomes "when there is a student". The harder each molecule of the protein enzyme works, the stronger the urge to create a new one. In this case, the formation of new protein exceeds its degradation, which leads to an increase in the weight of the protein enzyme, as well as an increase in tissue function. When the need for protein production is reduced, protein breakdown exceeds its production.

In the first case, we observe an increase in skill, a process of adaptation to a much higher weight, and in the second case, we observe a decrease in skill adaptation.

Adaptation stages

The following three stages are observed in the rapid adaptation reaction:

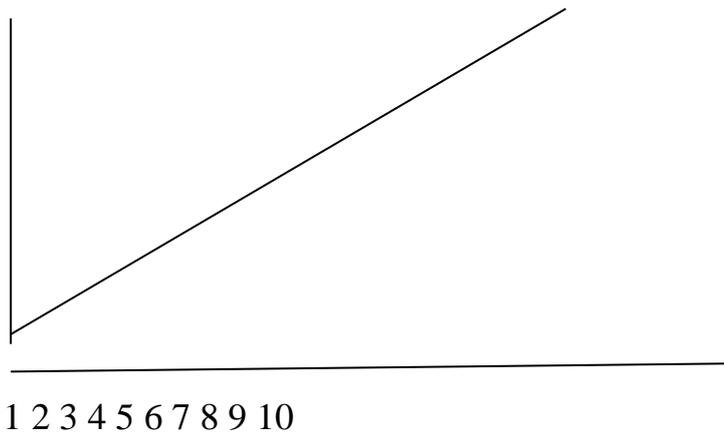
Phase 1 is the increase in heart rate, respiration, oxygen absorption, lactate accumulation and increased blood pressure associated with the acceleration of the functional systems that ensure the performance of the given work.

The 2nd stage represents the moderation of the activity of functional systems in the snow. Shows a relatively alternative position of the body.

The 3rd stage is related to the violation of the compatibility between the need for body activity (response) and its provision. It represents the fatigue of the nervous control mechanisms of the working systems and the movement of the organs, as well as the depletion of energy reserves.

At the beginning of goal-oriented training, the adaptation process is rapid. Later, the rate of formation of long-term adaptation decreases based on the increasing level of development of various organs and parts.

A diagram of the dynamics of adaptation changes and load changes in long-term training.



The ratio of circles that enhance the subsequent adaptation of the zone of functional reserves

This pattern occurs in some stages of training, as well as in meso and macro cycles, and during long-term training.

Adaptation of the cardiovascular system

The ability of the heart to contract increases due to an increase in the weight of the heart (cardiac hypertrophy).

The respiratory and circulatory system also adapts to the new capabilities of the body.

During intense muscle work, respiration increases 15-20 times, due to the increase in breathing power, the motor power of breathing increases, the MPK index, which is the basis of the ability to withstand physical loads of different weights, increases.

- the process of adaptation not only allows the athlete to achieve high results, but also the loads in the form of weight bearing lose the training effect, which can be used as a means of maintaining exercise endurance.

- long breaks between exercises reduce the level of adaptation gains.

- adaptation of the athlete's body takes place in the direction related to the composition and direction of the load.

Duration of adaptation process

Some substrates of metabolism adapt quickly, for several hours.

At a low speed for 10-14 days, energy reserves in the liver and muscles increase, the cardiovascular system begins to adapt.

Slowly, for 4-6 weeks, the muscle mass begins to increase, the amount of protein in the composition increases.

Understanding the following legal relationships is one of the main tasks of sports science (Figure 5).

The process of adaptation occurs only when external factors are of sufficient intensity and in a certain volume.

The process of adaptation is the result of proper organization of loading and rest.

The functional capabilities of the body decrease (temporarily) due to the impact of loading, functional and energy reserves. It is the leading trigger for the formation of the adaptation process, which is often carried out during the rest phase.

In athletes who are just starting their career, the process of adaptation to new, unusual loads is faster than in mature professional athletes. This can be explained by the fact that in experienced athletes, the process of adaptation to training and competition loads is high, and the range of possibilities for further strengthening of adaptation is somewhat reduced.

Questions for self-examination

1. Define the concept of adaptation in sports training.
2. Describe the concept of "quick adaptation"?
3. Define the concept of "long-term adaptation".
4. The main directions in which adaptive changes occur in the athlete's body.
5. Define the concepts of "functional reserve range" and "accelerating adaptation range".

SUBJECT 4. Formation of long-term adaptation in the process of annual and multi-year training of athletes

PLAN

- 1. Continuation of long-term training and its determining factors**
 - 2. Tasks, stages and main methodology of technical training of an athlete**
 - 3. Psychological preparation during sports training**
-
- 1. Continuation of long-term training and its determining factors**

The structure and duration of multi-year training depends on many factors: the specific direction of the sport: the individuality of the athlete's development

characteristics: the characteristics of the training process . Multi-year training planning. It is also determined by the limits that can show high sports results .

Multi-year sports training is divided into 5 periods:

- Initial preparation:
- Initial basic training:
- Special basic training:
- Maximum implementation of individual capabilities.
- Saving the achieved results.

1. Initial preparation

Task: To strengthen children's health:

- Comprehensive physical training:
- Elimination of physical development deficiencies:
- Training in the technique of the chosen sport .

Tools : Exercises made up of various sports and action games.

At this stage training should not be planned with large physical and mental loads .

Technical preparation . Learning the technical elements of various sports , as well as preparatory exercises.

At this stage, it is not necessary to stabilize the movement technique, but focusing on achieving certain sports results and acquiring movement skills, therefore, at this stage, all- round technical readiness is created.

The duration of the training is 30-60 minutes

sessions per week is 2-3 times

Annual work volume 100-150 hours

If this stage extends to 3 years:

1st year - 80 hours for children who started training from 6-7 years old

2 - year for 100 hours

3rd year for 120 hours

if the child started coming to classes from the age of 9-10 , the duration of this stage is 1.5-2 years. The amount of work is 200-250 hours.

2. Initial basic training stage

Tasks : comprehensive development of the body's physical capabilities, strengthening of health, elimination of physical development and physical training deficiencies, implementation of action potential (including those corresponding to the future specialty).

The main focus is on getting young athletes interested in multi-year sports training. Extensive use of special exercises in the direction of preparation . This is considered a good condition for improving the athlete in the future. Great importance is attached to technical training based on the material of various sports . Physical fitness is focused on developing quickness, coordination skills and flexibility.

Z. Special basic training stage

Tasks . Continuation of comprehensive training (in the first half of the stage): focuses more on specialization .

Means: the basic training of the future sprinter, weightlifters, gymnasts, etc. aimed at the development of functional potential, must be structured according to the specific characteristics of the competition.

4. Maximize individual opportunities implementation phase

Tasks - sports to achieve maximum results. maximum use.

The sum of the volume and intensity of training will reach maximum life and the number of high-load training will increase. The number of trainings should reach 15-20 , the importance of psychological, tactical and integral training should increase. It should be noted that in the maximum realization of individual capabilities, it is necessary to meet the optimal age limit. The duration of the stage depends on the organization of sports skills or the preparation of the program of individual numbers . For example: in 100-200 m swimming, men completed their masters in 3-4 years , (women in 1-3 years) only after a year of intensive training can he be awarded the title of international master. 2 years before the Olympic Games, future male champions (100-200 m swimming) increase their results by 1.5 s, and women by Z s. this trend also applies to other sports .

5. Stage of saving the achieved results

It is characterized by an individual approach to the athlete. This is determined by the following. First: the athlete's extensive experience (training and competition) in various conditions allows him to quickly determine the necessary tools and methods for competitive activities. Second: the change of age does not allow organs and systems to maintain the same level as the high load of the previous period , increasing the load at this stage. Therefore, the functional potential and adaptation possibilities decrease. This requires the search for individual resources to improve personal skills .

to maintain functional capacity in the previous or smaller volume of training to the extent achieved:

- improvement of technical skills:
- increase psychological readiness:

- when eliminating some mistakes in physical and functional training, it should be taken into account that the athlete at this stage of many years of training is used to various training tools. Therefore, it is necessary to find new forms and methods of training, since the previous planning, tools and methods cannot maintain the sports results. This stage is characterized by the fact that young athletes aged 17-20 and veteran athletes aged 30-35 participate in the competition.

In the course of many years of training, the dynamics of loadings and the ratio of various necessary works.

In order to rationally structure the long-term preparation process, it is necessary to determine the appropriate proportion of its various types.

In the stage of initial training, the main place is occupied by general and auxiliary training i. The amount of initial basic training increases and makes up 80-90% of the total training volume. Special training will be around 15%. In the stage of special basic training, the weight of special training increases and general training decreases.

general (A), auxiliary (B) and special (V) training in the long-term training process (N. Platonov).

As we have seen in microcycles, the restoration of the functional capabilities of the organism could last from several hours to several days. For him, the next microcycle may be aimed at restoring the body due to exhaustion from the previous load .

This puts high demands on the functional system of the organism and the strength of the technique. The total sum of the load in microcycles depends on the period of multi-year preparation, in the multi-year preparation, the disease within the basic microcycles, the unification of the total sum of the load of microcycles, the total sum of their load of different types of microcycles, the lower x features also determined by the type of mesocycle. Combining the total amount of weekly microcycles in various types of mesocycles is also used for the training of high-class athletes (Platonov VN).

A characteristic feature of some mesocycles is that they are joined by microcycles of rapidly changing direction. As can be seen from the table, the microcycle that completes the mesocycle is often focused on active rest and is used in various general training exercises.

When one-year training is planned in two cycles, in the first microcycle of the fundamental period, there are often 3 basic training control mesocycles: one competition in the competition period, 2 mesocycles of basic training control in the 2nd microcycle of the training period. During the competition period, 2 competition mesocycles are planned, and at the end of the second mesocycle, a transition period is often planned. This is why 6-week mesocycles are widely used in various sports.

When planning a one-year training in two cycles, in the first micro-cycle of the fundamental period, 3 pulling basic training controls are often used: in the competition period, 2 basic training control mesocycles are used in the second microcycle of one competition training period. During the competition period, 2 competition mesocycles are planned, and at the end, a transition period is often planned.

Stayer (middle and long-distance runners) in sports - pulling - basic (developing - basic (steady) - basic (percussive)) control - preparation - grinding pre-competition mesoscales.

In fast-power sports:

Puller - basic-control (percussive control elements of competition) - received competition (with polished expectation) . **In**

Musoba=a species.

Competition - 1, competition - 2, intermediate (restoration training) competition - 3

Competition - 1, competition - 2 - intermediate (restoration preparation) competition - 3 competition - 4 and so on, as shown by SM Voyshevsky (1979), the results of microcycles and mesocycles should be the basis for planning future mesocycles.

Traditional method of planning.

The plan is the execution of the plan. Analysis of the work done . Develop a new plan.

Parallel planning methodology.

Plan - execution of the plan, general evaluation of the completed work .

Daily analysis (in parallel) development of a new plan (in parallel) that activates - activity training .

2. Tasks, stages and basic methodology of technical training of an athlete

The main means of improving the athlete's technical skills are as follows.

1. Achieving the performance of specialized movements - styles based on sports techniques in a highly stable and variable state within a clear limit.

2. To transform the methods learned in the effective implementation of competition activities into the basis of a series of techniques.

3. Improving the structure of movement, its dynamics, kinematics and rhythm, depending on the athlete's individual characteristics.

4. Improve the athlete's technique and performance in extreme competition conditions.

5. Improvement of the athlete's technical skills, according to the demands of sports practice and scientific and technical indicators.

In the process of technical improvement, it is permissible to edit the teaching process using literature, fast media, photo-cinema-video material analysis, speech, demonstration and practical methods, phase and dynamic descriptions of pace and rhythm.

Unrivaled training style . It is used to study the basis of the technique, to actively and consciously analyze it.

Method of training with conditional opponent . Management and control of the use of additional and auxiliary inventory and equipment: targets, mejin, various training structures, conditional opponent programmed model.

How to train with a partner . A way to learn tactics. In this method, the partner is considered an active assistant in learning movement techniques and tactics.

A style of training with Ra q ibi. Repetition of tactical actions by elements: tactical improvement of the athlete by individual characteristics: improvement of voluntary athletes: ability to use their capabilities in various tactical conditions organized by the opponent.

3. Psychological preparation during sports training

Main areas of psychological preparation:

formation of motivation to participate in sports .

- readiness of will;
- idiamatory training;
- improvement of quick reaction;
- improvement of specialized skills;
- management of psychological stress;
- work on tolerance for emotional stress.

- management of the starting position of the athletes.

Preparation of the will

The training of the athlete's will, in terms of its pedagogical essence, is the process of moral training, including the training of the will, in which sports activities are carried out in accordance with the conditions.

The tasks to be solved in the preparation process of the athlete's will are, first of all, the correct understanding of the reasons that cause the activity. The following factors form the practical basis of the methodology of preparation of the will:

1. to constantly manage the training program and instructions for the competition;
2. systematic introduction of additional difficulties;
3. use of competition;
4. successive strengthening of the function of self-education;

The main methods of educating an athlete are persuasive methods, a personal example to coaches and teammates.

In the management of psychological stress, training tools and methods can be controlled with conditional limitations.

Questions for self-examination.

1. The basis of adaptation in many years of preparation.
2. Adaptation of the organism in mastering collective movements.
3. Fundamentals of motion control
4. Technical tactical and psychological preparation of sports.

5 - topic. Management of the improvement of the athlete's skills .

PLAN

- 4. Formation of education of general physical fitness and special fitness of athletes.**
- 5. Mastering, strengthening and improving movements.**
- 6. Principles of improvement of technical and tactical skills.**

1. Formation of education of general physical fitness and special fitness of athletes.

Including, as it is known, improving the process of training athletes is necessarily related to the search for optimal ways to implement physical work ability through general physical fitness and special physical fitness. This is the basis for the development of physical qualities that help to bring out the special individual abilities and potential of the athletes in reserve, to educate the general physical fitness and special training of the athletes, and to form their technical and tactical skills, as well as to increase the efficiency of the athletes in competitions. However,

the problems of planning and controlling loads in the process of sports training, achieving high sports results are the focus of the specialists and coaches of this field. Therefore, the results of the training of the athletes can be positive by involving them in their growth, by involving them in the regular exercise during training, and by using different types of physical tools and methods during training. The effectiveness of the process of training athletes in modern conditions largely depends on the use of complex control methods as a management tool. After all, complex control methods implement feedback between coaches and athletes, and on this basis, create an opportunity to increase the level of their management decisions in the training of training participants. Comprehensive control, i.e., in order to comprehensively assess the preparation of athletes, the content of the training process and competition activities, the types of control include staged, current and rapid (operational) control types, as well as pedagogical, social-psychological and medical - effective use of biological indicators will be desirable. Each of them corresponds to a specific type of athletes' condition: - staged control - allows to assess the athletes' staged condition, i.e., the state resulting from the effectiveness of long-term training. The conditions of the athlete in this case are the result of his long training for several years (year, macrocycle, period or stage); - current control - is aimed at studying the current state of athletes, which is the result of microcycles during training, training or competitions; - quick (operational) control - provides assessment of the operational conditions of athletes, i.e. quick reactions of their body to loads during certain trainings and competitions. According to the tools and methods used, control can be pedagogical, social-psychological, and medical-biological in nature: - the level of technical-tactical and physical training in the process of pedagogical control, the peculiarities of participation in competitions, the dynamics of sports results, training the structure, content, etc. of the process are evaluated; - social-psychological control is related to the study of the athlete's personality, his mental state and preparation, the general environment, conditions, etc., characteristic of training and competition activities; - medical-biological control provides assessment of the athlete's health condition, capabilities of various functional systems, individual organs and mechanisms that bear the main load during training and competition processes. Currently, in the theory and methodology of sports training, including all types of complex control, physical tools and methods in sports practice, coaches can achieve positive results if they support athletes in sports training and sports competitions. The analysis of scientific and methodical literature shows that an athlete with a high level of technical and tactical training performs better than an athlete with more physical quality. First of all, by controlling the loads given in training competitions, performing the techniques of a skilled athlete better and more will always lead to improved competition results. Secondly, during the technical-tactical training process, distribution of loads given to athletes through control allows the athlete to participate well in the competition. Theoretically, the planning of the training process of athletes, first of all, involves the development of a system of training programs that envisage the implementation of a set of interrelated goals (in accordance with short, medium and long goals) it is appropriate to form an urgent (operational), current and multi-year or prospective

program. Taking into account the individual characteristics of athletes as much as possible while observing the main organizational and methodological principles of preparation is an important factor in the improvement of qualified athletes. Mastering technical activities and in the formation of movement skills, the conditioned reflex, mechanisms that control involuntary movements occur on the basis of unconditioned reflexes. The presence of ready "energies" of unconditioned reflexes facilitates the control of the motor apparatus in the involuntary formation of skills and skills. However, between the formed technical movements and innate reflexes, o It is also necessary to take into account negative interactions, which can resist the acquisition of technically efficient actions and cause errors in action. Skills formed in living conditions have such an inhibitory nature. Negative effects of life skills occur in every sport, from "simple" cycling to exercises with acyclic motion. For example, the simple life form of running and high jumping is based on the active impulse of the leg. Now, the technique of declination in jumping occurs in the rational interaction of active, reactive and inertial forces. This difference in the mechanisms of execution and control of movements not only complicates the training process, but also serves as a real obstacle to the strengthening of rational technical skills in conditions that require maximum strength. It is necessary to express the level of physical qualities, technical and tactical development that will make it possible to achieve a high result in the formation of the model of the athlete of the future period. In this case, it is important to take into account the time factor, that is, the time it takes for an athlete to reach the level of an international class. Technical skill consists in carefully mastering the most rational movement structure of sports exercises aimed at achieving maximum results in the conditions of sports competition. Consciousness is very important in mastering, strengthening and improving movements, even automated movements are subject to it. In addition, any purposeful action is formed in the process of continuous correction based on information coming to the central nervous system in the form of feedback from afferent nerves. Therefore, the trainer should be able to influence the psyche of the athlete in addition to managing the improvement of movement skills. In practice, there are two main types of improvement of technical skills: 1) the technique mainly corresponds to the modern rational structure of the movement, and therefore, at the same time, corresponds to the personal characteristics of the athlete's physical fitness; 2) the technique of the athlete's movement does not fully correspond to its functional potential and has more or less shortcomings compared to the modern technique model. Therefore, a different approach to the process of improving movement skills is necessary. In the first case, it depends on the numerical further development of right actions; increase in speed and amplitude, increase in power impulses, determine the main elements of coordination and their interaction with the rhythm of overall movement activity, and therefore form a certain movement activity based on this. In the second case, the improvement of the movement technique is related to the training of movement skills and the replacement of less effective parts of the movement structure with more effective ones. Work experience and special studies have shown that the main reasons for movement technique deficiencies are that trainers and athletes do not have objective indicators of

technical skill level determination, measures to monitor its improvement, and also the lack of a perfect model of performance technique . Therefore, both the trainer and the athlete must have quick information methods with the help of technical tools in order to regularly correct the movements and monitor their execution.

DISCUSSION AND RESULTS The level of technical skill should be determined by the level of effective use of movement potential. Here there is a disproportionate relationship between the level of technical skill and the amount of effort per unit of measurement of the sports result and the physical effort expended. In this case, not only the size of the action effect in absolute units, but also the economy indicator of the action potential is taken into account. The lower the number of savings, the higher the skill. Thus, the main indicator of technical skill is the efficiency and economy of actions. The more the body uses reactive and external forces to perform the movement, and the less active muscle work is added, the more economical and rational the body movement is. An integral (analytical) indicator of technical skill is the rhythm of movement, one of its characteristic features is the presence of rationally alternating phases of different intensities of force in certain time intervals. Technical skill is expressed by the reliability and accuracy of movements. A system of movements consisting of different combinations of movements (multivariable in terms of direction, intensity, etc.) is less reliable. Therefore, cyclic movements have a more reliable system than acyclic movements.

Technical improvement:

I The method of dividing into parts consists in simplifying the structure of movement, it facilitates the process of understanding, it helps to know the structure of each element in the whole coordination. In this case, the following tools are recommended: imitation exercises to master the form of movement; perform special exercises aimed at performing mastered forms of movement at the necessary speed, with a certain force and in a standard manner.

II. The method of complete performance helps to form a comprehensive movement skill in accordance with the condition and mode of neuromuscular activity in competition conditions. In this method, the following is recommended: performing the integrated movement in facilitated conditions, simplifying the structure of the integrated movement, reducing the overall speed of execution (with half strength, etc.), easing the muscle strain - using a lighter projectile, reducing the amplitude of the movement, using restraints and restraints. ; to gradually complicate the conditions of the overall exercise (increasing the speed, strength of resistance, in changing conditions of the environment, etc.); improvement of technical skills in conditions of high nervous excitement, such as in a competition (ability to engage oneself, develop maximum effort and be able to distribute it, etc.). It is necessary to pay attention to ideomotor training in improving technical skills. Imaginary performance of actions in learning improves the image of the imagination of this action. Ideomotor training is a feature that helps to modify actions, correct errors and improve skills.

Principles of improving technical skills. There are specific laws (principles) of managing the process of technical skill improvement in sports training:

I Principle of managing mutual relationship. There are 2 types of interactions in opposite (negative) and unity (positive) trends. For example, the relationship between physical qualities may interfere with each other's development due to a certain degree of conflict ; excessive

development of endurance hinders the development of speed, development of strength negatively affects the formation of speed endurance and necessary activity. However, among these qualities, one can find their independent development compatibility, which helps their complex development (endurance, speed-strength, etc.). Also, life experience in stone throwing has a negative effect on the mastery of javelin throwing techniques, or old techniques hinder the formation of new techniques. Although the new skills are superior to the previous ones, sometimes the old ones can appear in extreme (competition) conditions.

II. The principle of compatibility. All tools, methods, and size of weights should be selected according to the requirements for the proportional development of physical qualities necessary for certain sports. For example, physical training in all aspects should be in a clearly specialized direction without requiring the development of all physical qualities to the same high level. The matching principle is also important in the body's response to stress. It is necessary to have a certain compatibility between the athlete's psychological preparation, training regimen and performance in the competition.

III. Principle of compensation (substitution). The principle of compensation occupies an important biological place in animal and human life. With its help, the violation of vital aspects is eliminated and the physiological balance is restored. In movement activity, this principle is manifested in the form of replacing random changes of movement elements in a whole movement system and controlling the response of the whole system to changes in its parts. The first form occurs when there are restrictions in certain parts of the movement structure that ensure the effect of mutual substitution, while the second form is caused by more movement changes that can reduce the effectiveness of the whole movement without replacing it completely within one link of the movement. In such cases, technically existing deficiencies are compensated by additional efforts. Sleepy forms of compensation can be found in the interaction of individual techniques, in the development of movement qualities, in the selection of tactical actions.

IV. Prime factors and the principle of rhythms. Head factors are important in movement technique. For example, in physical training, this principle is expressed in the primary importance of certain physical qualities. For a middle distance runner, the main factor is endurance, etc. Main factors include main parameters, main elements, main phases of movement. During the main phase of the movement, only one major joint change causes a significant change in the structure of the movement activity. In the process of performing exercises, the importance of the main factor is enhanced by the movement activity characteristic of determining the effective picture of the movement, and the effective picture of the movement is expressed by the speed and dynamics of the effort in different parts of the movement. Any enhancement of movement coordination elements is associated with the introduction of head elements or the head link phase of the element. Regarding the issue of standards, it is known its importance in organizing a person's life and how it has a positive effect on production productivity. As Academician NK, Anokhin said, "Our body can withstand very large loads. The whole issue depends on the distribution of this work. If this is the picture itself, and the highest stress states alternate with periods of calmness, then no vivid picture of the times, no sharpness of mental experiences can

lead to hypertension." These statements also apply directly to the organization of the training regime. V. The principle of reciprocity. Any exercise aimed at the development of this physical quality will make a certain change in the development of other mental qualities, among them there will be a certain number of changes (accumulation), forming the skills of their effective use. Such a continuous interdependence in the development of the organism is an objective law. Directed interdependence can also be in the training process itself (physical training is the basis of the athlete's activity; technical and tactical training is manifested as a means of wide use of physical capabilities). Existing shortcomings in multi-year sports training, manifested in the inconsistent consideration of individual, age-specific and sexual characteristics of athletes when preparing athletes for competitions, prevent the development of scientifically based systems of planning and implementation, as well as a deep and systematic study of various aspects of this problem. serves as a basis for. In this regard, children and teenagers sports schools, specialized children and teenagers sports schools,

4TH SEMESTER SEMINAR

SUBJECT 1. Types of sports training planning and its importance

PLAN

- 5. Types of planning and its importance**
- 6. Annual and multi-year planning**
- 7. Monthly and weekly planning.**
- 8. Daily planning**

Organization and planning of children's sports training is considered a complex pedagogical process and requires a high level of knowledge from the coach. Before elucidating opinions about this, it is necessary to divide children according to age characteristics.

Taking into account pedagogical, psychological and biological knowledge, children and adolescents are classified as follows from the point of view of age.

Junior school period 1-4 grades (from 6-7 to 10-11 years old).

High school period 5-9 grades (from 11-12 to 14-15 years old).

Adolescence Students of academic lyceums and vocational colleges (from 15-16 to 17-18 years old).

In general, during childhood and adolescence, a coach should be careful with his students. Specific aspects of children's sports activities differ in sports practice. These differences are characterized by the shortness of the training time, the small amount of loads, and the uniqueness of the training methods.

It is desirable to clarify perceptions about the specific aspects of children's sports. The basis of any sports activity is the planning of sports training. Without planning, it is impossible to achieve any results or start a sports activity.

Planning sports activities it means guaranteeing future sports results in advance. For this reason, it is appropriate for coaches or specialists to pay special attention to this process.

The most important criterion to consider when planning children's sports training is the athlete's age, personal characteristics and skills. When all three indicators are close to each other, athletes can be trained according to the general plan. In this case, do not forget to give them individual exercises.

There are following types of sports training planning:

1. Multi-year planning.
2. Annual planning.
3. Monthly (mesocycle) and weekly (microcycle) planning.
4. A plan for a specific exercise.

Each form of planning involves a certain level of tasks. It is wrong to say that there is a concrete border between them. Each process is unique and has a common unity. When planning children's sports training, especially at the stage of initial sports preparation, the main attention should be paid to issues of comprehensive development of athletes. Because young athletes who have just started training and whose forms of movement are not sufficiently formed cannot perfectly master the technique without the physical qualities necessary for sports. It can be said that when planning multi-year training with young athletes, it is necessary to achieve a broad foundation that will be necessary for the athlete's future sports activities.

2. Annual and multi-year planning

Annual and multi-year planning is of particular importance in sports practice. This type of planning summarizes the overall view of the athlete's training. This process integrates all the directions and departments of the athlete's preparation and serves as the basis for further plans. In the annual and multi-year planning, necessary indicators such as theoretical and practical knowledge, skill, skills and competence, which the athlete should master, are included in the plan.

The characteristics of the sport, the level of the athlete's capabilities, climatic conditions, material and technical support should be taken into account in annual and multi-year planning. Also, the competition calendar plan is of special importance. Training planning will be more accurate and effective according to the time, place and conditions of the competitions.

3. Monthly and weekly planning.

Weekly and monthly training planning is widely used in practice. In monthly and weekly planning, it is necessary to take into account the following:

6. of training.
7. The tools and methods used in the training are x character.
8. Parameters, size and intensity of training loads, their use during training.
9. Different directions of physical loads during training and sequence gi (arrangement) in volume h.

10. Control exercises that determine whether the sports uniform is being formed correctly .

Monthly and weekly planning are so close to each other that separating them from each other in terms of content will lead to an imbalance of the preparation process. In adult athletes, the process of creating these plans is mainly focused on restoring or maintaining sports form, while in children's sports training, it is mainly aimed at the athlete's health, appropriate physical development and all-round education. When planning children's sports activities, the initial training sessions are 3 or 4 times a week. **An approximate plan of weekly training (for 12-14 year olds)**

No	Days of the week	Type and direction of preparation
1	D is Tuesday	He is JT
2	CH Monday	TTT
3	J uma	MJT

It is very important to make these plans in a purposeful way and to use them effectively in practice. Therefore, coaches should be very careful in this matter. It is required to be able to change and update them. Because there is no possibility that the physical capabilities of the athlete and the structured training plan do not match each other.

As you can see from the table above, the weekly training plan mainly provides information about the content and nature of the training day. For example, UJT is shown on the first day of the week. However, its content does not specify what tasks should be performed, the composition of exercises or other structural principles. These concepts are supposed to be included in the daily planning of training.

The main goals and objectives of monthly and weekly planning are to ensure the formation of a sports uniform, to strengthen the athlete's health level, and to develop physical qualities. On the basis of monthly and weekly planning, the coach plans daily training.

4. Daily planning

Daily training planning is still an important issue in sports science. Nevertheless, leading experts express their opinions on some aspects of this issue. In this place, it is necessary to mention various scientific researches, published literature, training programs for young athletes. Nevertheless, the training of young athletes is constantly improving.

The daily planning of children's sports training is similar to the structure of a physical education lesson (we already mentioned it in this regard). But it has its own features, in which the daily planning of sports training is based on specific criteria. These criteria are consistent with and based on the general principles and laws of sports practice. Therefore, experts should consider these laws when planning training. A training plan for one session is structured roughly like a physical education lesson. Special tasks are set only in the report of the training. The technical and tactical, physical, mental, spiritual and voluntary preparation issues for a particular training should be clearly defined in the report of the daily training plan.

Naturally, the approximate size or parameters of loads in these directions should be within the limits of the athlete's physical capabilities ². In this case, the sports coach is of great importance in ensuring the connection and compatibility between the training plan and the athlete's body.

Development of training in sports gymnastics for children (plan for one training session)

Training date: _____

Training venue: _____

Training time: 120 minutes

Training topic: Development of physical qualities (flexibility, endurance)

Equipment : high-low horizontal bar, barbell, gymnastic seat.

TR	Content	Lead time	Methodological instructions
1	Introduction: 20 minutes		
	Line-up, receiving reports, explaining the task and topic of the training	2-3 minutes	Reviewing employees
	Walking and running exercises	3-4 minutes	Keeping distance, controlling discipline
	Perform URM	7-8 minutes	Performing URM in a circle, doing the exercises correctly
	Performing special exercises	5-7 minutes	Application of various special exercises
2	Main part: 40-43 minutes		
	Horse jumping exercises		Organizing exercises in groups
	Jump left and right on the horse	10 minutes	Emphasis on light landing
	Holding the body position correctly, being able to control the body	12 minutes	Ensuring the compatibility of hand movements and body movements
	Exercises in the ring		
	Swing while hanging	6-8 minutes	Control of body movements during movement
	Movement while hanging, bending and twisting	5 minutes	Control the movements of the knees and back

	Throwing the trunk slightly back, maintaining balance	5 minutes	Holding legs and head correctly
3	Final part: 13-15 minutes		
	Alternating split and bridge exercises	3-5 times	Correct grip
	Writing while lying down with folded arms, doing exercises for the abdominal muscles while sitting on a gym chair	10-12 times, with 2 repetitions	Correct breathing
	Ranking, announcement of results	2-3 minutes	Assignment of homework, summary of achievements and shortcomings, motivation

In the daily planning of training, the trainer's knowledge, practical and theoretical skills, together with his imagination, the ability to imaginatively develop training details or parts are important. Tasks to be performed during the training, the sequence of the composition of the exercises, changes in the size of the loads and a number of other indicators should be designed by the coach.

In this section, opinions were expressed about the specific features of children's sports activities. When organizing classes, the main focus should be on planning classes, successful implementation of plans, strengthening children's health, and educating them in all aspects.

When planning classes, it is necessary to pay special attention to children's readiness, the level of mastery of physical loads, the calendar of sports competitions, and climatic conditions. Also, coaches should analyze whether young athletes are absorbing loads in accordance with the requirements of the training plans.

Age recommendations for choosing sports

Sports	AGE		
	Initial preparation	Training	Sports improvement
Acrobatics	8-10	10-14	14-17
Basketball, volleyball	10-12	12-16	16-18
Badminton	10-12	12-16	16-18
Boxing	12-14	14-17	17-18
Types of fighting	10-12	12-16	16-18
Cycling	12-14	14-17	17-18
Water polo	10-13	13-16	16-18
Sports gymnastics	8-10	10-14	14-17
Boys and girls	7-9	9-14	14-17
Artistic gymnastics	7-9	9-13	13-17
Academic rowing	10-12	12-17	17-18
Kayaking and canoeing	11-12	12-17	17-18
Equestrian sport	11-13	13-17	17-18

Athletics	11-13	13-17	17-18
Skiing (freestyle)	8-10	10-14	14-17
Swimming	7-10	10-12	12-17
Jump into the water	8-10	10-14	14-17
Handball	10-12	12-16	16-18
Shooting sport	11-13	13-16	16-18
Archery	11-13	13-17	17-18
Shooting at the stand	14-15	15-17	17-18
Tennis, table tennis	7-9	9-14	14-17
Technical types	16-17	17-18	18-20
Tourism	16-17	17-18	18-19
Weightlifting	13-14	14-17	17-18
Fencing	10-12	12-16	16-18
Football	10-12	12-17	18-19
CHESS and checkers	9-11	11-15	15-18

In general, the process of choosing an athlete for one or another sport is a complex process. In modern sports, the selection processes for sports are becoming more and more sophisticated. It should be mentioned with special pleasure that the solution to this issue has been effectively implemented in Uzbekistan.

The implementation of state programs for the development of sports, the creation of legal frameworks are of great importance in the selection and training of young athletes.

Topic 2. Athlete training system

PLAN

1. Description of the athlete's training system

2. Adaptation to sports exercises

1. Description of the athlete's training system

In the years after the independence of the Republic of Uzbekistan, our President has been paying great attention to the development of sports and increasing its popularity.

In this regard, at the current stage of sports development, we see such features that have a serious impact on the process of training an athlete and put new complex tasks and tasks before the trainer and the athlete. In turn, forces to find the most suitable forms and methods of organizing the training process:

- in order to further improve the level of high performance achieved by today's athletes, it is necessary to completely improve the method of training the world's most qualified athletes, as well as the current organizational-methodical method that has been used for training athletes for many years.

- Due to the fact that the results of the achievements in the biggest sports competitions are increasing more and more, the competition has become extremely intense. This condition increases the demand for the efficiency, stability and priority of the technical and practical skills of the athletes, moral will and mental preparation in the conditions of their responsibility.

- Highly qualified athletes have reached such a high peak of special physical training that now it is the hardest and most difficult task to rise above it, therefore, the search for resources to increase the effectiveness of special physical training and at the same time, new methods and techniques are needed in the training process system in general.

The methods of training an athlete are a set of scientific and methodical bases, as well as the result of the cooperation of organizations (institutions) that consistently train athletes in certain specialties.

1. As can be seen from the table above, the conditions for training a highly qualified athlete are the single main basis of the athlete-coach complex. In this complex, the greatest load falls on the athlete, because it is this athlete who must face the effects of a number of activities (learning, development, training, training, competition, rehabilitating the organism). However, an athlete as an independent individual cannot prepare for a competition without a coach, material, technical and economic support, scientific methodical support, and groups. All-round (physical, mental and moral) development of today's athlete requires physical, technical, tactical, mental and functional preparation.

2. In order to review the methods of preparing the athlete, let's turn to the organizational aspect of this activity.

It can be seen that ideological-educational work and education of moral-volitional qualities are given the first place, because only if these activities are carried out well, one can protect oneself, the trainer, the team members, can respect his opponent and others practically. At the same time, the coach and the athlete should develop good duties as shown above, and they should regularly fight against the violators of the sports law, against drunkenness, hooliganism, lasciviousness and

other immoral people in all places. Among athletes, there are still many people who do not know what to do, who are big-mouthed, arrogant, who demand to worship the personality of the champion. There are negative actions such as improper training of athletes, following fashion trends, tarnishing the honor of our athletes (especially abroad).

By collecting and analyzing sports data, we can visualize not only the current state of sports, but also its future. Various coordination services are embodied in this place (coach, athlete, doctor, psychologist, methodologist, etc., they jointly solve issues such as the formation of new technical movements, functional preparation for practical complex training, psychological preparation, i.e. athletes form the 2005 model.

In order to provide national teams with such specialists, it is necessary to conduct regular training of new personnel and retraining of old personnel everywhere. Currently, one-year training courses for high-class trainers are being opened for national teams. Sports referees are required not only refereeing skills, but also physical and functional training. Scientific and methodical conferences are held for trainers, trainers share experience by inviting high-level experts and periodically re-certify.

It is necessary to properly organize and effectively spend free time and rest of athletes during training sessions and competitions. Ideological and political training in national teams is carried out differently depending on the age of the team members.

Ideological and political education of athletes includes theoretical seminars, political information, evenings dedicated to important dates and similar events. Meetings with revolution participants, civil war and labor heroes, and sports veterans should be organized very carefully.

During the training season, it is necessary to pay attention to labor education (to be on duty in the room, gym, sports field, to keep the base area tidy, to unload the construction materials from cars and wagons, to repair halls and sports equipment, to be on duty in the kitchen, dormitory etc.).

Current doctors do not talk about the athlete's resistance to training, limiting themselves only to their practical indicators, about how resistant the athlete is to general training.

Regular medical check-ups (this task is performed by physical culture dispensaries), treatment, pedagogical observations, self-monitoring of one's own health, and other forms of complex control used in the training of high-level athletes (for example, step-by-step and current comprehensive checks) are of paramount importance.

All these works provide a great help in determining how much each athlete can withstand a given load, in normalizing the loads and in planning the training process taking into account the weight and lightness of the loads, as well as the age and physical characteristics of the person exercising.

Doctors are not engaged in preventive work, they are not responsible for the low quality of planning, they have a low level of control over training exercise loads created only in the name of personal training plans.

There is no practical information about the athlete's health, functional condition, psychological readiness for competitions and other similar aspects.

The task of medical supervision is to conduct dispensary examination of athletes every year, to conduct functional training tests, to carry out the supervision before the preparation for the competition, and then to carry out current observation at least once every 3-4 months.

Activities aimed at effectively restoring and increasing the athlete's working capacity include:

a) special hygienic measures that eliminate body fatigue and overexertion (these measures are also referred to as pedagogical tools that restore strength).

b) psychological measures. Psycho-prophylactic and psycho-therapeutic methods of regulating the athlete's mental state are autogenic (independent exercise, psychoregulatory exercise, sleep rest with hypnosis). Leaders, trainers, and staff should be kind to the athlete, not to harm the athlete's dignity, to create a favorable psychological microclimate to nurture his spirit. In addition, it is necessary to use methods and activities that relieve mental tension, and various means of entertainment.

c) extensive and comprehensive use of various physical factors and body regeneration apparatus.

g) from foods containing high biological value consumption preparations, from special nutrients that serve to restore strength and health, as well as from nutrients consumed during metabolism in the human body (amber and citric acid), biochemical use of drugs affecting the process.

The scientific-methodical group dealing with the supply must definitely express its opinion on the management of the training process, the athlete's entry into the sports uniform, and the dynamics of the sports uniform.

The coach implements the exercise process aimed at training the physical qualities of the athlete to form the activity of the movement members, solves the issue of orderly preparation of the athlete for competitions with the help of training methods and adaptive issues representing the pedagogical process in managing the development of the athlete's activity.

While carrying out the training process, the coach must conscientiously select only promising children in the sports center (this is a system of organizational-methodical activities of a set of characters consisting of pedagogical, social, psychological, methodical-biological methods, the talent and ability is determined using these methods), determining which type of sport they are capable of (currently, both the quantitative and qualitative structure of children's selection for 16 types of sports has been determined) is a duty and obligation. But in any situation, when choosing children for sports, the coach must pay attention to the sum of positive factors in them and take into account the child's hardworking, hardworking and unique qualities.

The coach independently requires the athlete to calmly face any accidents that may occur during training, and must not allow him to become excessively excited, angry, and selfish.

The main condition for the effective management of the training process is the constant analysis of the components of the training process. The main aspect of such an analysis is as follows:

1. Taking into account all the work done by athletes;
2. Monitoring the condition of the athlete (his attitude to this work), as a result of such monitoring, it is possible to obtain objective information about the condition of the athlete, about the qualitative development rate of his technical skills and how well he can perform the training loads.

2. Adaptation to sports exercises

For the first time, the concept of **adaptation (Latin - adaptation) was revealed in Selye's (Canadian scientist who defined this concept) doctrine of the state of general adaptation.**

Adaptation syndrome (symptom) is explained by Selye as an abnormal response of the body to a stimulus. This happens as follows:

Anxiety-resistance-thinness (resistance-tolerance of the body to the influence of various damaging factors of the environment).

Anxiety is characterized by extreme mobilization of the body at normal and abnormal levels. If this influence does not stop, after some time the body will run out of capacity and its power of perception will fade.

Due to heavy physical load (stress condition) Adenosintri-phosphoric acid (ATF) reserves are reduced, as a result of which the ratio of its products to decomposition increases compared to the rest, which is the basis of adaptation. In the process of adaptation, special interdependent changes are observed. For example, under the influence of physical effort, the weight of the heart can increase by 20-40%, in connection with this, the thin vascular networks of the heart muscle also increase.

When developing a long-term training program, external factors must be taken into account in strictly balancing the athlete's adaptation reserves with personal characteristics of recovery and preservation.

There are two types of adaptation: quick (unstable) and long-term (relatively stable) adaptation.

Movements in the athlete's body in response to a certain load can be an example of rapid adaptation in sports practice. After all, in an untrained athlete, these shifts are lower than in a trained one, because his body is adapted to work under a lower load compared to that of a trained athlete. Therefore, athletes who have trained at a high level (with high sports capabilities) can show high results.

In the above example, the comparative index of the main organs of the body after running 400 m is given for athletes of different levels, that is, HTSU and 3rd level.

What is the reason for the indicated distance of HTSU less preparation the question arises as to whether he ran faster than the athlete he saw. This can be explained primarily by the high functional capabilities of his body.

A simple drawing of the fabric

Currently, the concept of tissue is a semi-solid bone composed of structural proteins, many of which are "tubular", and a complex composition in which fluids

of various simple and complex molecules circulate. Material-energy and informational communications are made from it.

Tissue activity is often associated with chemical reactions, each of which takes place under the influence of its own protein-enzyme. Proteins are synthesized (made) in ribosomes according to templates RNA samples are created by copying a gene in DNA.

- a strong external stimulus

- previously "spent" enzyme weight
- the presence of power provided by "providing" components.

Biochemists have discovered that proteins break down into simple molecules at a uniform rate. Its size is defined as "half-life".

As we said above, a new protein is formed from "working elements" in ribosomes "when there is a student". The harder each molecule of the protein enzyme works, the stronger the urge to create a new one. In this case, the formation of new protein exceeds its degradation, which leads to an increase in the weight of the protein enzyme, as well as an increase in tissue function. When the need for protein production is reduced, protein breakdown exceeds its production.

In the first case, we observe an increase in skill, a process of adaptation to a much higher weight, and in the second case, we observe a decrease in skill adaptation.

Adaptation stages

The following three stages are observed in the rapid adaptation reaction:

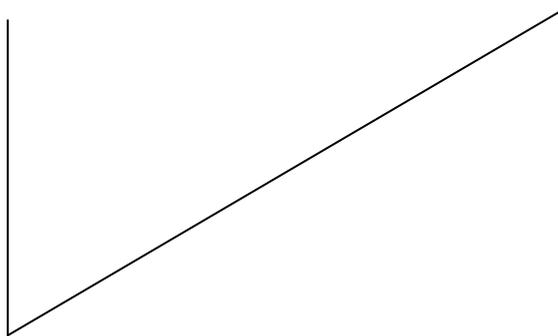
Phase 1 is the increase in heart rate, respiration, oxygen absorption, lactate accumulation and increased blood pressure associated with the acceleration of the functional systems that ensure the performance of the given work.

The 2nd stage represents the moderation of the activity of functional systems in the snow. Shows a relatively alternative position of the body.

The 3rd stage is related to the violation of the compatibility between the need for body activity (response) and its provision. It represents the fatigue of the nervous control mechanisms of the working systems and the movement of the organs, as well as the depletion of energy reserves.

At the beginning of goal-oriented training, the adaptation process is rapid. Later, the rate of formation of long-term adaptation decreases based on the increasing level of development of various organs and parts.

A diagram of the dynamics of adaptation changes and load changes in long-term training.



The ratio of circles that enhance the subsequent adaptation of the zone of functional reserves

This pattern occurs in some stages of training, as well as in meso and macro cycles, and during long-term training.

Adaptation of the cardiovascular system

The ability of the heart to contract increases due to an increase in the weight of the heart (cardiac hypertrophy).

The respiratory and circulatory system also adapts to the new capabilities of the body.

During intense muscle work, respiration increases 15-20 times, due to the increase in breathing power, the motor power of breathing increases, the MPK index, which is the basis of the ability to withstand physical loads of different weights, increases.

- the process of adaptation not only allows the athlete to achieve high results, but also the loads in the form of weight bearing lose the training effect, which can be used as a means of maintaining exercise endurance.

- long breaks between exercises reduce the level of adaptation gains.

- adaptation of the athlete's body takes place in the direction related to the composition and direction of the load.

Duration of adaptation process

Some substrates of metabolism adapt quickly, for several hours.

At a low speed for 10-14 days, energy reserves in the liver and muscles increase, the cardiovascular system begins to adapt.

Slowly, for 4-6 weeks, the muscle mass begins to increase, the amount of protein in the composition increases.

Understanding the following legal relationships is one of the main tasks of sports science (Figure 5).

The process of adaptation occurs only when external factors are of sufficient intensity and in a certain volume.

The process of adaptation is the result of proper organization of loading and rest.

The functional capabilities of the body decrease (temporarily) due to the impact of loading, functional and energy reserves. It is the leading trigger for the formation of the adaptation process, which is often carried out during the rest phase.

In athletes who are just starting their career, the process of adaptation to new, unusual loads is faster than in mature professional athletes. This can be explained by the fact that in experienced athletes, the process of adaptation to training and competition loads is high, and the range of possibilities for further strengthening of adaptation is somewhat reduced.

Questions for self-examination

1. Define the concept of adaptation in sports training.
2. Describe the concept of "quick adaptation"?
3. Define the concept of "long-term adaptation".
4. The main directions in which adaptive changes occur in the athlete's body.
5. Define the concepts of "functional reserve range" and "accelerating adaptation range".

SUBJECT 3. Organization of long-term adaptation in the process of annual and multi-year training of athletes

PLAN

- 1. Continuation of long-term training and its determining factors**
- 2. Tasks, stages and main methodology of technical training of an athlete**
- 3. Psychological preparation during sports training**

1. Continuation of long-term training and its determining factors

The structure and duration of multi-year training depends on many factors: the specific direction of the sport: the individuality of the athlete's development characteristics: the characteristics of the training process . Multi-year training planning. It is also determined by the limits that can show high sports results .

Multi-year sports training is divided into 5 periods:

- Initial preparation:
- Initial basic training:
- Special basic training:
- Maximum implementation of individual capabilities.
- Saving the achieved results.

1. Initial preparation

Task: To strengthen children's health:

- Comprehensive physical training:

- Elimination of physical development deficiencies:
- Training in the technique of the chosen sport .

Tools : Exercises made up of various sports and action games.

At this stage training should not be planned with large physical and mental loads .

Technical preparation . Learning the technical elements of various sports , as well as preparatory exercises.

At this stage, it is not necessary to stabilize the movement technique, but focusing on achieving certain sports results and acquiring movement skills, therefore, at this stage, all- round technical readiness is created.

The duration of the training is 30-60 minutes

sessions per week is 2-3 times

Annual work volume 100-150 hours

If this stage extends to 3 years:

1st year - 80 hours for children who started training from 6-7 years old

2 - year for 100 hours

3rd year for 120 hours

if the child started coming to classes from the age of 9-10 , the duration of this stage is 1.5-2 years. The amount of work is 200-250 hours.

2. Initial basic training stage

Tasks : comprehensive development of the body's physical capabilities, strengthening of health, elimination of physical development and physical training deficiencies, implementation of action potential (including those corresponding to the future specialty).

The main focus is on getting young athletes interested in multi-year sports training. Extensive use of special exercises in the direction of preparation . This is considered a good condition for improving the athlete in the future. Great importance is attached to technical training based on the material of various sports . Physical fitness is focused on developing quickness, coordination skills and flexibility.

Z. Special basic training stage

Tasks . Continuation of comprehensive training (in the first half of the stage): focuses more on specialization .

Means: the basic training of the future sprinter, weightlifters, gymnasts, etc. aimed at the development of functional potential, must be structured according to the specific characteristics of the competition.

4. Maximize individual opportunities implementation phase

Tasks - sports to achieve maximum results. maximum use.

The sum of the volume and intensity of the training will reach the maximum life and the number of high-load training will increase. The number of trainings should reach 15-20 , the importance of psychological, tactical and integral training should increase. It should be noted that in the maximum realization of individual capabilities, it is necessary to meet the optimal age limit. The duration of the stage

depends on the organization of sports skills or the preparation of the program of individual numbers . For example: in 100-200 m swimming, men completed their masters in 3-4 years , (women in 1-3 years) only after a year of intensive training can he be awarded the title of international master. 2 years before the Olympic Games, future male champions (100-200 m swimming) increase their results by 1.5 s, and women by Z s. this trend also applies to other sports .

5. Stage of saving the achieved results

It is characterized by an individual approach to the athlete. This is determined by the following. First: the athlete's extensive experience (training and competition) in various conditions allows him to quickly determine the necessary tools and methods for competitive activities. Second: the change of age does not allow organs and systems to maintain the same level as the high load of the previous period , increasing the load at this stage. Therefore, the functional potential and adaptation possibilities decrease. This requires the search for individual resources to improve personal skills .

to maintain functional capacity in the previous or smaller volume of training to the extent achieved:

- improvement of technical skills:

- increase psychological readiness:

- when eliminating some mistakes in physical and functional training, it should be taken into account that the athlete at this stage of many years of training is used to various training tools. Therefore, it is necessary to find new forms and methods of training, since the previous planning, tools and methods cannot maintain the sports results. This stage is characterized by the fact that young athletes aged 17-20 and veteran athletes aged 30-35 participate in the competition. It combines the results achieved during the youth (high level of physical training) and the experiences gained during the major competition activities.

In the course of many years of training, the dynamics of loadings and the ratio of various necessary works.

In order to rationally structure the long-term preparation process, it is necessary to determine the appropriate proportion of its various types.

In the stage of initial training, the main place is occupied by general and auxiliary training i. The amount of initial basic training increases and makes up 80-90% of the total training volume. Special training will be around 15%. In the stage of special basic training, the weight of special training increases and general training decreases.

general (A), auxiliary (B) and special (V) training in the long-term training process (N. Platonov).

As we have seen in microcycles, the restoration of the functional capabilities of the organism could last from several hours to several days. For him, the next microcycle may be aimed at restoring the body due to exhaustion from the previous load . Classified athletes today are characterized by increasing fatigue from one microcycle to the next by adding individual microcycle loads during intense training.

This puts high demands on the functional system of the organism and the strength of the technique. The total sum of the load in microcycles depends on the

period of multi-year preparation, in the multi-year preparation, the disease within the basic microcycles, the unification of the total sum of the load of microcycles, the total sum of their load of different types of microcycles, the lower x features also determined by the type of mesocycle. Combining the total amount of weekly microcycles in various types of mesocycles is also used for the training of high-class athletes (Platonov VN).

A characteristic feature of some mesocycles is that they are joined by microcycles of rapidly changing direction. As can be seen from the table, the microcycle that completes the mesocycle is often focused on active rest and is used in various general training exercises.

When one-year training is planned in two cycles, in the first microcycle of the fundamental period, there are often 3 basic training control mesocycles: one competition in the competition period, 2 mesocycles of basic training control in the 2nd microcycle of the training period. During the competition period, 2 competition mesocycles are planned, and at the end of the second mesocycle, a transition period is often planned. This is why 6-week mesocycles are widely used in various sports.

When planning a one-year training in two cycles, in the first micro-cycle of the fundamental period, 3 pulling basic training controls are often used: in the competition period, 2 basic training control mesocycles are used in the second microcycle of one competition training period.

In fast-power sports:

Puller - basic-control (percussive control elements of competition) - received competition (with polished expectation) . **In Musoba=a species.**

Competition - 1, competition - 2, intermediate (restoration training) competition - 3

Competition - 1, competition - 2 - intermediate (restoration preparation) competition - 3 competition - 4 and so on, as shown by SM Voyshevsky (1979), the results of microcycles and mesocycles should be the basis for planning future mesocycles.

Traditional method of planning.

The plan is the execution of the plan. Analysis of the work done . Develop a new plan.

Parallel planning methodology.

Plan - execution of the plan, general evaluation of the completed work .

Daily analysis (in parallel) development of a new plan (in parallel) that activates - activity training .

2. Tasks, stages and basic methodology of technical training of an athlete

The main means of improving the athlete's technical skills are as follows.

1. Achieving the performance of specialized movements - styles based on sports techniques in a highly stable and variable state within a clear limit.

2. To transform the methods learned in the effective implementation of competition activities into the basis of a series of techniques.

3. Improving the structure of movement, its dynamics, kinematics and rhythm, depending on the athlete's individual characteristics.

4. Improve the athlete's technique and performance in extreme competition conditions.

5. Improvement of the athlete's technical skills, according to the demands of sports practice and scientific and technical indicators.

In the process of technical improvement, it is permissible to edit the teaching process using literature, fast media, photo-cinema-video material analysis, speech, demonstration and practical methods, phase and dynamic descriptions of pace and rhythm.

Unrivaled training style . It is used to study the basis of the technique, to actively and consciously analyze it.

Method of training with conditional opponent . Management and control of the use of additional and auxiliary inventory and equipment: targets, mejin, various training structures, conditional opponent programmed model.

How to train with a partner . A way to learn tactics. In this method, the partner is considered an active assistant in learning movement techniques and tactics.

A style of training with Ra q ibi. Repetition of tactical actions by elements: tactical improvement of the athlete by individual characteristics: improvement of voluntary athletes: ability to use their capabilities in various tactical conditions organized by the opponent.

3. Psychological preparation during sports training

Main areas of psychological preparation:

formation of motivation to play sports .

- readiness of will;
- idiamatory training;
- improvement of quick reaction;
- improvement of specialized skills;
- management of psychological stress;
- work on tolerance for emotional stress.
- management of the starting position of the athletes.

Preparation of the will

The training of the athlete's will, in terms of its pedagogical essence, is the process of moral training, including the training of the will, in which sports activities are carried out in accordance with the conditions.

The tasks to be solved in the preparation process of the athlete's will are, first of all, the correct understanding of the reasons that cause the activity. The following factors form the practical basis of the methodology of preparation of the will:

1. to constantly manage the training program and instructions for the competition;
2. systematic introduction of additional difficulties;
3. use of competition;

4. successive strengthening of the function of self-education;

The main methods of educating an athlete are persuasive methods, a personal example to coaches and teammates.

In the management of psychological stress, training tools and methods can be controlled with conditional limitations.

Questions for self-examination.

1. The basis of adaptation in many years of preparation.
2. Adaptation of the organism in mastering collective movements.
3. Fundamentals of motion control
4. Technical tactical and psychological preparation of sports.

SUBJECT 4. System of sports competitions and competition activities⁴⁴

PLAN

- 1. The main types of sports competitions and their focus on solving the tasks of training an athlete**
- 2. Athlete's competitive activity**
- 3. Olympic sports competitions**

1. Orientation to solving the main types of sports competitions and tasks of athlete training

Major official competitions, which are usually considered the most important, are considered the end of the continuous process of training an athlete. The need to achieve the highest possible sports results in them often determines the high status of such competitions, as well as the structure and essence of the system of preparation for them. Other competitions may have a qualifying, summative, training or control nature and may perform various technical and tactical tasks.

One or another method of conducting the competition, the task set before the competition, the deadline for the completion of the competition; it is determined depending on the number of athletes (teams), their sports training, employment in educational production and territorial location, the amount of places (area) necessary for holding the competition of participants and, of course, the provision of funds.

Sports competitions closely help to solve pedagogic, sports, methodical and social political tasks.

2. Athlete's competitive activity Structure of competition activity

From young athletes to skilled athletes, competition is very important.

It is impossible to talk about sports activities without participating in competitions.

Competitions are a motivating factor for athletes, and at the same time, they teach the athlete to increase the load, train the will, learn to fight sports and control the training process.

Practice shows that the more an athlete participates in competitions, the more experience he has. Because the number of competitions in all types of sports has increased.

For example, a highly skilled cyclist, sprinter competes 200-250 times a year (DA Polishchuk, 1982).

Qualified swimmers will also have a busy schedule of training for the competition. The number of competitions per year is 25-30, the duration is from 1 to 3-5 days, there are 120-140 starts (VN Platonov, 1986).

The number of main competitions, which are considered the main ones by their nature, and the final point of training, should not be large (3-4 times a year, except for sports games). Main competitions should be arranged from simple to complex and according to difficulty. They should be arranged for the current year in such a way that the athlete has the opportunity to constantly prepare for the most important competition, to have physical and mental rest between competitions, and to correct the shortcomings identified in one competition during the training process before the next competition.

The number of sportsmen's participation during the competition depends primarily on the nature of the sport. Competitions in sports (1-2 competition days per week) are held more often than in sports that make special demands on endurance and require longer recovery.

In the system of preparing an athlete for participation in competitions, it is necessary to take into account the following:

- competitions for the athlete should be chosen carefully and gradually become more difficult;
- participation of athletes of equal strength in the competition;
- it is necessary to participate in the necessary number of competitions to achieve high-level achievements;
- increasing the time from one place to another, etc., and the increasing number of competitions that require a lot of strength can limit training and have a negative effect on the athlete's training;
- the calendar of competitions (day, distribution, level of difficulty of competitions) should create such conditions that the athlete will have a great opportunity. It is necessary to focus all the competitions held on this goal.

Thus, sports competitions are a way to demonstrate achievements, evaluate and compare the achievements of individual athletes and teams.

Sportsmen's activity during competition is called competition activity. Competition activity consists of certain movements, methods, combinations aimed at achieving the highest sports results, and is provided with an integral level of technical, physical, tactical and mental preparation. Participation in sports competitions is a form of competitive activity. Sports competition is a competition with limited time, in this process the abilities of the competitors are objectively compared.

3. Olympic sports competitions

Sports competitions, as a unique activity, play a major role in regulating the movement of competitors, objectively comparing some of their abilities and

ensuring the maximum manifestation of physical qualities during the competition. creates an opportunity.

The sport in its current form has a number of distinctive features:

1) In the activity of sports competitions, the level of competition is organized on the basis of the system of sports competitions, increasing the requirements for successive achievements (those who participated in the lower competitions are placed in the upper ring or from the bottom up).

2) It is carried out at the expense of equalizing the actions performed directly in the competition, management conditions and methods of evaluating achievements. This equalization is reinforced by certain rules as general rules for conducting competitions.

3) The actions of competitors are arranged according to the principles of non-antagonistic competition.

The athlete displays the indicators of the chosen type, individually according to his capabilities. These results can be defined in units of time, distance, weight to improve the result of either physical victory or victory over the opponent (in points, goals, points, etc.).

A high sports result is a standard of human potential in the current development of sports. By comparing them, everyone can compare their sports results and, based on that, plan to improve their results. From the above, it is clear that the role of benchmarking and encouraging sports results.

Sports results are always a multifactorial phenomenon (which depends on many reasons). Factors influencing the development of sports results in society.

1) Athlete's individual talent and level of preparation for high results.

2) Effectiveness of the sports training system, its content, analysis and material-technical provision.

3) It depends on the breadth of the sports movement and the general social conditions of its development.

Studying the characteristics of sports competitions has been of interest to sports experts and has not lost its importance even now.

First, competition is the main content of sports.

Second, sports competitions are "bigger" than sports training in terms of genetics and subordination. It is known that in the development of human spirituality and culture, games were first formed among various single combat and sports elements. Later, after their forms, styles and elements began to be organized, the ways of preparation began to be determined. Nowadays, in sports, a scientifically based system of training athletes in many areas of this direction has been organized and includes sports training.

Thirdly, sports competitions are not considered "Polygon" in determining the physical tactical-technical capabilities of the athlete, reserves and the capabilities of the sports team. Therefore, competition is created to overcome psychological contradictions only during the competition, and the psychological structure of the athlete's competitive activity is determined. The system of competitions includes a number of official and unofficial competitions and organizes sports activity as a

relatively separate form. These are divided in a certain order depending on their scale, importance, stages of preparation of the athlete and other conditions.

Competitive activity is an organized competition that objectively compares one's abilities and ensures and regulates one's maximum performance. It has several special features:

1. To organize activities in the competition system according to the level of increasing competition and the demand for achievement (in preliminary and official competitions).

2. The arrangement of ways to evaluate the activities, conditions and achievements of the athlete in the implementation of the means of the competition is strengthened by certain rules and the general standards of the competition.

3. It also depends on the behavior and behavior of the contestants.

Sports competitions - more than 100 sports competitions are held in a state of excitement. Each type of sport has its own methodical characteristics, conditions of participation, rules of conduct and determination of winners, and other requirements for holding a competition.

Self-test questions:

1. Why recently (within 30-40 years) the amount of preparation for the competition has increased especially in sports related to competitions that are not very tiring?

2. Over the course of the sports year, watch the competitions you participate in gradually increase in difficulty:

3. Describe the components in the structure of your competitive activity (what it consists of).

4. Have you changed your tactics during the competition? If you have changed, try to determine why in each case.

SUBJECT 5. Training and out-of-competition factors in the system of training athletes

PLAN

- 1. Means of strengthening and restoration of working capacity**
- 2 Multifaceted influence of environmental factors on the human body in modern sports**
- 3. Training and competition in cold and hot weather conditions**
- 4. Training structure and competition activity with the change of geographical zone and weather**
- 5. Calendar of competitions , season-climatic conditions and periods of sports training**

1. Means of strengthening and restoration of working capacity

In sports practice, various additional means are widely used to accelerate the body's recovery process after competition and training loads. Carrying out training activities, increasing general and special work capacity, ensuring full use of functional reserves, helps the athlete's organism to adapt effectively.

The tools used in improving work ability and sports training can be conditionally divided into three groups: pedagogical, psychological, medical-biological.

Pedagogical recovery tools are organized in accordance with the purpose of the work performed by the muscle activity of athletes and the recovery process. Pedagogical tools have many facets. It should be noted here that during training, the selection of methods and tools, the addition of various loads in the microcycle, depending on the characteristics of variability, etc.

Psychological methods and tools - (autogenous and psychologically controlled training, persuasive sleep relaxation (hypnosis), self-persuasion, etc.) have become widespread in recent years.

By means of psychological influence, quick recovery of spent nerve energy of nervous-psycho-logical tension, psychic depression, accurate instruction to carry out the training and competition program to the limit of individual tension possibilities.

Medical and biological means . It is possible to increase the body's resistance to load. It can quickly reduce general and local fatigue, effectively replenish energy resources, adapt, accelerate processes, increase work capacity, and help to resist the effects of non-specific stress.

Restorative treatments apply to different groups. In turn, it has a selective and general effect.

In a broad sense, the means of influence cover all the main functions of the body system of athletes with their effect. These include dry air and steam baths, general hand massage and zk.

Selective agents are affected by specific functional systems or sections.

Broadly affecting general conditioning activities, not deeply affecting the athlete's body (ultrafimetlinurization, rationing of some electrical treatments).

One of the importance for training is the means of selective influence. Combining them with different training loads in different conditions can help manage an athlete's performance as they move from training to training within microcycles.

Recovery is the optimal form of using the means, which is to be taken sequentially or in parallel as the first or complex treatment. taste

Means of recovery complexes. It should be noted that the means of recovery and strengthening of work capacity are focused only on the elimination of fatigue and do not affect the body.

Strengthening and recovery of work capacity is a faster elimination of the manifestations of fatigue after loading in managing the use of tools.

Pretraining athletes before training load is also considered as a means of managing performance. Increasing the volume and intensity of training increases the functional reserves, which increases the efficiency of adaptation to this process by speeding up energy transport and respiration in the blood.

the current work capacity strengthening and recovery process is to increase work capacity quickly in order to complete a single training program. Focuses on optimizing the athlete's body in some competitions in meso and microcycles with intermediate level events.

At the stage level, after the macrocycles of training, the issue of bringing the athletes' functional condition to the norm, restoring them physically and psychologically is put.

2 Multifaceted influence of environmental factors on the human body in modern sports

The weather, geographical conditions of big competitions held in the countries of the world impose special specialized tasks on the preparation of athletes for the competition.

Training and competition at medium and high mountain altitudes.

Nowadays, most of the big competitions are held in the mountains at an altitude of 2000-2700 m above sea level .

This causes problems related to athletes' preparation and participation in competitions.

1968 in this field. He gained great experience at the Olympic Games held in Mexico (at an altitude of 2240 m above sea level).

In mountain conditions, the decrease in air density helps to increase the rapid strength indicators. For example: a decrease in air density at an altitude of 2200-2400 m above sea level affects a sprinter with a speed of 1.5-1.7 m/s behind 100,

200 and 400 m skating 500 affects m distances. In such conditions, the results of natural and discus, javelin, long jump, pole vault, hammer throw will increase. For example: at a height of 2240 sea level, the result of a nuclear launch increased by 5 cm, a copy by 69 cm, by 162 cm.

Two weeks of vigorous training leads to adaptation regardless of the magnitude of the performance associated with endurance performance sports (200-2500 m above sea level). It leads to an increase in the size of the body per 1 kg of muscle, a decrease in the content of hemoglobin, lactate, an increase in the content of amino-globin, and an increase in the activity of aerobic enzymes. For this reason, sports facilities were built in Chimgan and Bildirsoy in Uzbekistan.

3. Training and competition in cold and hot weather conditions

The optimal level of air temperature for the full activity of human life is 18-20 is s. Vigorous physical activity is associated with lowering the optimal air temperature. work can be done accurately in 16-17 seconds when the heart beats 140 times in 1 minute. Yu QTU is performed with a mixed comfort zone of 170-180 beats.

Of all physical qualities, endurance is the most dependent on external action. It is known that about 75% of energy is released into the environment during intense work.

At high outside air temperature, the physiological, effective difference between the internal and external levels of the body disappears and leads to an increase in high heat output.

During intense work, the fluid released by sweating, as well as the result of blood supply to the skin, has a great effect on blood supply during muscle work. On a hot day, heart rate increases when the lungs are ventilated, the systemic volume of blood decreases, and the level of lactate in the blood increases.

Athletes need to acclimatize before going to a competition from a cold place to a hot place and vice versa . For this, it is enough to spend 2-3 hours of training in 5-8 trainers.

Exercises in cold weather are less problematic than in hot weather. At low temperatures, the skin's ability to insulate can increase 5-6 times due to the contraction of blood vessels.

Preventing colds due to rapid changes in temperature, it is necessary to pay attention to the equipment of movement activity. It is allowed to accelerate muscle activity several times to provide specific heat under specific conditions.

4. Training structure and competition activity with the change of geographical zone and weather

Athletes travel from continent to continent to participate in major competitions. In this regard, it is necessary for the organism to adapt to the new conditions and the time change in the geographical zone.

It is known that the human body has its own daily rhythm. Biologically active substances in the internal environment of the body during the day and evening, the ability of a person changes depending on various physical and psychological effects. The highest level of the body's functional capabilities is noted from 10 to 13, then

from 16 to 19, and then decreases slightly. The minimum activity of vital functions is defined from 2 to 4 at night.

When crossing a geographical time zone of several hours, the psychological function of the daily routine becomes incompatible with the new time zone.

In the first days, the learned rhythm does not correspond to the change of day and night. Dysenchronosis is diagnosed. Later, depending on the force of death, the organization of the organism's function changes to internal dysenchronosis. According to Cassel GN (1983) studies, only after 6 days in a belt with a difference of 7 hours - it seems that the organism has adapted to the changed conditions.

The indicators of mental (higher nervous) activity and workability are more mobile.

Physiological rhythms and physical - Chemical processes, blood flow in organs, blood in the tissue and subcutaneous system, and indicators that determine fluids during training remain at the previous stereotypical level for a long time.

There are three phases of temporary adaptation. 1 - (the first adaptation reaction) lasts for about a day, which shows that the stress-syndrome is still quite deviant, and the last adaptation efficiency is at the gathering level. 2 - the main phase lasts up to a week. During this time, the initial restructuring process begins in the organism, in which an adaptive reaction appears that replaces the control system. 3 - (completion of adaptation reaction) lasts 2-3 weeks. During this time, the effectiveness of the last adaptation is gradually restored. The functional level of the body system stabilizes and the organization of hemostasis is completed.

The continuation of the above-mentioned phases is related to the crossing of time zones. When crossing 2-3 hour time zones, the functional state of the organism is average, and time adaptation is completed quickly. When crossing 5-8 hour zones, the body's circadian rhythm function is significantly disturbed, and the adaptation process takes a long time.

Weather conditions also have a significant impact on training and competition activities, training and organization of athletes and conducting competitions.

It is necessary to use the weather forecast in order to organize the training process and to carry out the competition activity as intended. Short-term predictions are 80-90% accurate, on average 70-75%, and long-term predictions are 60-65% accurate.

In warm, comfortable weather, body heating can be somewhat reduced and reduced in intensity. Making some changes to the technique and tactics of the competition in strong wind. Low temperatures may require changes to the training program and, if necessary, a change to the competition program.

During the rain, cycling competitions held on open tracks will be postponed.

The effectiveness of various functional systems (training and competition activities) is also highly dependent on weather conditions. For example: the wind blowing from behind or in front affects the increase or decrease in speed or energy consumption.

5. Calendar of competitions , season-climatic conditions and periods of sports training

The distribution system of sports competitions throughout the year, as well as (in the so-called "seasonal" types of sports) the change of climatic conditions depending on the seasons of the year, greatly affect the cycle of training. However, neither the calendar of competitions nor the seasons of the year can determine the nature of the training process and therefore cannot serve as the main basis for its periodicity.

Seasons of the year only partially affect the duration of training periods by limiting the length of the competition period in "seasonal" types of sports and influencing the selection of a certain amount of training equipment. As the material and technical base continues to develop (construction of indoor playgrounds, ice rinks, swimming pools and hakoza) and as the methodology improves, the level of seasonal factors limiting training will decrease.

Therefore, the current trends in the development of sports are not to adapt the training process to climatic conditions, but to free it from dumbness. Among the beneficial effects of climate factors, solar radiation and heat should be used as widely as possible to increase the athlete's performance at all stages of training.

The sports calendar superficially defines the boundaries of the competition period by showing the time when sports competitions will be held. In addition, it affects the structure of this period and partially limits the length of other periods of the training cycle. However, in any case, the cycle of training cannot be excluded from the competition calendars. Because the calendar alone is not against the laws of periodicity, neither about the periods necessary for full preparation, nor about the nature of the stages of preparation that an athlete needs to go through in order to get into the sports uniform before the competitions, but it can be considered rational only if it is consistent with it. Otherwise, it prevents the highest sports results from appearing.

Self-test questions:

1. What is meant by an athlete's work capacity.
2. Pharmacological support in the athlete's training system.
3. Sports training at medium and high altitude.
4. Sports training and competition in hot and cold conditions.
5. The connection with the change of geographical ideas.

TOPIC 6-7 Prediction, modeling, selection, targeting, management and control in the training of athletes

PLAN

1. Selection of athletes during the long-term training process and training (procedure for selecting young athletes)

2 Management of sports training

3 Modeling in sports training

1. Selection of athletes during the long-term training process and training (procedure for selecting young athletes)

The selection procedure of future young athletes plays an important role in the training of substitutes in S port . In order to show high results in sports , an athlete must have unique morphological indicators at a high level of development, a complex of excellent physical and mental abilities. There are very few athletes who have such harmony.

Selection in sports - We understand the process of searching for capable, talented people who can achieve high results in any sport . According to VP Fillin, it is a complex order of organizational and methodological activities that includes the methods of pedagogical , sociological, psycho -medical biological research (scientific investigation) , and on the basis of which children's abilities to specialize in certain sports are determined.

Referral to sports is the determination of the future direction of achieving high sports skills based on the study of the individual characteristics of the athlete's abilities and the formation of sports skills .

VP Fillin said that the referral to sports is a complex procedure of organizational methodical measures based on which short specialization of an athlete in a certain sport is determined.

Selection in sports is a multi-stage, multi-year process that is carried out at all stages of training in sports. It is aimed at creating good conditions for the formation of these abilities based on a comprehensive study of the abilities of athletes. There are many types of sports , each person plays sports in some way . gives an opportunity to acquire high skills. A person who is unfit for one sport may excel or excel in another sport. Therefore skills recovery should be carried out individually or in groups . Athletes, who are distinguished by the stability of their sports abilities, also depend on their genetic abilities. Progeny abilities are manifested when a large load is given to the organism, therefore age the ability of the athlete should be focused on high performance.

Selection in sports is carried out in three stages

it solves the task of choosing the right type of sport , taking into account the child's morpho-functional and mental characteristics .

sports results is solved in the intermediate 2-3 training phases .

Finalist - solves selection issues for international results.

Selection and referral at the first stage of multi-year training

The task - is to help the child choose a sport to improve in sports .

than 100 children should be examined to select 2-3 educational groups for the sports school. According to statistics , out of 60,000 children who come to the pool,

only 1 athlete of the international category emerges, many of the masters of sports of the international category become Olympic winners.

What determines the child's future achievements is determined by the age at which the child should start playing sports .

Pedagogical tests are often used **in the initial selection** . The tests are related to checking speed, coordination of movement, endurance, aerobic and anaerobic capacity.

Passport t and determination of biological age is one of the important issues. Rapid development of the genitals leads to good results quickly, but not later. There is also a late-developing selection of 16-17- year-old athletes worldwide .

Puberty age - 8-9 in girls, 10 in boys average: 10-11, 12-13 in boys . Late development: after 13 years in girls, after 15 years in boys.

Mental indicators are also of great importance: the need to practice, the desire to get good grades in practice, not to be afraid, etc.

In the initial selection - the result in sports cannot be a criterion . Youth winners of all-Union competitions are one in every 19 - the average winner of the former USSR: every 52 European champions - one in 120 winners of the Olympic Games.

Selection of multi-year training in 2 - 3 stages

Their tasks are to select talented athletes who can show high sports results, athletes who can realize their individual potential to the maximum. At this stage, morphological characteristics are of great importance. These characteristics are passed down to different species and different morphological structures.

Attracting people to sports on a regular basis depends on their interest and personal results, special features of this or other sports , and individual abilities.

each person chooses a sport , most of his individual characteristics match the requirements of this sport , which constitutes the essence of sports orientation. Sports orientation is often associated with children and adolescents and mass sports . The better the introduction of sports orientation, the more effective the selection of sports will be. The technology of casting and selection is the same, in terms of which way to approach, casting determines the type of sport for a certain person, and in the process of selection, the athlete chooses a person.

A sports competition is a set of events that meet the special requirements of this sport with a high level of ability . The competition is part of a multi-year and annual preparation system, changes in quality and participates in all its periods, consists of four stages.

The first step is the initial selection of children (often 9-14 years old) who have the potential to learn a specific sport . From the organizational point of view, the competition is held in three periods.

The first is to carry out promotional work to arouse interest in training: the second is to check on tests and show children with the necessary abilities for this sport : third - in the process of training and the development of physical qualities, long-term monitoring of learning material learning rate: .

The second stage is to identify teenagers (16-17 years old) with a high level of ability for this sport and their desire for certain types of specialization (athletics , games, etc.).

The third stage is to hold a competition (18-20 years old) for inclusion in the team of highly qualified athletes . The selection is carried out by studying the training and competition activities of the children's and youth team, specially studied training sessions, control tests and determining functional readiness.

The fourth stage is the selection of various national teams (republics, agencies, etc.) For this purpose, the information about the sportsman's training and competition activity in his club is analyzed, and his competition activity in the national team is studied in the national championships and training sessions.

2 Management of sports training

Changes in the athlete's condition under the influence of training are divided into 3 stages: maintenance during the relative stage by weeks or months . For example: the condition of the sports uniform is insufficient during training , etc

Current state : change under the influence of one or more exercises (it helps to assess the situation, determine the structure and direction of the next exercises and the size of the load in relation to them).

Operative state i : changing and changing speed under the influence of individual exercises (the duration, character, intensity of the exercises and their execution, ^{the nature} of the duration and the rest interval are taken into account when creating a training program).

During the periods of sports training, the effectiveness of training management is related to the indicators of the exact number of training sessions and sports activities.

this is characteristic of a specific sports subject in this or that sport . Therefore, it is also used as a model for training and competition activities . (it is also used as a choice in certain stages of improvement in sports). Then, the specific functional capabilities of the athlete are compared with the individual indicators in the model, and further work and the direction of achieving the given efficiency are determined.

Types and content of control

To objectively manage the process of sports training, to evaluate the changes in the state of the results during the long duration of the functional training of the athlete (phase state)

In sports theory, it is accepted to distinguish three different types of control.

1. Staged
2. Current
3. Operative

In stepwise control, the following are determined:

1. The condition of the athlete, training for a relatively long time changes under the influence of:

Developments developed for the next macrocycle or training period.

Accordingly, in the process of step-by-step control, the development of the level of preparation and assessment of various aspects. In this, shortcomings in

preparation and ways to improve in the future are identified. In this regard, the training process is structured on the basis of an individual plan and is created for a separate training period or the entire macrocycle.

The following are identified in the current control.

microcycles and individual training sessions and the standards in their series is determined. As a result, individual workouts rest between meso-cycles and macro-cycles .

It creates complex conditions for the necessary adaptation of the athlete's body and gives the necessary direction.

1. It helps in the process of adaptation of the athlete's body to ensure the ratio between large and small loads of great importance. On the other hand, it consists in ensuring the conditions for the passage of these processes.

Structure and ratio of " loading " and " restoration " microcycles within mesocycles .

Optimal ratio of work in different directions (technical, tactical, integral) in micro and mesocycles .

4. In the processes of restoration and adaptation of working ability, continuous management of pedagogical and additional tools (physical, psychological, pharmacological, special nutrition, training with specialized tools and methods, etc.).

5. The following are defined in operational control. The measures used for the reaction indicators of the reaction of the athlete's body to individual exercises, which bring the effectiveness of the exercise , are to get a clear impression of the structure of tools and methods at the expense of these activities, to develop them for the specific development of the necessary qualities and abilities. help and interrelationship in training: rapid correction of some parameters of training load (duration, intensity and nature of rest) . Using specific exercises and different types of additional tools to achieve a given reaction direction .

3 Modeling in sports training

Effectiveness of management of the training process, modeling and sports training from models It is used to determine various descriptions and organize parts of the structure in a rational way.

Stresses and their complexity of all objects and aspects of sports training and many factors show that the model is sufficiently complete. Many models use separate indicators that describe the model.

In sports training, various models are divided into the main group . These include:

1. Models describing the structure of competition activities and ensuring the effectiveness of competition activities.

the athlete 's preparation and ensure the effectiveness of the competition.

2. Morphofunctional models. Morpho-functional models that show the morpho-functional characteristics of the organism and the capabilities of some functional systems and parts, ensuring competition activity and the required level of preparation.

To the models of the second group:

1. Models showing multi-year training periods, microcycles and training stages are the major structural aspects of the training process.

2. Model of meso- and microcycles of training cycles .

Z. Training exercises and their model.

4 . Models of individual training exercises and complexes.

Determining whether all parameters characteristic of this view are sufficient to proceed with the modeling time.

In the course of training, in the development of modeling, the modeler prepares the appearance and processes of the object, the model structure and functional capabilities, and pedagogical it is necessary to improve the means directed under the influence.

When modeling the aspects of an athlete's basic training and competition activities, it is necessary to determine not only the numerical aspects, but also the aspects related to which sport for a specific athlete . It is also necessary to take into account the variability of some dimensions, the athlete's body condition at different stages of the competition and the different structure of the training process .

However, in the development of the description of the model, it is impossible to replace with a clear methodological development of numerical indicators, taking into account all the necessary factors.

Self-test questions:

1. Problems of selecting young athletes?

2. How is the selection conducted at the first stage of multi-year training?

3. How is the selection conducted in the 2-3 stages of multi-year training?

4. What is meant by sports training management?

6. What types of controls are used?

6. Ways to model sports training?

8th subject. Management of the improvement of the athlete's skills .

PLAN

7. Formation of education of general physical fitness and special fitness of athletes.

8. Mastering, strengthening and improving movements.

9. Principles of improvement of technical and tactical skills.

1. Formation of education of general physical fitness and special fitness of athletes.

Including, as it is known, improving the process of training athletes is necessarily related to the search for optimal ways to implement physical work ability through general physical fitness and special physical fitness. This is the basis for the development of physical qualities that help to bring out the special individual abilities and potential of the athletes in reserve, to educate the general physical fitness and special training of the athletes, and to form their technical and tactical

skills, as well as to increase the efficiency of the athletes in competitions. However, the problems of planning and controlling loads in the process of sports training, achieving high sports results are the focus of the specialists and coaches of this field. Therefore, the results of the training of athletes can be positive by involving them in their growth, by involving them in regular exercise during training and by using different types of physical tools and methods during training. The effectiveness of the process of training athletes in modern conditions largely depends on the use of complex control methods as a management tool. After all, complex control methods implement feedback between coaches and athletes, and on this basis, create an opportunity to increase the level of their management decisions in the training of training participants. Comprehensive control, i.e., in order to comprehensively assess the preparation of athletes, the content of the training process and competition activities, the types of control include staged, current and rapid (operational) control types, as well as pedagogical, social-psychological and medical -effective use of biological indicators will be desirable. Each of them corresponds to a specific type of athletes' condition: - staged control - allows to assess the athletes' staged condition, i.e., the state resulting from the effectiveness of long-term training. The conditions of the athlete in this case are the result of his long training for several years (year, macrocycle, period or stage); - current control - is aimed at studying the current state of athletes, which is the result of microcycles during training, training or competitions; - rapid (operational) control - provides assessment of the operational conditions of athletes, that is, the rapid reactions of their bodies to loads during certain trainings and competitions. According to the tools and methods used, control can be pedagogical, social-psychological, and medical-biological in nature: - the level of technical-tactical and physical training in the process of pedagogical control, the peculiarities of participation in competitions, the dynamics of sports results, training the structure, content, etc. of the process are evaluated; - social-psychological control is related to the study of the athlete's personality, his mental state and preparation, the general environment, conditions, etc., characteristic of training and competition activities; - medical-biological control provides assessment of the athlete's health condition, capabilities of various functional systems, individual organs and mechanisms that bear the main load during training and competition processes. Currently, in the theory and methodology of sports training, including all types of complex control, physical tools and methods in sports practice, coaches can achieve positive results if they support athletes in sports training and sports competitions. The analysis of scientific and methodical literature shows that an athlete with a high level of technical and tactical training performs better than an athlete with more physical quality. First of all, by controlling the loads given in training competitions, performing the techniques of a skilled athlete better and more will always lead to improved competition results. Secondly, during the technical-tactical training process, distribution of loads given to athletes through control allows the athlete to participate well in the competition. Theoretically, the planning of the training process of athletes, first of all, involves the development of a system of training programs that provide for the realization of a set of interrelated goals (in accordance with short, medium and long goals) it is appropriate to form an urgent

(operational), current and multi-year or prospective program. Taking into account the individual characteristics of athletes as much as possible while observing the main organizational and methodological principles of preparation is an important factor in the improvement of qualified athletes. Mastering technical activities and a conditioned reflex that controls involuntary movements in the formation of movement skills, mechanisms occur on the basis of unconditioned reflexes.

The presence of ready-made "energies" and unconditional reflexes facilitates the control of the motor apparatus in the involuntary formation of skills and abilities. However, it is also necessary to take into account the negative relationship between formed technical movements and innate reflexes, which can resist the acquisition of technically efficient movements and cause movement errors. Skills formed in living conditions have such an inhibitory nature.

Negative effects of life skills occur in every sport, from "simple" cycling to exercises with acyclic motion. For example, the simple life form of running and high jumping is based on the active impulse of the leg. Now, the technique of declination in jumping occurs in the rational interaction of active, reactive and inertial forces. This difference in the mechanisms of execution and control of movements not only complicates the training process, but also serves as a real obstacle to the strengthening of rational technical skills in conditions that require maximum strength. It is necessary to express the level of physical qualities, technical and tactical development that will make it possible to achieve a high result in the formation of the model of the athlete of the future period. In this case, it is important to take into account the time factor, that is, the time it takes for an athlete to reach the level of an international class. Technical skill consists in carefully mastering the most rational movement structure of sports exercises aimed at achieving maximum results in the conditions of sports competition.

Consciousness is very important in mastering, strengthening and improving actions, even automated actions are subject to it. In addition, any purposeful action is formed in the process of continuous correction based on information coming to the central nervous system in the form of feedback from afferent nerves. Therefore, the trainer should be able to influence the psyche of the athlete in addition to managing the improvement of movement skills. In practice, there are two main types of improvement of technical skills: 1) the technique mainly corresponds to the modern rational structure of the movement, and therefore, at the same time, corresponds to the personal characteristics of the athlete's physical fitness; 2) the technique of the athlete's movement does not fully correspond to its functional potential and has more or less shortcomings compared to the modern technique model. Therefore, a different approach to the process of improving movement skills is necessary.

In the first case, it depends on the numerical further development of correct actions; increase in speed and amplitude, increase in power impulses, determine the main elements of coordination and their interaction with the rhythm of overall movement activity, and therefore form a certain movement activity based on this. In the second case, the improvement of the movement technique is related to the training of movement skills and the replacement of less effective parts of the

movement structure with more effective ones. Work experience and special studies have shown that the main reasons for movement technique deficiencies are that trainers and athletes do not have objective indicators of technical skill level determination, measures to monitor its improvement, and also the lack of a perfect model of performance technique. Therefore, both the trainer and the athlete must have methods of obtaining quick information with the help of technical tools in order to regularly correct the movements and monitor their execution.

The level of technical skill should be determined by the level of effective use of movement potential. Here there is a disproportionate relationship between the level of technical skill and the amount of effort per unit of measurement of the sports result and the physical effort expended. In this case, not only the size of the action effect in absolute units, but also the economy indicator of the action potential is taken into account. The lower the number of savings, the higher the skill. Thus, the main indicator of technical skill is the efficiency and economy of actions. The more the body uses reactive and external forces to perform the movement, and the less active muscle work is added, the more economical and rational the body movement is. An integral (analytical) indicator of technical skill is the rhythm of movement, one of its characteristic features is the presence of rationally alternating phases of different intensities of force in certain time intervals.

Technical skill is expressed by the reliability and accuracy of movements. A system of movements consisting of different combinations of movements (multivariable in terms of direction, intensity, etc.) is less reliable. Therefore, cyclic movements have a more reliable system than acyclic movements. Technical improvement:

I The method of division into parts consists in simplifying the structure of movement, it facilitates the process of understanding, it helps to learn the structure of each element in the whole coordination. In this case, the following tools are recommended: imitation exercises to master the form of movement; perform special exercises aimed at performing mastered forms of movement at the necessary speed, with a certain force and in a standard manner.

II. The method of complete performance helps to form a comprehensive movement skill in accordance with the condition and mode of neuromuscular activity in competition conditions. In this method, the following is recommended: performing the integrated movement in facilitated conditions, simplifying the structure of the integrated movement, reducing the overall speed of execution (with half strength, etc.), easing the muscle strain - using a lighter projectile, reducing the amplitude of the movement, using restraints and restraints. ; perform complex exercise conditions gradually (increasing speed, resistance, in changing environment conditions, etc.); improvement of technical skills in conditions of high nervous excitement, such as in a competition (ability to engage oneself, develop maximum effort and be able to distribute it, etc.). It is necessary to pay attention to ideomotor training in improving technical skills. Imaginary performance of actions in learning improves the image of the imagination of this action. Ideomotor training is a feature that helps to modify actions, correct errors and improve skills. Principles of improving technical skills.

There are specific laws (principles) of managing the process of technical skill improvement in sports training: I Principle of managing mutual relationship. There are 2 types of interactions in opposite (negative) and unity (positive) trends. For example, the relationship between physical qualities may interfere with each other's development due to a certain degree of conflict; excessive development of endurance hinders the development of speed, development of strength negatively affects the formation of speed endurance and necessary activity. However, among these qualities, one can find their independent development compatibility, which helps their complex development (endurance, speed-strength, etc.). Also, life experience in stone throwing has a negative effect on the mastery of javelin throwing techniques, or old techniques hinder the formation of new techniques. Although the new skills are superior to the previous ones, sometimes the old ones can appear in extreme (competition) conditions. II. The principle of compatibility. All tools, methods, and size of weights should be selected according to the requirements for the proportional development of physical qualities necessary for certain sports. For example, physical training in all aspects should be in a clearly specialized direction without requiring the development of all physical qualities to the same high level. The matching principle is also important in the body's response to stress. It is necessary to have a certain compatibility between the athlete's psychological preparation, training regimen and performance in the competition. III. Principle of compensation (substitution). The principle of compensation occupies an important biological place in animal and human life. With its help, the violation of vital aspects is eliminated and the physiological balance is restored. In movement activity, this principle is manifested in the form of replacing random changes of movement elements in a whole movement system and controlling the response of the whole system to changes in its parts. The first form occurs when there are restrictions in certain parts of the movement structure that ensure the effect of mutual substitution, while the second form is caused by more movement changes that can reduce the effectiveness of the whole movement without replacing it completely within one link of the movement. In such cases, technically existing deficiencies are compensated by additional efforts. Sleepy forms of compensation can be found in the interaction of individual techniques, in the development of movement qualities, in the selection of tactical actions. IV. Prime factors and the principle of rhythms. Head factors are important in movement technique. For example, in physical training, this principle is expressed in the main importance of certain physical qualities. For a middle distance runner, the main factor is endurance, etc. Main factors include main parameters, main elements, main phases of movement. During the main phase of the movement, only one major joint change causes a significant change in the structure of the movement activity. In the process of performing exercises, the importance of the main factor is enhanced by the movement activity characteristic of determining the effective picture of the movement, and the effective picture of the movement is expressed by the speed and dynamics of the effort in different parts of the movement. Any enhancement of movement coordination elements is associated with the introduction of head elements or the head link phase of the element. Regarding the issue of standards, it is known its importance in

organizing a person's life and how it has a positive effect on production productivity. As Academician NK, Anokhin said, "Our body can withstand very large loads. The whole issue depends on the distribution of this work. If this is the picture itself, and if the state of the highest stress alternates with periods of calmness, then no vivid picture of the times, no sharpness of mental experiences can lead to hypertension. It also applies to the organization of the national regime. V. The principle of reciprocity. Any exercise aimed at the development of this physical quality will make a certain change in the development of other mental qualities, among them there will be a certain number of changes (accumulation), forming the skills of their effective use. Such a continuous interdependence in the development of the organism is an objective law. Directed interdependence can also be in the training process itself (physical training is the basis of the athlete's activity; technical and tactical training is manifested as a means of wide use of physical capabilities). Existing shortcomings in multi-year sports training, manifested in the inconsistent consideration of individual, age-specific and sexual characteristics of athletes when preparing athletes for competitions, prevent the development of scientifically based systems of planning and implementation, as well as a deep and systematic study of various aspects of this problem. serves as a basis for In this regard, sports schools for children and teenagers, specialized sports schools for children and teenagers,

Control questions

1. How are physical training sessions conducted?
2. How are the daily physical rehabilitation activities carried out?
3. How are physical exercises during morning gymnastics, active games and walks conducted?
4. Physical minutes, how are the last physical exercises after daytime sleep carried out?
5. How are training activities conducted?
6. Active recreation: how are children's tourism, physical recreation, physical education holidays, health days, vacations conducted?
7. How are children's independent activities conducted?
8. Purpose and tasks of physical education.
9. Physical development.
10. Requirements for physical education class.
11. Physical education
12. Physical culture
- 13 . Define the concept of adaptation in sports training.
- 14 . Describe the concept of "quick adaptation"?
15. Define the concept of "long-term adaptation".
16. The main directions in which adaptive changes occur in the athlete's body.
17. Define the concepts of "functional reserve range" and "accelerating adaptation range".
18. The basis of adaptation in long-term training.

19. Adaptation of the organism in mastering collective movements.
20. Fundamentals of motion control
21. Technical tactical and psychological preparation of sports.
22. Why recently (in 30-40 years) the volume of preparation for the competition has increased especially in sports related to competitions that do not tire much?
23. Over the course of the sports year, watch the competitions you participate in gradually increase in difficulty:
24. Describe the components in the structure of your competitive activity (what it consists of).
25. Have you changed your tactics during the competition? If you have changed, try to determine why in each case.
26. What is meant by the work ability of an athlete.
27. Pharmacological support in the athlete's training system.
28. Sports training at medium and high altitude.
29. Sports training and competition in hot and cold conditions.
30. The connection with the change of geographical ideas.
31. Problems of choosing young athletes?
- 3 2. How is the selection conducted at the first stage of multi-year training?
- 3 3. How is the selection conducted in the 2-3 stages of multi-year training?
34. What is meant by sports training management?
35. What types of control are used?
- 3 6. Ways to model sports training?

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