



NATIONAL SPORTS IN EDUCATING THE PERFECT MAN

THE IMPORTANCE OF THE GAME

Fozilov Ilxomjon

Lecturer of the Department of Exact and Natural Sciences of the Correspondence Department of Fergana State University

Annotation: it is known that the practice of physical education and sports games leads to a comprehensive physical development and strengthening of the human body, improvement and health improvement of physiological functions. Correctly organized physical education classes, taking into account the age, gender and specific characteristics of those involved, will have a high effect. Otherwise they lose the importance of physical education in solving the task of wellness. The article scientifically studies the basics and principles of training, training sports games.

Keywords: sports, sports games, principle, exercise, physiology, training, training basics, sports coach.

The current development of the fields of science, technology, production and technology determines the image of modern society. The most important characteristic aspect of modern society is the conspicuousness of globalization in all its spheres. Globalization in itself requires rapid movement, immediate capture of the necessary information, their processing and effective application to practice. The opportunity to move in this way will be obtained only by personnel who are knowledgeable in their field, are able to master professional qualifications at a high level, have rich experience and skills. Therefore, in the process of training personnel in higher educational institutions, it is advisable to take into account this requirement of the period.

It is known that sports games are one of the means of physical education, which solves the task of comprehensive development of those involved in the training process. The tasks of professional and pedagogical training in educational processes at the faculties of physical education are solved as follows [1,2,3,4,5,6,7]:

- theoretical and methodological knowledge, mastery of modern gaming techniques and tactics, basic ways;
- improve skills in one of the sports games.

The solution of these tasks is achieved by the organization of training with the widespread use of modern methodological methods. In the content of the training process, the following are introduced and given more importance: physical, technical, tactical, mental, organizational and methodological and fair arbitration training. These processes are inextricably linked. In the process of teaching complex movement skills, an educational and educational task is accompanied. The movement goes to teach skills and abilities, and the teacher provides for all the complex tasks of

educating the engaged. A feature of science is that, together with the solution of the general tasks of upbringing, it promotes a number of educational tasks specific for more physical education:

- * cultivate the habit of exercising regularly;
- * knowing how to overcome physical weight when performing complex exercises, nurturing high volitional qualities;
- * dress-head, take care of his own body, get used to rest and observe the labor regime, and train hygienic skills;
- * to educate the correct interaction between the engaged, which is seen on the basis of the commonality of interests, interests in the acquisition of developmental actions. [8,9,10,11,12,13,14].

When solving the task of recovery, it is carried out on the basis of a complex of means of physical education. The correct choice and distribution of exercises, the physical development of the state of Health, the assessment of readiness, the age-specific nature of the participants must always be in the attention of teachers.

Differentiation of teaching, as well as those engaged in the basis of medical instructions, is divided into three: basic, preparatory and special groups. Goal-oriented exercises are given as a special task to those involved who are lagging behind in physical development and training. Some are allowed to perform educational normative in an exceptional way[15,16,17,18,19].

Principles of Education

The educational process and its improvement are multifaceted, and volitional and physical development are closely intertwined. The fact that it is based on laws is reflected in didactic principles.

Principle of exhibitionism

The principle of exhibitionism is different visual aids and (schemes, posters, etc.)k.) arises from the need to form a clear idea of the material to be studied with the use of a clear demonstration of the exercise. It is necessary to implement the principle of exhibitionism in all age groups and at all stages of the training process. It should be taken into account that the analyzer is only a mover for these practitioners. In some children, perception, knowledge of its characteristic as a support for vision analyzers helps the teacher to carry out this principle individually[20,21,22,23].

Principle of continuity and consistency

The principle of continuity and consistency provides for the determination of the structure of Education. The continuity of training means a clear planning of training and training materials. Before mastering a new material, it is necessary to rely on mastered knowledge. This will allow to strengthen and expand the skills of the movement. Initially, the main methods are studied, without which it is impossible to be a game (in basketball, it is possible to hook and transfer the ball, in volleyball to

pass the ball and increase it over the net, in football to stop the ball, hit, etc.).k.). Then the more complex combinational movements are switched, the study of whether they are simple or simplifying two or more game movements begins, then the movements are gradually improved, regularly practicing in complex conditions.

Principle of phasing

The principle of phasing provides for the development of moral-volitional qualities that allow you to master complex game methods, expanding the technical and tactical Arsenal, complicating the technique of exercises, gradually increasing the intensity and volume of the load. When accelerating and increasing the volume of the load, it is necessary to correctly assess the age, specific characteristics of the teacher's practitioners, the equality of the physical load performed for all, take into account the effect of its recovery[24,25,26,27]. For this, norms and requirements are given in the curriculum, developed on the basis of specific material, practical experience and scientific data.

Individualization of the principle

In the process of physical education, in order to best develop their abilities, it is intended to take into account the individual specificity of their engaged. Individual education is associated with different levels of physical fitness of the engaged, their age characteristics, specificity, the ability to carry out physical load. When drawing up individual plans and recommendations, the teacher should rely on the characteristics, character, client, nervous system of those involved. Individual work is required, especially when educating girls. Their psychological characteristics require a special method in relation to boys, a different physical load[28,29,30,31,32].

Principle of mindfulness and activity

Awareness and activity play an important role in the training process. The solution to this or that task is solved by its deep insight, the right choice of methods and tools. The teacher solves both training and educational tasks without reducing the interest of children in training. The teacher should not only set goals for a close period of time for the engaged, but also make promising plans, improve the attitude, interest of the engaged in the exercises, and not leave the individual qualities of teamality out of sight of each[33,34,35].

It is difficult to count on high results without a deep understanding of the true essence of technical and tactical game methods. Practitioners need to realize the results of their activities, to know how to control their work skills in the physiological and psychological processes taking place when performing exercise loads. Interest and conscious attitude to the training process the active desire to learn and improve the methods of the game enhances the desire for self - improvement in the chosen sport. It is necessary to stimulate the engaged activity and keep it under control. A timely and accurate assessment of the success of those involved increases their interest and activity in training[35,36,37,38,39,40].

Conclusion

51	<p>ISSN 2319-2836 (online), Published by ASIA PACIFIC JOURNAL OF MARKETING & MANAGEMENT REVIEW., under Volume: 11 Issue: 09 in September-2022 https://www.gejournal.net/index.php/APJMMR</p> <hr/> <p>Copyright (c) 2022 Author (s). This is an open-access article distributed under the terms of Creative Commons Attribution License (CC BY). To view a copy of this license, visit https://creativecommons.org/licenses/by/4.0/</p>
-----------	---

All the above principles of education are used in a mutually inextricable connection. The teacher must independently decide when and in what case to apply this or that principle of Education. All methods are interconnected and, when applied in a complex way, will undoubtedly give a more multifaceted effect.

LITERATURE

1. Ураимов С. Р. Гипертермиядаги жисмоний тарбия дарсларини кузатиш //ИННОВАЦИИ В ПЕДАГОГИКЕ И ПСИХОЛОГИИ. – 2020. – №. SI-2№2.
2. Ханкельдиев Ш. Х., Ураимов С. Р. Пульсовая оценка беговых упражнений первокурсников военно-технического лица на занятиях по физическому воспитанию //Профессионализм педагога: сущность, содержание, перспективы развития. – 2017. – С. 426-432.
3. Ураимов С. Р. Динамика соматометрических показателей учащихся военно-технического лица //Fan-Sportga. – 2019. – №. 2. – С. 63-66.
4. УРАИМОВ С. МОЛОДЕЖИ НА ОСНОВЕ ВНЕДРЕНИЯ В УЧЕБНЫЙ ПРОЦЕСС БЛОЧНО-МОДУЛЬНОЙ СИСТЕМЫ ОБУЧЕНИЯ. – 2020.
5. Ханкельдиев Ш. Х., Ураимов С. Р. Факторная структура моторики учащейся молодежи. – 2021.
6. Ураимов С. Р. Мониторинг готовности выпускников военно-технического лица к службе в Вооруженных Силах Республики Узбекистан //Наука сегодня: факты, тенденции, прогнозы. – 2019. – С. 76.
7. Sanjar U., Maftuna I. DEVELOPING STUDENTS'ENDURANCE QUALITY IN PHYSICAL EDUCATION CLASSES (ON THE EXAMPLE OF GRADES 5-6) //INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876. – 2022. – Т. 16. – №. 06. – С. 24-28.
8. Sanjar U., Doston H. INNOVATIVE METHODS OF IMPROVING THE PROFESSIONAL SKILLS OF A TEACHER OF PHYSICAL CULTURE //INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876. – 2022. – Т. 16. – №. 06. – С. 20-23.
9. Sanjar U. et al. THE ROLE OF PHYSICAL QUALITY AND ABILITIES IN THE FORMATION OF STUDENT TEAMS IN FUTZAL //INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876. – 2022. – Т. 16. – №. 06. – С. 10-16.
10. Sanjar U., Nargiza A. DEVELOPING STUDENTS'PHYSICAL QUALITIES TO THE BENEFIT OF THEM //INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876. – 2022. – Т. 16. – №. 06. – С. 4-9.
11. Sanjar U., Hayotxon A. CONTENT OF PHYSICAL EDUCATION OF CHILDREN OF DIFFERENT AGES AND WAYS OF ITS ORGANIZATION (FOR EXAMPLE OF CHILDREN AGED 4-6) //INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH ISSN: 2277-3630 Impact factor: 7.429. – 2022. – Т. 11. – №. 06. – С. 1-5.

12. Ruzmatovich U. S. et al. PROCESSES OF ORGANIZATION OF TECHNICAL, TACTICAL AND PHYSICAL PREPARATION IN NATIONAL WRESTLING TRAINING //INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876. – 2022. – Т. 16. – №. 3. – С. 65-68.
13. Ураимов С. Р. ҲАРБИЙ-ТЕХНИКА ВА ГУМАНИТАР ЛИЦЕЙЛАР ЎҚУВЧИЛАРИНИНГ ЖИСМОНИЙ РИВОЖЛАНИШ ДАРАЖАСИНИ БАҲОЛАШ //Central Asian Academic Journal of Scientific Research. – 2022. – Т. 2. – №. 2. – С. 169-175.
14. Ураимов С. Р. СОВЕРШЕНСТВОВАНИЕ ФИЗИЧЕСКОЙ ПОДГОТОВЛЕННОСТИ ДОПРИЗЫВНОЙ МОЛОДЕЖИ НА ОСНОВЕ ВНЕДРЕНИЯ В УЧЕБНЫЙ ПРОЦЕСС БЛОЧНО-МОДУЛЬНОЙ СИСТЕМЫ ОБУЧЕНИЯ //Fan-Sportga. – 2020. – №. 7. – С. 56-58.
15. Ruzmatovich U. S. et al. Organization And Content Of Professional And Practical Physical Training Of Students Of Pedagogical Higher Education Institutions //INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876. – 2022. – Т. 16. – №. 06. – С. 29-35.
16. Khankeldiev S. et al. Pulse assessment of the running exercises of the first-year students of the Military Technical Lyceum at physical education classes //Theory and methodology of physical culture. – 2017. – №. 1. – С. 15.
17. Kh K. S., Uraimov S. R. Physical status of pre-conscription youth //Monograph. Fergana. – 2020. – Т. 2020.
18. Uraimov S. R. Influence of the hypodynamic factor on the physical condition of students of the military-technical lyceum //Science today: tasks and ways to solve them. – 2019. – Т. 117.
19. Ураимов С. Р., Мухриддинов Ф. Р. Жисмоний маданият мутахассисини касбий жисмоний қобилиятлари ва касбий маҳорати //инновации в педагогике и психологии. – 2021. – Т. 4. – №. 2.
20. Ханкельдиев Ш. Х., Ураимов С. Р. Физический статус допризывной молодежи //Монография. Фергана-2020. – 2020.
21. Mukhidinov A., Tillaev S. SPECIFIC CHARACTERISTICS OF SPORTS GAMES //INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876. – 2022. – Т. 16. – №. 3. – С. 69-72.
22. Mukhidinov A., Tillaev S. 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. – 2022. – Т. 16. – №. 3. – С. 78-82.
23. Mukhidinov A., Tillaev S. CLASSIFICATION OF SPORTS GAMES //INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876. – 2022. – Т. 16. – №. 3. – С. 51-54.
24. Omonboevich T. S. CLASSIFICATION OF PHYSICAL MOVEMENTS BY CONTENT, STRUCTURE, STATUS OF TIME AND SPACE //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 1. – С. 733-738.
25. Fozilov I. ORGANIZATION OF RECONSTRUCTION MEASURES AND PROCESSES FOR ATHLETES //INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876. – 2022. – Т. 16. – №. 3. – С. 55-59.

26. Fozilov I. STATUS OF DIRECTION AND COMPETITION IN SPORTS SPORTS SPECIALTY //INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876. – 2022. – Т. 16. – №. 3. – С. 60-64.
27. Uraimov S. R., Qambarov O. F. Qualifications of physical education teachers forms of growth //Конференции. – 2020.
28. Ikhtiyor A. THE SOCIAL AND PHILOSOPHICAL NATURE OF THE IDEA OF PEACE AND THE NEGATIVE CONSEQUENCES OF ARMED CONFLICT //INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876. – 2022. – Т. 16. – №. 5. – С. 36-39.
29. Khakimjonovich A. I. PEDAGOGICAL FORMATION OF THE IDEA OF PEACE IN THE STUDENTS OF MILITARY MILITARY EDUCATION FUNDAMENTALS //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 1. – С. 739-743.
30. Uraimov S. R., Qambarov O. F. Qualifications of physical education teachers forms of growth //Конференции. – 2020.
31. Ruzmatovich U. S., Abdknabievna Q. D. HEALTH EXERCISES FOCUSED ON THE DEVELOPMENT OF STRONG PHYSICAL QUALITIES //World Bulletin of Social Sciences. – 2022. – Т. 8. – С. 46-48.
32. Makhsudov R. A. Comparative analysis of the physical performance of senior persons with regulatory requirements //Fan-Sports. – 2020. – №. 3. – С. 59.
33. Махсудов Р. А. УМУМТАЪЛИМ МАКТАБЛАРИ БИТИРУВЧИЛАРИНИ ЖИСМОНИЙ ТАРБИЯ ФАНИДАН НАЗАРИЙ БИЛИМЛАРИНИ МОНИТОРИНГ ҚИЛИШ //ИННОВАЦИИ В ПЕДАГОГИКЕ И ПСИХОЛОГИИ. – 2020. – №. SI-2№2.
34. Махсудов Р. А. СОПОСТАВИТЕЛЬНЫЙ АНАЛИЗ ФИЗИЧЕСКОЙ ПОДГОТОВЛЕННОСТИ СТАРШЕКЛАССНИКОВ С НОРМАТИВНЫМИ ТРЕБОВАНИЯМИ //Fan-Sportga. – 2020. – №. 3. – С. 59-60.
35. Бакиров Т. Ю. Об изучении темы «Комплексные числа» в общеобразовательной школе и в вузах Республики Узбекистан //Физико-математическое образование. – 2021. – №. 5 (31). – С. 17-22.
36. Тургунбаев Р. М., Бакиров Т. Об определении понятий выпуклости и вогнутости функции (на узб.) //Физика, математика и информатика. – 2009. – №. 5. – С. 24-31.
37. Yunusalievich B. T. et al. Use of practical training and independent work in teaching mathematics //Academicia Globe: Inderscience Research. – 2022. – Т. 3. – №. 7. – С. 1-4.
38. Абдумаликов А. АТРОФ-МУҲИТНИ АСРАШ БЎЙИЧА МИЛЛИЙ СТРАТЕГИК РЕЖА ВА УНИНГ АҲАМИЯТИ //Central Asian Academic Journal of Scientific Research. – 2022. – Т. 2. – №. 2. – С. 251-258.
39. Абдумаликов А. ЯНГИ ТАРАҚИЁТ БОСҚИЧИДА ЭКОЛОГИК МОДЕРНИЗАЦИЯЛАШ ДАСТУРИ //Scientific progress. – 2022. – Т. 3. – №. 2. – С. 1179-1186.

Karimov N. et al. ON THE ISSUE OF AUTOMATION OF POULTRY MEAT FARMING FOR SMALL AND FAMILY BUSINESSES IN UZBEKISTAN //EPRA International Journal of Agriculture and Rural Economic Research (ARER). – 2021. – Т. 9. – №. 11. – С. 1-1..