

**INCLUDING STUDENTS IN PHYSICAL EDUCATION AND SPORTS ON THE BASIS
OF MODERN APPROACHES***Aziza Mamanova**Jizzakh State Pedagogical University Teacher of Physical Culture Faculty**Jahongir Murodullayev**Jizzakh State Pedagogical University Faculty of Physical Culture*

Annotation: In the context of the study of students such as pedagogical and sports, pedagogical information, based on intellectual and motorized components of pedagogical universities, describes the systematic components of the processing of pedagogical universities. "Physical culture" is described in methods of determining the systematic component of mobile technology content.

Key words: Physical education, mass sports, technology, innovation, IOT - Internet, fitness-tracker, healthy lifestyle.

Studies for the use of information technology in the management of educational process in world practice are of particular importance. One of the important directions of education reform is information - systematic integration of the educational process with information - communication technologies. In this case, in the organization of the educational process and radically renew the content of the educational process, the rehabogical activity of the teacher and the organization and management of the learning process is manifested as a strategic matter.

One of the main elements of the education numbering is a digital literacy. Digital literacy is the main priority of education, using content design, comsteful programming, and clarifications of clocks, online courses, etc. students search and share and share and intermittent students. Digital education is a type of education along with the training practice that uses equipment or technology. It includes a wide srite of practice, including mixed and virtual education. Digital technologies are electronic devices, systems, devices and resources that produce data, store or process. In addition to the development of the digital environment itself, in recent years, the wide use of all types of computer devices of Bluetooth and Wi-Fi is equipped with broadband Internet connections. These technical devices have the opportunity to transfer with each other, with a basic computer, digital environment, and directly to the user, and display large data in real time. The concept of development of the Internet of articles in the modern IT system is becoming more widespread. The Internet of items can connect the devices to the computer network and help them transfer them to the processing, collection, analyzing and other objects of this network through special software, applications, or http protocols.

The analysis of chronoining processes in the development of physical and mental and mental abilities in the development of physical and mental and mental development, the analysis of chronoining, mainly includes modern hardware and algorithmic security. In particular, sensors that identify sensors, temperatures, temperatures, and activity, which are equipped with sensors, temperature, humidity and noise levels, which are equipped with sensors, light hours, and

mamming sensitors, and mamming sensitors, and active activity of physiological parameters, including heart rate, lightness, humidity and noise levels.

Prospective teachers studying in "Education Management" and "Education Management" and "Education Management" and the priority of the psychofey choic component of professional activities - have identified the growing nutrition of neuro-emotional stress. Their peculiarities of their future activities - Work with mobile activity, which requires the average spending on physical force, with low-income families and teenagers. General stability, professional important physical and spiritual virtues such as effective, initiative, organizational ability, emotional stability have been identified.

Based on these features, we recommend the following:

- traditional sports and exercise (sports and moving games, hand combat, swimming, aerobics);
- Non-traditional and innovative systems of exercise (Oriental martial arts, yogaga, blind, stretching, cycling, lapta, skateboard, tourniquet, walking).

The priority of the Psychofyological activity of students studying in "Primary education" is an increase in neuro-emotional stress. The specifics of future professional activity are noted - mobile activity that requires average physical and mental consumption. Professionally important physical and mental qualities have been identified: initiative, organizational stability, tolerance. Based on these features, we recommend the following:

- Traditional sports and exercise (gymnastics, movement, movement, table tennis, badminton, chess, cupchain, swimming, ski);
- Non-traditional and innovative systems of exercise (strifebole, bars, lapta, shephing, fitness, flashbring, skateboard, skateboard).

Privilesses studying in the specialty "Physical Education" revealed the following priorities of psychofysiologal activity: significant physical activity, neuro-emotional stress. Their specificity of their future professional activity is noted - mobile activity requiring high physical and mental consumption. The following professional important physical and mental qualities have been identified: initiative, emotional stability, organizational skills, perseverance, tolerance. Based on these features, we recommend the following:

- traditional sports and exercise (gymnastics, skiing, moving and sports games, table tennis, tourism, athletics);
- Non-traditional and innovative systems of exercise (Bodyflex, Kallanetics, Pilates, Calls, Shiping, Lapta, Circus, Powerlife, Martial Art, Flesh-mob, Martial Arts).

In conclusion, the above experimental programs and technologies can be an important factor in the formation of students' physical culture in the education system, promoting and involving a healthy lifestyle.



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