

THE IMPORTANCE OF THE PRINCIPLES OF PHYSICAL EDUCATION AND PHYSICAL DEVELOPMENT IN THE PHYSICAL CULTURE OF STUDENTS

Mukhidinov Abdubannab

Fergana State University

Annotation: This article discusses the future improvement of the prospects of this educational field by positively implementing the scientific and creative activities of specialists who can meet the parameters of physical culture education.

Keywords: Physical culture, student, knowledge, integration, scientific research, modernization, skill, science, competence, scientific activity, parameter, stage, abstract, independent education, course project, graduation thesis.

In recent years, improving the quality and efficiency of the education system in the country, forming modern knowledge and skills in preschoolers, pupils and students, close cooperation and integration between educational systems and the field of science, systematic work is being carried out to ensure the integrity and continuity of education. At the same time, the current state of the national education system is to modernize it based on the requirements of the times, to educate young people to be highly educated, physically and spiritually healthy people, to strengthen the authority of the leaders and pedagogues of educational institutions. Increase, requires the implementation of consistent measures to create the necessary conditions for their effective operation. This measure requires the formation of specialists who are being trained for each educational system as individuals with high knowledge and skills. Also, in order to acquire high knowledge and professional skills, it is important to study one's specialty from a scientific and creative perspective.

According to LPMatveev, in the period of development, science requires specific scientific research, and through this, active physical work and physical training in social life, new knowledge aimed at ensuring the stability of health will appear in the world. This means that the role of physical culture in the social formation of society is of great importance [3]. It can be concluded from the mentioned points that it is important to continuously reform the physical culture education and to involve the specialists who are being trained in the system in scientific activities. Scientific activity forms a person's professional skills in physical culture education and defines cultural harmony and its value in the concept of "I".

In organizing the scientific-pedagogical activity of students in the field of physical culture of the higher education system, the content and essence of the step-by-step implementation of the process is appropriate to pay great attention to the formation of students' scientific and professional skills, as well as pedagogical skills. , until now there is no scientific-creative-pedagogical activity with a systematic basis of scientific-creative work in the field of physical culture education, including specialists working in physical education institutions.

Scientific activity cannot be separated from the system of pedagogical practices and the subjects taught in the field of physical culture, and this is a process that is carried out in a coordinated manner. Therefore, special attention should be paid to the formation of scientific and professional competences of students related to organizational work in academic subjects and practical periods. Important qualities such as achievement, compliance with procedures and requirements, conclusion and recommendation have a special place.

In order for the students of physical culture to carry out their scientific and creative work in a certain regulated manner and meet the requirements, training under the guidance and direct supervision of a specialist will ensure their development from bottom to top in scientific activity. It is also necessary for specialists to understand scientific activity and to approach the budget responsibly when guiding students in their scientific and creative work. Specialists should pay attention to the following requirements when carrying out scientific and creative work of students:

- independently carried out scientific research in professional activity and had sufficient experience in this regard;
- who knows the requirements for abstracts, independent educational work, course projects and graduation qualification works included in the content of scientific activity;
- the abstract, independent study work, course project and graduation qualification work, which are included in the content of scientific activity, and have the component of directing students, understanding the nature of each process;
- able to give instructions and recommendations to students on organizing the scientific research process;
- able to put forward opinions on improving the scientific activity of students .

Therefore, specialists who can meet the parameters mentioned above can lead to the improvement of the prospects of this educational direction in the future by positively implementing the scientific and creative activities of students of physical culture education. he begins to learn the content of scientific and professional activities, whether he realizes it or not. According to NFTalzina, the students are able to master the actions in a scientific, material way, perceive the tasks to be performed and put them into practice [5]. It is important for students to engage in scientific activities. His level of professionalism gives the student the opportunity to master a specific program of scientific activity.

Improving the quality and productivity of education in the field of physical culture largely depends on the purposeful orientation of students to scientific research. It imposes the obligation to organize both scientific and creative research activities of students on the basis of a specific system. Scientific research works in the field of physical culture consist of a set of creative actions of students' mental activity directed to a certain goal, and the intended goal, phenomenon or It consists of learning, discovering and improving new scientific-theoretical knowledge about the process and putting it into practice in physical training. It is known that the development of humanity is based on scientific creativity and professional activities of creative people. With the passage of time , any technique, technology, scientific evidence, ideas, discoveries become obsolete[2]

Therefore, with the change of times, the development of a set of necessary measures for society, based on the requirements of world standards and modern approaches, has a unique place in the continuous education system. Instead, he will be able to solve educational and educational problems that lead to productive scientific and creative research. It is important to ensure the continuity of students' scientific and creative activities in the field of physical culture education . In the implementation of this, it is necessary to divide scientific and creative works into stages, and in the implementation of these stages, specific pedagogical requirements are also set.

The process of preparing students for scientific research work in the field of physical culture education and cultivating them as personnel with scientific potential is conditionally explained on the basis of the experiences gained in the above stages as follows:

1st stage. In order to master the lessons left from academic subjects during the 1st course, students prepare abstracts, as well as independent study work in each subject and defend it. By the end of the academic year, students will have basic knowledge, skills and abilities to carry out small scientific and creative research works. At this point, professors and teachers (based on the analysis presented in the first chapter) may not be able to teach students abstracts and independent studies as a small scientific work. But we know that the scientific knowledge and acceptance of the work done by the students by some of the professors and teachers who worked with this activity increases the students' responsibility. This forms their ability for scientific research.

2nd stage. In the 2nd year, students defend it by preparing the above-mentioned abstract and independent study work, preparing a course project for the final training sessions in general professional and specialized subjects. The course project work is not completed, but it is a scientific and creative work with its own conclusions and recommendations. The project work of the course is mainly supervised by professors and teachers who have the scientific degree and title of the specialty. In addition to learning a number of scientific research tools and methods, students will acquire the fundamental knowledge they need to prepare the graduation qualification work to be carried out at the next stage.

Stage 3. The graduation qualification work is considered as the end of the stages defined in the orientation of students to scientific research from the 1st year of the undergraduate education period of physical culture education, in which the research work is conducted based on the topic chosen by the students. Research work carried out by students will be deepened to a certain extent. Based on the research results, theses prepared will be discussed at scientific conferences and seminars. Graduation qualification work is supervised by professors and teachers of the department, and the student carries out research work based on the instructions of the scientific supervisor and the established plan. This ensures that the learned knowledge of students does not fall into a false stagnation. Also, they will have the ability to adapt to modern approaches in both scientific and professional activities, to carry out educational practice in an integrated manner, and to conduct independent scientific research.

References:

1. Mukhidinov, A., & Tillaev, S. (2022). WAYS TO APPLY PHYSICAL EDUCATION IN THE FAMILY. INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876, 16(3), 78-82.
2. Mukhidinov, A., & Tillaev, S. (2022). CLASSIFICATION OF SPORTS GAMES. INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876, 16(3), 51-54.
3. Mukhidinov, A., & Tillaev, S. (2022). SPECIFIC CHARACTERISTICS OF SPORTS GAMES. INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876, 16(3), 69-72.
4. Sanjar, U., & Abdubannob, M. (2022). NATIONAL SPORTS GAMES. INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876, 16(10), 109-117.
5. Mukhidinov, A. (2023). PEDAGOGICAL TECHNOLOGIES IN THE FIELD OF PHYSICAL EDUCATION AND SPORTS. *Research Focus*, 2(2), 54-58.
6. Mukhidinov, A. (2023). THE IMPORTANCE OF PHYSICAL EXERCISES IN THE DEVELOPMENT OF MASS SPORTS AND THEIR CLASSIFICATION. *Research Focus*, 2(2), 37-40.