



ANALYSIS OF THE RESULTS OF PHYSICAL TRAINING OF FERGANA STATE UNIVERSITY STUDENTS

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Annotation. In this article, the indicators of physical development and practical physical training of Fergana State University Correspondence department, students studying in the direction of physical culture are analyzed pedagogically, scientifically-theoretically using mathematical-statistical methods.

Keywords: physical education and sports, physical development, physical fitness, level of physical fitness, sports tests, running, long jump, throwing, pull-ups, mathematical and statistical methods.

Actuality of the topic: In our republic, practical measures are being implemented step by step to ensure that the population, especially young people, participate in sports and use active forms of recreation. In our country, It is important to further develop physical education and sports in our country, to turn them into a mass movement, to identify and encourage the physical abilities of the population, to prevent harmful habits and various diseases, and to form healthy lifestyle skills. Also, the "Strategy of Actions" on the five priority directions of the development of the Republic of Uzbekistan, which is planned to be implemented in 2017-2021, is aimed at supporting young people and strengthening the health of the population, and "Development of the social sphere" It is not for nothing that special attention is paid to the improvement of education, science, literature, art and sports in the fourth priority direction. In order to implement the practical aspects of these issues in life, to further develop physical education and sports in our country, to turn it into a mass movement, and to create a healthy lifestyle among the population, the introduction of the new "Physical Fitness Level" test set of sports tests, approved on June 17, 2021, is a general improvement of physical abilities and movement activity and prevention of harmful habits and various diseases by popularizing physical education and sports among all strata of the population, secondary education, higher educational institutions and other links of the physical education movement, as well as forming healthy lifestyle skills and increasing the level of physical fitness, strengthening qualities such as will, confidence in one's own strength and capabilities in young people, developing in them the qualities of courage, patriotism and loyalty, able to protect the honor of our country, physically strong and intellectual sets the tasks of preparing reserve personnel worthy of the potential defense of the Motherland.

Decree of the President of the Republic of Uzbekistan dated February 7, 2017 No. PD-4947 "On the Strategy of Actions for the Further Development of the Republic of Uzbekistan", Decree No. PD-6099 of the President of the Republic of Uzbekistan dated October 30, 2020 "On measures for

the wide implementation of a healthy lifestyle and further development of mass sports", Resolution No. 735 of the Cabinet of Ministers of the Republic of Uzbekistan dated November 20, 2020 "On additional measures to support a healthy lifestyle and increase physical activity of the population", Decision of the President of the Republic of Uzbekistan dated June 16, 2021 No. PD-5148 "On organizational measures to introduce the system for assessing the level of physical fitness of the population", Resolution No. RS-368-IV of the Senate of the Oliy Majlis of the Republic of Uzbekistan dated August 26, 2021 "On the problems arising in the process of wide involvement of the population, especially young people, in physical education and sports" Republic of Uzbekistan Decision on the results of the parliamentary inquiry sent to the Cabinet of Ministers, also, this scientific article serves to a certain extent in the implementation of tasks defined in other regulatory legal documents related to this field.

The object of research: is Fergana State University, Correspondence Department, students studying in the field of physical culture.

The subject of the research study is the indicators of physical development and physical fitness of students studying in the field of Correspondence department, physical culture of Fergana State University.

The goal of the research - is to analyze the initial level of physical fitness of students studying Correspondence department, the field of physical culture of Fergana State University based on the "Level of Physical Fitness" sports tests and to develop recommendations for increasing their physical fitness indicators.

The task of research: to determine and analyze the compliance of the initial training level of the students studying in Correspondence department, the field of physical culture of the Fergana State University with the new normative requirements according to the standards of the "Physical fitness level" sports test.

LITERATURE ANALYSIS AND METHODS

The training of qualified specialists is a priority of the strategy of the development of society, because nowadays in Uzbekistan, the need for versatile teachers who can use knowledge in various scientific fields related to their profession is increasing day by day (E. A. Seytkhalilov, 2002; L. R. Ayrapetyants, 2002; V. E. Zhabakov, 2007; V. M. Zatsiorsky, 2009).

LP Matveyev (1991), A.I. Abdiyev (2004), A.I. Rahmatov (2006), V.I. In Issaks' (2003) works, it is recognized that vocational-practical physical training is one of the main directions of physical education in special faculties of Higher Pedagogical educational institutions [26,27,28,29,30,31,32,33,34,35,36,37,38,39,40].

According to the results of the analysis of scientific literature on the topic, T.S.Usmonkhojajev, F.A. Kerimov, R.D.Khalmuhamedov, O.V.Goncharova, D.Kh. Umarov, M.A.Kdirova, A.A.Abdullayev, SH.Kh.Khonkeldiyev, R.S.Salomov, N.A.Tasnatov, E.N.Chernikova, I.I.Karimov, O.Y.Kholmuratov, S.S.Tojiboyev, A.T.Khasanov, S.R.Uraimovs' increasing the efficiency of physical education of students in higher educational institutions, they believed that it is important to develop modern pedagogical technologies and directions, as well as innovative educational and methodological guides, to improve the educational process, and to research existing problems in practice [15,16,17,18,19,20,21,22,23,24,25].



L.P.Matveyev, A.A.Timofeyev, L.N.Zabilin, A.K.Maksimenko, V.N.Blednova, E.S.Akopyan, E.N.Tumakova, K.N.Sizonenko, A.A.Solonkin, Y.G.Travin, R.Dorokhov, V.V.Feofilaktov, V. Zatsiorskiy, D.Sugden, M.Talbot, V.V.Platonovs' based on scientific researches, a training mechanism for highly qualified personnel was developed based on new pedagogical technologies of education and training for educational institutions specializing in physical education and sports and physical education faculties.

The analysis of the conducted scientific and methodical literature shows that the physical fitness of students studying in higher education institutions is mentioned as one of the main problems in these literatures and is still considered one of the main problems of the physical education process [1,2,,3,4,5,6,7,8,9,10,11,12,13,14].

DISCUSSION AND RESULTS

The organization of research. As the main criterion for evaluating the level of development of students' movement qualities, we conducted pedagogical control on the basis of tests selected from the set of sports tests for students studying in the field of physical culture at the Correspondence Department Fergana State University. In pedagogical subjects, students' running 100 m (second), pull ups (times), throwing a 700 g sports equipment (m), long jumping (cm), lifting a 16 kg stone (times), bending and straightening arms (times), the results of the level of physical fitness of 52 students were analyzed by means of test norms.

Research results and their discussion. The results of the analysis of the "Physical fitness level" sports test indicators of students using the mathematical statistical method are presented in table 1.

Table 1

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Fergana State University Correspondence Department, Physical Culture direction students' results

№	the name of the test	n	$\bar{x} \pm \sigma$	m	CV	Level I		Level II		Level III	
						n	%	n	%	n	%
1.	Running 100 m (second)	52	14,11 ± 0,83	0,115	5,895	10	19,23	22	42,30	20	38,46
2.	Pull ups (times)	52	10,6 ± 3,15	0,436	29,681	10	19,23	25	48,07	17	32,69
3.	Throwing a 700 g sports equipment (m)	52	32,63 ± 2,33	0,323	7,154	5	9,61	22	42,30	25	48,07
4.	Lifting a 16 kg stone (times)	52	22,05 ± 3,51	0,487	15,944	6	11,25	24	46,15	22	42,30
5.	Bending and straightening arms (times)	52	28,55 ± 5,27	0,730	18,456	10	19,23	30	57,69	12	23,07
6	Long jumping (cm)	52	215 ± 9,791	1,357	4,554	7	13,46	24	46,15	21	40,38

of "Physical fitness level" sports tests according to test standards.

38.46% of the students fulfilled the requirements of the VI age category of the "Physical fitness level" sports tests and the III level of the "100 m running" test. 42.30 percent of the respondents fulfilled the requirements of the second level of the same sports test and 19.23 percent of the requirements of the first level.

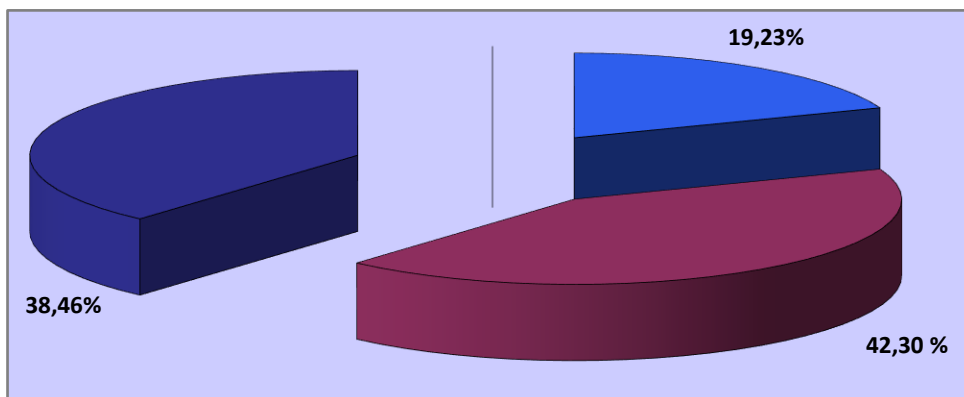


Figure 1. Analysis of the results of the "100 m running" test of the requirements of the VI age category of the "Physical fitness level" sports tests of students

Comments:

- - Students enrolled in Level I (%)
- - Students enrolled in Level II (%)
- - Students enrolled in Level III (%)

According to the test results of the students, the average arithmetic value for the students is (\bar{x} =14.11) and this level of physical fitness corresponds to the requirements of the III level of the sixth age group of sports tests.

40.38% of the students fulfilled the requirements of the III level of the "long jumping" test, 46.15% of the participants fulfilled the requirements of the II level of the test, and only 13.46% of the participants fulfilled the requirements of the I level of the test and achieved the average arithmetic value (\bar{x} =215). This value corresponds to the level II requirements of the sports tests of the sixth age group of the PFL.

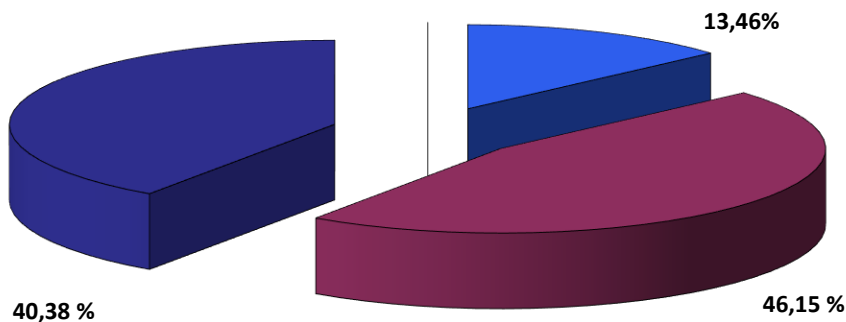


Figure 2. Analysis of the results of the " Long jumping" test of the requirements of the VI age group for the "Physical fitness level" sports tests of students.

Comments:

- - Students enrolled in Level I (%)
- - Students enrolled in Level II (%)

■ - Students enrolled in Level III (%)

32.69 percent of the test takers fulfilled the requirements of the III level of the test "Pull ups", and 48.07 percent of the participants fulfilled the requirements of the II level of the test. The remaining 19.23 percent of students successfully completed the Level I assignment requirements.

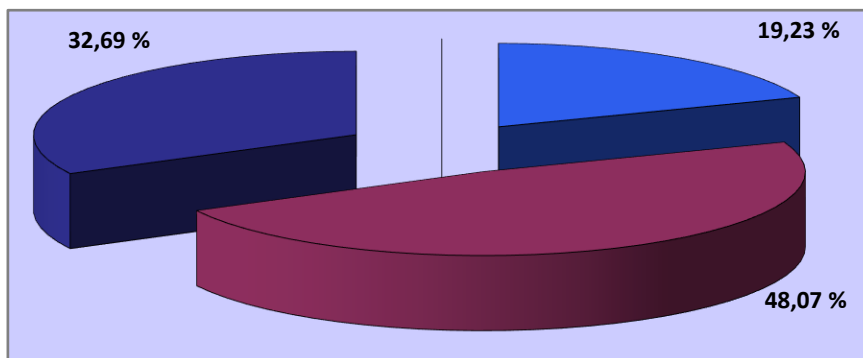


Figure 3. Analysis of the results of the test "Pull ups" of the requirements of the VI age category "Physical fitness level" sports tests of students

Comments:

- - Students enrolled in Level I (%)
- - Students enrolled in Level II (%)
- - Students enrolled in Level III (%)

The results of the average arithmetic value ($\bar{x}=10.6$) are, and the value corresponds to the requirements of level III of the sixth age group of PFLST.

48.07 percent of the respondents fulfilled the requirements of the III level of the "700 gr. throwing sports equipment" test recorded a satisfactory result. 42.30 percent of the students taking the sports tests were satisfied with the requirements of the II level assignment, while only 9.61 percent of the students were limited to fulfilling the requirements of the I level assignment.

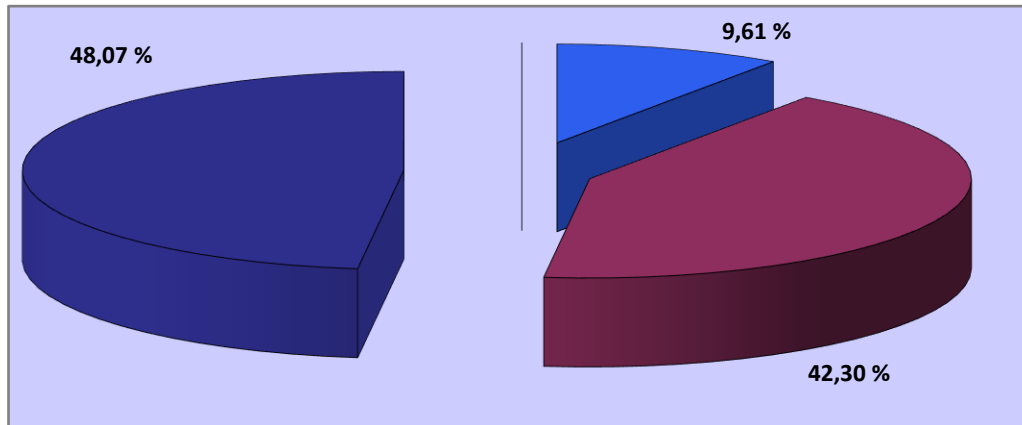


Figure 4. Analysis of the results of the test "700 gr. throwing sports equipment" of the requirements of the VI age category "Physical fitness level" sports tests of students

Comments:

- - Students enrolled in Level I (%)
- - Students enrolled in Level II (%)
- - Students enrolled in Level III (%)

The average arithmetic value was unsatisfactory according to the test results, and its value was ($\bar{x}=32.63$) This value corresponds to the requirements of level III of the PFL sports tests of the sixth age group.

According to the results of the "Lifting a 16 kg stone" sports test, 42.30 percent of students fulfilled the requirements of the III level task of this test and reflected their physical fitness. The remaining 46.15 percent of participants showed satisfactory results with the requirements of level II,

and only 11.25 percent of students were able to fulfill the requirements of the task of level I.

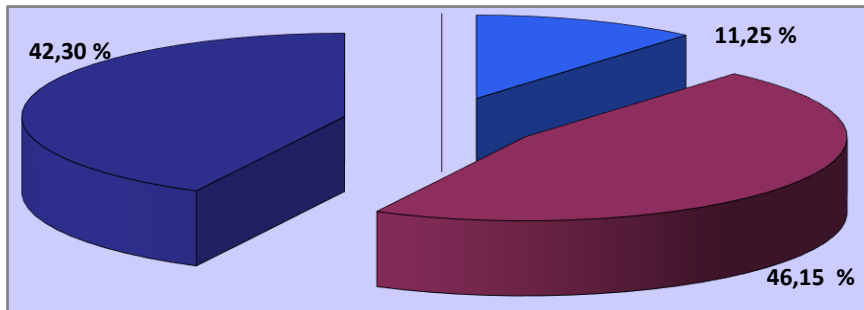


Figure 5. Analysis of the results of the test "Lifting a 16 kg stone " of the requirements of the VI age category "Physical fitness level" sports tests of students

Comments:

- -Students enrolled in Level I (%)
- -Students enrolled in Level II (%)
- -Students enrolled in Level III (%)

The average arithmetic value of the results of this type of sports test for determining the level of physical fitness of students is ($\bar{x}=22.05$), and this value corresponds to the requirements of level II of the JTD sports tests of the sixth age category.

The results of the respondents who submitted the results of the sports test "Bending and straightening while leaning on the ground" show that 23.07 percent of the participants of this type of sports test fulfilled the requirements of the III level, while 57.69 percent of the participants were able to fulfill the requirements of the II level. Only 19.23 percent of students fulfilled the requirements of the I level task and demonstrated physical fitness.

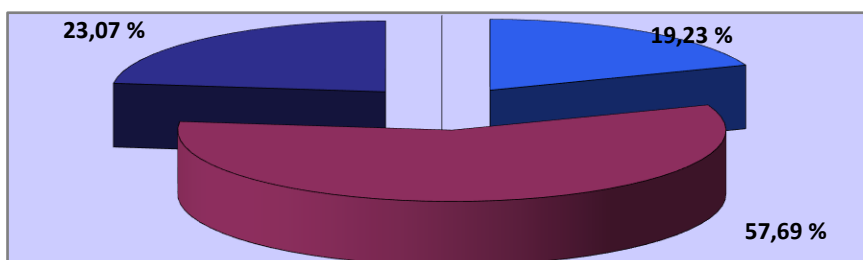


Figure 6. Analysis of the results of the test "Bending and straightening while leaning on the ground" of the requirements of the VI age category "Physical fitness level" sports tests of students

Comments:

- - Students enrolled in Level I (%)
- - Students enrolled in Level II (%)
- - Students enrolled in Level III (%)

The results of the average arithmetic value for this sports test determining the level of physical fitness were ($\bar{x}=28.55$). The determined value corresponds to the requirements of Physical fitness level sport tests of the sixth age category III level of sports test.

It should be noted that the percentage of those who meet the standard requirements of the sixth age category I level of the "Sports Tests of Physical Fitness" test complex is very small.

CONCLUSION

Based on the results of the research and their comparative analysis, it should be noted that according to the results of the implementation of the standards of the "Physical fitness level" sports test complex, the initial level of physical fitness of students studying in the field of physical culture of Fergana State University Correspondence department, who passed the test standards, is not as high as we expected. Voluntary and special requirements determining the level of physical fitness of the VI age group selected for students: The standards of running 100 m, pull ups, throwing a 700-gram sports equipments, lifting a 16-kg stone, and bending and straightening arms while leaning on the ground made it difficult for respondents The reason for this is that the standards of the new "Physical fitness level sports tests" test complex are more difficult than the old "Alpomish and Barchinoy" test standards, and another reason for this students' lack of active participation in physical education classes or their lack of activity, non-compliance with the requirements of a healthy lifestyle, we can say that they do not exercise regularly.

It is recommended that to constantly monitor and study the dynamics of physical fitness of students during physical education and sports training at the university in order to fully prepare for the standard requirements of the "Level of Physical Fitness" sports tests. For this, special attention should be paid to determining the optimal methodology and organizing practical lessons in accordance with the complex of PFL sports tests. Also, it is necessary to develop methodological measures (manuals, recommendations) and provide sufficient material and technical base for independent preparation of university students for implementation of JTD sports tests complex , which are difficult to reach. Systematic study of the level of physical fitness of students, analysis and generalization of the results of the implementation of standards will help to solve the most important tasks of the new "Level of Physical Fitness" sport test complex.

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