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## DEVELOPMENT OF GENERAL PHYSICAL QUALITIES OF STUDENTS OF HIGHER EDUCATION INSTITUTIONS

**Abstract.** This article describes the results of the pedagogical experiments conducted on the ability of students to re-adapt their agility qualities and movement activity to changes in the course of physical education training and to further develop their health and physical qualities.

**Key words:** movement activity, adaptation, health, circular exercises with physical indicators, stereotyped and non-stereotyped movements.

### INTRODUCTION

In addition to preparing the human body for the changes in the external environment, the complex processes taking place in the world, great attention is being paid to strengthening the physical activity of all layers of the population, especially students, in order to strengthen the body's immune system. Consistent measures are being taken to popularize physical education and sports, to create the necessary conditions and infrastructure for promoting a healthy lifestyle among the population, especially among young people, and to ensure the appropriate participation of the country in international sports arenas. Including some components that make up innovative educational technologies in the educational process of students studying in the higher education system of the Republic of Uzbekistan, that is, the organization of the educational process taking into account the physical fitness of students, practical skills and to the level of skills, to his adaptation to dynamic and rapidly changing **living** conditions, to the level of health increases, achieves high work ability and further increases the activity of the movement.

### RESEARCH METHODOLOGY AND EMPIRICAL ANALYSIS

In such conditions, it is especially important to understand the importance of the effects of physical exercise on the part of the individual, which allows each person to maximize their interests and abilities and ensure the effective level of physical fitness [2].

It is not for nothing that a lot of attention is paid to physical education for students. Because the representatives of this stratum of the country's population should have the greatest physical and intellectual strength for the further development of the society during their education in higher educational institutions. However, the results of many years of work experience and scientific research have shown that a certain part of students do not have the required level of physical education and physical preparation during their studies [3]. Therefore, the coordination complexity of movements is the first measure of agility. If the space, time, force characteristics of the movement correspond to the task of the movement, the movement is sufficiently accurate, the tasks of the movement give rise to the concept of the accuracy of the movement. Accuracy of movement is the second measure of agility. Accordingly, we divide all actions that can be encountered in life and sports into two groups: - relatively stereotyped actions, non-stereotypical actions [4].

Before the experimental research, the difference between the indicators of the experimental and control group of female students in the control tests on the quality of agility was as follows. smooth running, 3x10 experimental group female students averaged 13.70 seconds, control group female students averaged 13.50 seconds (difference 0.2 milliseconds). The average of the female students of the experimental group to catch the bar falling from above was 24.30 centimeters, and the average of

the control group was 24.70 centimeters (the difference was 0.4 centimeters). "Snake-like" 10-meter run between hurdles showed an average of 4.30 seconds in the experimental group of female students, and an average of 4.48 seconds in the control group (difference of 0.18 milliseconds).

The average running time of 3x10 experimental group male students was 9.70 seconds, and the average of control group female students was 9.46 seconds (difference 0.24 milliseconds). The average of the experimental group students' grip on the downward bar was 21.80 centimeters, and the average of the control group's students was 22.04 centimeters (difference 0.24 centimeters). . Running "snake" between the hurdles for 20 meters took an average of 5.70 seconds in the experimental group and 5.51 seconds in the control group (difference 0.19 milliseconds). formed

It was found that the performance of the students of the experimental and control group in terms of all physical qualities before the study was almost the same in female students and male students. (See Table 1).

In physical education classes with students, a motivational principle that supports students in the process of rotation and corrective exercises is implemented, which includes methods of self-control of the functional state of one's body during the training, subjective difficulties to overcome it included training in volitional exertion and relaxation exercises after physical exertion.

The process of introducing the rotational training method for the development of the body of students specializing in pedagogy, solving the tasks of the main part of the training included 10-12 stations.

During the pedagogical experience with students, personal body weight, exercises with various objects, exercises in pairs were widely used. Functional condition of students was monitored according to objective and subjective indicators in each session.

With physical training in a higher educational institution during the period of experimental observations

the number of people who considered engagement as a means of passing the "test" decreased by 4 times, while the number of students who wanted to show creativity and initiative increased by 2 times.

The effectiveness of the observed changes was that the content of physical exercise sessions was determined taking into account the individual characteristics of students, and this ensured the rapid development of general physical fitness of students studying at a pedagogical higher education institution.

As can be seen from this table, the experimental group, according to the quality of the students' agility, ran on the spot in front of the starting line in the first half of the week on Monday, Wednesday, Friday for 3x10 meters. series, 3-4 repetitions, including high jump from a sitting position for 15-20 seconds, 3-4 series, after performing 3-4 times, run 100 meters for 1-2 minutes, 4-6 series, 3-4 times if performed strictly following the procedure, this exercise procedure after 5 months, 3x10 meters provides an opportunity to improve the running time by 50-60 milliseconds.

### CONCLUSION AND DISCUSSION

At the beginning of the experiment, the results of the 3 indicators of the quality of agility of the students of the control and experimental groups with different physical development show that there are almost no significant changes when the types and criteria of the "Physical Fitness Level" sports tests of the population are compared with the sports rehabilitation program. in the show.

In the course of our research, it was found that as a result of the formation of the willpower qualities of the students in the experimental group, the results of conducting the circuit training developed by us 2 times a week for 5 months and the initial results were compared to a reliably positive result.

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