

## HIGH INDICATORS OF PHYSICAL DEVELOPMENT OF TEENAGERS STUDYING IN CLASSES , DEVELOPMENT AND EXPERIMENTAL JUSTIFICATION OF THE METHODOLOGY OF PREPARING SCHOOL STUDENTS FOR ENTERING A HIGHER EDUCATIONAL INSTITUTION

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**Annotation:** Children's and teenagers' creative work volunteer sports societies, physical culture and sports activities conducted in various types of summer health camps.

**Keywords:** culture, sport, rise, connection, era

It was interesting to study the physical status of general secondary school students in order to determine their level of physical development and physical fitness.

Anthropometric characteristics of adolescents - body length and weight, chest circumference, lung capacity and dynamometric characteristics were determined according to the last years of schooling.

The results of the research are presented in Table 1.

Body length indicators are the main evaluative factor of physical development, which indicates the formation of the organism. Body length in tenth grade teenagers was  $164.3 \pm 3.8$  cm, in eleventh grade the difference was 5 cm.

### Indicators of physical development of teenagers studying in the final classes of secondary educational institutions in Fergana region

No	Indicators	10th grade			11th grade		
		X	s	V, %	X	s	V, %
1	Gavda length (cm)	164.3	3.8	2.3	169.3	3.9	2.3
2	Gavda weight ( kg )	58	2.3	4	59	1.3	2
3	Chest cage circle (cm)	78	8.4	10.8	80	4.1	4.7
4	of the lungs aliveness capacity (ml)	3655	203	8	3770	186	5
5	Right palm power ( kg )	37.8	3.9	10.3	38.2	4	10.7
6	Left palm power (kg)	36.7	3.2	8.7	37.1	3.6	9.7
7	Waist strength (kg)	77	20.1	26.1	80	14.6	18.2

When assessing body weight indicators, it was found that they gradually increased over the years of study. In the tenth grade, the body weight of adolescents was equal to  $58.0 \pm 2.3$  kg, in the eleventh grade there was a tendency to increase to  $59 \pm 1.3$  kg.

It was found that in the 10th grade students compared to the 11th graders, when the reliability  $r < 0.001$ , the index of the chest circumference decreases and the vital capacity of the lungs increases during the exhalation phase. It was seen in the assessment of the vital capacity of the lungs of schoolchildren that no significant differences were found in this test according to the years of study and it was within the limits of physiological norms.

The students' power capacity according to the dynamometric indicators of the right and left palms showed that no reliable changes were observed in the study data during the entire study period. Thus, in the tenth grade, the right palm strength of the students was  $37 \pm 3.9$  kg, the left palm strength indicators were  $36.7 \pm 3.2$  in insignificant variation distribution. There were no reliable changes in the studied indicators by the eleventh grade.

schoolchildren varies from 77 to 80 kg during the entire period of study, while the variation index decreased from 26.1 to 18.2 percent.

The analysis of anthropometric indicators of teenagers studying in general secondary schools in Fergana region showed an unreliable increase in indicators ( $r < 0.001$ ) for all studied parameters in the process of studying by stages. , which is the basis for the fact that there are shortcomings in the traditional system of physical education of students in the school system.

of the identified indicators with the norms of the current physical education program for preparing schoolchildren for higher education in the field of physical culture and sports is the basis for the need to increase the volume of tools aimed at the general and special physical fitness of schoolchildren. takes

A pedagogical experiment was conducted to determine the effectiveness of the methodology of preparing schoolchildren for higher education. Control and experimental groups were formed from 25 people whose difference was not reliable according to the investigated parameters.

The control group participated in the traditional physical education program b , and the experimental group participated in the physical education methodology developed by us.

In order to prepare schoolchildren for higher education in the field of physical education and sports, we invite them to conduct 4 hours of optional training in physical education per week during the 10-11th grades and to submit test standards for this subject every 6 months. we checked in the experiment. In this process, doctor-pedagogical supervision was also established. 2 hours of training were organized on the basis of various exercises given by the mandatory teacher, and the remaining two hours were organized on the basis of training in the sports chosen by the students according to their interests.

The results of the conducted research showed that the indicators characterizing the physical fitness of schoolchildren increased significantly. A significant increase was found in the experimental group. The difference between the experimental group and the control group was 4.3% ( $r < 0.05$ ) in speed and 3.8% ( $r < 0.05$ ) in endurance.

We meant here that in recent years, due to the pandemic, only 100 m and 1000 m running tests have been taken to humanities higher educational institutions in the field of physical education and sports.

Implementation of the developed methodology for preparing schoolchildren for higher education in the field of physical education and sports showed that the indicators of physical fitness of students of the graduating class were significantly closer to the indicators of first-year students. showed

Experiments proved that 4 hours per week of optional physical culture and sports training for high school seniors had a good effect and increased the level of physical training of students for the profession in this field by 10.7%.

The purpose of the sports club in the general secondary school is to prepare and apply physical education and sports to educational and production activities, to organize a healthy lifestyle, ready for high production work in the defense of the Motherland and the chosen profession. is to influence the education of well-rounded specialists with abilities.

In a general secondary school, the sports club solves the following tasks:

- to involve the students, teachers, workers and their family members of the general secondary school in regular physical education and sports;
- to increase the social activity, professional readiness level of all members of the school team, reduce morbidity and strengthen their health, educate their physical and moral-volitional qualities;
- to work together with the rectorate of the higher educational institution, deans of faculties and public organizations to form students' knowledge, skills, qualities and qualities, high self-sacrifice and decency in the necessary field;
- organization and holding of public health, physical culture and sports events ;
- organization of amateur sports associations, clubs, sections and teams in sports b ;
- promotion of physical culture and sports, healthy lifestyle, meaningful organization of free time, involvement of athletes of the higher educational institution and those engaged in large-scale physical education in political and public events. The sports club carries out its work in direct contact with classes and public organizations, as well as physical education teachers of the general secondary school and performs the following functions:
  - teachers and workers of general secondary school introduce physical culture and sports to students' educational and work activities, life and recreation; promotes a healthy lifestyle, develops knowledge and skills of personal and public hygiene, self-control, first aid; fights to overcome bad habits;
  - the established traditions of the general secondary school, the nature of training specialists, creates the necessary organizational and methodological conditions for team members to engage in various forms and types of physical culture and sports in accordance with their interests; introduces new forms and methods of physical education, advanced experiences and achievements of science; uses the material base rationally and efficiently;
  - prepares the members of the sports club to take sports classes ;
  - conducts work on physical recovery with students with health defects , involves them in public - physical culture and sports events;
  - organizes training courses for improving the qualifications of physical culture organizers, community sports referees, community coaches and trainers, heads of sports section bureaus;

to general education schools, B OSMs in the organization of public health, physical culture and sports activities, supports the formation of amateur associations of children and teenagers based on their sports interests;

- organizes and conducts the training process in sports sections, groups, national teams, groups based on sports interests ;

- develops and implements a calendar plan of public health physical culture and sports events, ensures their safety;

- provides supervision of highly qualified student-athletes engaged in sports sections of the sports club, creates the necessary conditions for them to develop their sports skills;

records and sports achievements , keeps accounts, forms national teams of the higher educational institution in sports and ensures their participation in competitions;

- organizes medical supervision of physical culture and sports participants in sections and groups of the sports club together with health authorities;

- ensures efficient and rational use of the material technical base; builds and organizes maintenance of common equipment, corners and health rooms with the help of club members; organizes the rental of sports facilities and sports equipment;

- organizes and conducts public sports contests and contests for the establishment of the best physical culture-health and sports activities among classes ;

coaches, teachers and physical education activists who have achieved high results in the work process;

general secondary school;

- organizes and conducts the collection of membership fees;

- carries out correspondence with appropriate organizations in accordance with the established procedure on the state and development of physical education and sports in the general secondary school;

for the club's cost estimate, training and development of public physical culture and wellness.

The sports club is the first trade union organization in the general secondary school. It carries out all-round activities on the development of physical education and sports among students, teachers, workers and their family members on the basis of democracy, creative initiative and cross-functional conditions.

In the development of the methodology for preparing schoolchildren for higher education, the main goal was to increase physical and theoretical preparation, to form the necessary personal qualities (ability to work, enterprising, developed imagination, etc.).

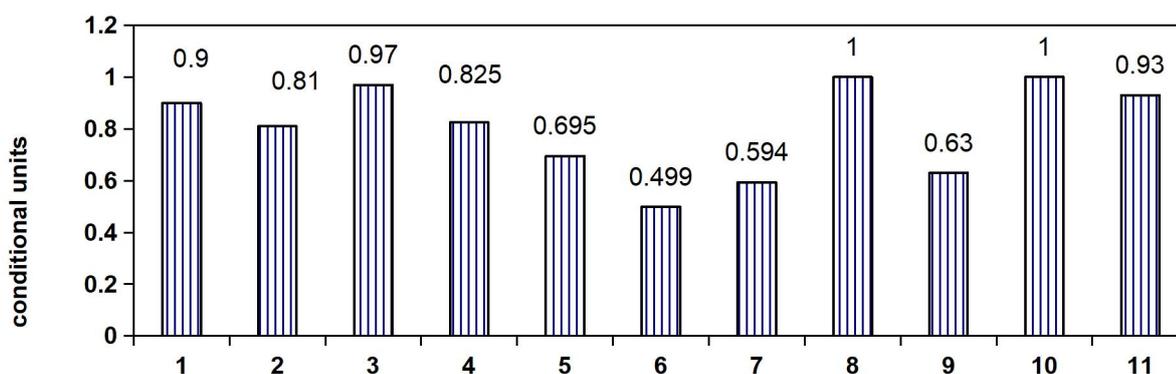
schoolchildren up to higher education consists of three stages. The number of hours (two hundred hours) in each phase is the same for the control and experimental groups.

Forecasting the development of the model obtained at the stage of preparation of schoolchildren to higher education led to the determination of the importance of the main factors determining the content of the experimental methodology (Fig. 1).

The methodology itself represents a set of tools and methods, with their help, tasks are solved step by step and sequentially.

The first stage is "choosing the orientation of action and formation of motivation", in which it is planned to increase the level of knowledge, skills and qualifications, to strengthen the activity and effectiveness of action, and to form similar qualities. Here, 50% of the time was allocated to general physical training, 50% to special physical training, but 10% of them were individual training. Training of technical movements was carried out with the development of coordination complexity in the elaboration of basic movements.

At the end of the stage, control of the psychophysical condition was carried out and corrections were made to the course of future work. Based on the obtained data, at the end of the first stage, a model was developed for the second stage.



Conditional signs: 1- motivation to the goal (to success), 2- knowledge about the effect of physical exercises on the psychophysical state, 3- endurance, 4- practical experience of training, 5- normativity of conducting, 6- imagination, 7- anxiety, 8- agility, 9- qualities of strength, 10- movement activity, 11- efficiency of movement activity.

Figure 1. Diagram of the distribution of the importance of factors in forecasting the effectiveness of schoolchildren's training (T.A. Rachkova)

The second stage - "teaching and training" was held to acquire various skills and abilities, to develop flexibility, coordination of movements and speed-strength qualities, to acquire special knowledge.

The third stage is "improvement", aimed at increasing the level of movement activity and sports skills, strengthening health, independence, self-control and forming a system of knowledge, skills and abilities in the field of physical culture and sports. In this lesson, the share of special tools was increased to 80%, general development exercises made up only 20%.

A pedagogic experiment was conducted to determine the effectiveness of the method of preparing students for higher education. Control and experimental groups were formed that did not have a reliable difference in terms of the studied indicators.

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