

**METHODOLOGY FOR THE COMPLEX DEVELOPMENT OF PHYSICAL FITNESS
OF STUDENTS IN SPORTS CLUBS OF SECONDARY SCHOOLS****Ravshanova Gulnoza Burkhonovna, Davlatov Sherali O`tkir ugli**Teacher of the Department of Preschool Education Methodology, Faculty of Pedagogy,
Tashkent University of Applied Sciences**Abstract**

Information is provided on the methods and methods of organizing the comprehensive development of physical fitness of students in sports clubs of secondary schools. The requirements for organizing sports clubs are highlighted.

Keywords

physical culture, general developmental exercises, sports clubs, innovation, integration

Annotatsiya

Умумтаълим мактаблари спорт тўғаракларида ўқувчиларни жисмоний тайёргарлигини комплекс ривожлантириш usullari va tashkil etish metodlari haqida ma'lumotlar berilgan. Sport to'garaklarini tashkil eishda qo'yilgan talablar yoritib berilgan.

Kalit so'zlar

jaismoniy madaniyat, umumrivojlantiruvchi mashqlar, sport to'garaklari, innavatsiya, integratsiya

Аннотация

Представлена информация о методах и способах организации комплексного развития физической культуры учащихся в спортивных клубах средних школ. Выделены требования к организации спортивных клубов.

Ключевые слова

физическая культура, общеобразовательные упражнения, спортивные клубы, инновации, интеграция

Introduction. In our country, physical education and sports play a great role in strengthening the health of young people, increasing their physical fitness, and improving their ability to defend the homeland and work. Physical education and sports are the main means of comprehensive physical development of people. In physical education and sports classes held in educational institutions specializing in physical education and sports, the development of students' agility, strength, and endurance, the study of the impact of the loads on the body, the development of new pedagogical technologies for the analysis process to ensure the effectiveness of physical education and sports classes are among the urgent problems of today.

Neither a person nor a society can completely abolish or change the laws of objective development, since they exist independently of a person. For example, the gradual quantitative

and qualitative change of the organism, the law of functional and structural changes in the organism, the organism and its living conditions are accompanied by

However, together with the laws, it is possible to influence the natural development process (including the physical development of the organism) by giving it a direction in a certain structure that meets the needs of society and the individual. In this regard, physical culture, as a special social factor, purposefully influences the process of physical development of a person and helps to educate his physical qualities and abilities in a targeted manner. The physical development of a person is influenced by the conditions of social life, upbringing, including

physical education, genetic and axelrastya processes. Physical culture first of all arose historically under the influence of the practical requirements of society in preparing the younger generation and adults for labor. At the same time, in the formation of the system of education and upbringing in society, physical culture, as a main factor, has organically entered the implementation of various movement skills and abilities and the expansion of the person's activity opportunities, 6 physical abilities, as well as the implementation of intellectual, moral and aesthetic education. In the conditions of technical progress, changing the nature of labor and living conditions, a person's physical culture is used as a great asset, as a means of preventing diseases, improving the functional work of the organism, increasing and maintaining performance, in short, preserving and strengthening his physical condition at the highest level. That is why physical culture has become a large and integral part of general culture.

Like the culture of society in general, it is necessary to consider physical culture from different sides and in different areas. To give a relatively complete description, it is necessary to consider it in at least three areas:

1. As an activity (culture is the process of organizing activity in a purposeful manner);
2. Objects - as wealth (culture is a set of objects that create a certain wealth to satisfy the needs of society and the individual);
3. As a result - (culture is the result of activity);

1. Physical culture as a type of activity is a specific, purposeful movement activity of a person. In other words, specific forms of movement activity are indicated. Physical culture does not include all forms of movement, but specific exercises of movement activity that can form the necessary movement skills and abilities in life, are significant for life, ensure the directed development of physical qualities, and maintain a person's health and working capacity at a high level. The main elements of such physical culture activities are called physical exercises.

Historical studies have shown that the forms that influenced physical culture, returning to the first elementary forms of labor activity, were more in the nature of physical labor. In the further development of physical culture, it includes more and more specially designed forms of movement and activity (games, sports, gymnastics) to solve cultural, educational, health-improving and other tasks. Physical culture remains, as before, a means of preparing for labor practice. This leads to physical training that ensures the rapid mastery of labor operations, the development of skills and abilities necessary for productive work and solving practical tasks in life, physical qualities, and high working capacity.

2. Physical culture - as a wealth of subject matter - is the result of the effective provision of material and material wealth created by society, physical culture activities. At each stage of the development of physical culture, the content of wealth (wealth that satisfies human needs) can be taught, used and further developed by whoever is engaged in it.

Here we mean the most widespread forms of physical culture today: gymnastics, sports, games of the sports game type, physical exercises, which are included in the practical and other sections of physical culture. In the course of the long development of social life and activity, the content and form of physical culture gradually diverged (education and upbringing, material production and service activities, everyday life and recreation, medicine), which led to the formation of many socially significant sections in physical culture: school, production, life, recreational treatment, physical culture, etc. Achievements in sports depend on specially prepared material technical and other conditions to increase the effectiveness of physical culture in society (medical supply, sports information, special sports equipment and equipment).

3. Physical culture is characterized by the integral use of the necessary results as a result of activity, its culturalization as a subject wealth in society. These include: physical fitness acquired as a result of physical culture activities and, on this basis, the achievement of a stage of improvement of movement, skills and abilities, the level of vital forces, sports achievements, the results obtained in contact with physical culture. Thus, physical culture activities are not only external relations with a person, but also in the form of internal wealth, combined as skills, qualifications, abilities.

The result of the full inclusion of all areas of physical culture in the image of social life, in a specific organic environment, is the physical development of the masses of the people in the achievement of a complex indicator. Extensive scientific research in physical culture began much later than in a number of other areas of culture. The practical expansion of the physical culture movement and the increasing potential of physical culture in the life of society increased the demand for scientific thinking about it, and at the same time created opportunities for its implementation in life. The revival of various sections of the system of scientific knowledge about physical culture did not occur evenly.

This was due, first of all, to the fact that physical education, as the main form of physical culture, from the very beginning of its history constituted a large part of the general social practice of education. The theory and methodology of physical education that arose on its basis developed in direct connection with the science of pedagogy and was formed much earlier as a relatively developed scientific and practical subject. The declaration of education as a priority in the field of social development of our state in the Law of the Republic of Uzbekistan "On Education" imposed very responsible and grandiose tasks on the science of physical culture. Some of the main issues of the scientific theory of physical education were put forward in our country by great scientists and public figures (including Abu Ali ibn Sino, Amir Temur).

In the higher physical education teaching, the theory and methodology of physical education were formalized as a subject of study. Among the specially formed subjects, the subject directly related to physical culture is the theory of physical education. However, it cannot reflect the entire theory of physical education, since physical culture is not manifested only in the form of physical education. Another developed subject that generalizes scientific knowledge in the field of physical culture is the theory of sports.

The rapid development of this discipline, especially in recent decades, was due to the high sports results shown at the Olympic Games and in the international sports movement in general. It is necessary to note that international competitions introduced our independent Uzbekistan to the world. Raising our youth as spiritually and physically mature people is the main task of our society, which is striving for a great future. Because only physically strong, spiritually mature people can determine the development of society.

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