

**PREPARING SCHOOL STUDENTS IN THE FIELD OF PHYSICAL CULTURE AND
SPORTS BEFORE ENTRY TO HIGHER EDUCATION**

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ABSTRACT: *Training of qualified personnel is always one of the important tasks of the education sector. The high level of demand for the physical condition of schoolchildren implies the existence of an additional stage of preparation for entrance exams to higher educational institutions in the field of physical culture and sports. The modern practice of preparing schoolchildren for higher education has shown that selection as a component of the process of forming the student contingent is a special "filter" that helps to select a small number of young people suitable for study. The quality of the preparation of schoolchildren up to the higher education institution is determined by the success of their future studies and the stability of the formed student contingent.*

Key words: *training groups, physical training, control tests, technique.*

PF-5924 of the President of the Republic of Uzbekistan dated January 24, 2020 "On measures to further improve and popularize physical education and sports in the Republic of Uzbekistan" dated October 30, 2020 "Healthy Solving the tasks specified in the Decree No. PF-6099 "On measures for the wide implementation of lifestyle and further development of mass sports" are considered urgent issues. In the field of physical education and sports, to attract a wide segment of the population to engage in sports and lead a healthy lifestyle, to educate a physically healthy generation, to develop the sports industry and infrastructure, to promote the achievements of our country in international sports arenas and its wide recognition. One of the main tasks is to implement the unified state policy. Searching for new directions in the training of specialists in the field of physical culture and sports is one of the main ways to improve the quality of the scientific-pedagogical process in the higher educational institution . High unemployment and low motivation of personnel for professional activities raises the issue of improving the selection of schoolchildren for entering higher educational institutions in physical culture and sports and finding ways to maintain the contingent of applicants. Training of qualified personnel is always one of the important tasks of the education sector. The high level of demand for the physical condition of schoolchildren implies the existence of an additional stage of preparation for entrance exams to higher educational institutions in the field of physical culture and sports. The modern practice of preparing schoolchildren for higher education has shown that selection as a component of the process of forming the student contingent is a special "filter" that helps to select a small number of young people suitable for study [1,2,3,4,5,6,7,8,9,10]. The quality of the preparation of schoolchildren up to the higher education institution is determined by the success of their future studies and the stability of the formed student contingent. Among the main directions of modernization of education, a decisive place is occupied by the approach related to the implementation of additional educational programs aimed at improving the quality of training of specialists. In the modern conditions of working with schoolchildren, a special place is occupied, first of all, by the higher education system. In recent years, the demand for personnel providing physical education and sports training processes in pre-school, general secondary, secondary special and higher educational institutions, physical culture - sports, sports-spectatorship, tourism, treatment, rehabilitation and prevention institutions has increased. is increasing. The concept of development of

physical culture and sports until 2025 has been developed in our country. The main tasks were to increase the total number of people regularly engaged in physical education and sports to 30%, and the total number of young people participating in sports organizations and institutions to 20%. The quality composition of trainers and specialists in state educational institutions, in particular, the number of employees with higher education is to be gradually increased to 80% by 2025. The role of highly qualified specialists who meet the requirements of the time in all respects is incomparable in the development of our independent country and bringing it to the ranks of developed countries in the world [11,12,13,14,15,16,17,18,19,20]. Therefore, the training of highly qualified personnel is considered one of the important directions for the development of our country, and a number of works have been carried out in this regard. The government of Uzbekistan realized that a comprehensively developed generation is the basis of the country's development. During the years of independence, the government of Uzbekistan did a lot of work to create its own model of education, and the Law "On Education" was adopted. The adoption of the "National Personnel Training Program", which envisages the training of healthy and competitive personnel, is an important historical step, and the lack of knowledge and professional training levels of most teachers, pedagogues and educators in this program is a serious problem. Recognized [21,22,23,24,25,26,27,28,29,30]. Currently, according to the researchers, professional-practical physical training of students for high-level productive work in various sectors of the national economy is carried out in higher educational institutions in the following main directions:

- acquisition of practical skills and qualifications in some sports;
- priority training of certain physical and special qualities that are very necessary for high labor productivity in a certain profession;
- acquisition of practical knowledge (knowledge and skills of physical training and use of sports equipment in work and leisure mode, taking into account changing work, living conditions and age-specific characteristics) [31,32,33,34].

The first of the directions is related to the problem of training for movements, the second is related to the education of physical (movement) and special qualities, and the third is related to the acquisition of practical knowledge on the use of physical training tools in work and leisure mode. The above-mentioned directions have been sufficiently scientifically and methodologically justified in the theory and methodology of physical education and described in special literature. Two groups of professions similar to each other were identified by conducting sociological research in the development of KJT of students with specific professions. They should be supplemented by in-depth psychophysiological studies conducted in workplaces using the methods used in physiology, psychology, occupational hygiene and sports training.

required by the chosen field of activity is achieved through the comprehensive implementation of the principles of teaching, training and sports training. Such a comprehensive approach means not only multiple exposures to stakeholders, but also comprehensive alignment with an emphasis on internal consensus. General physical training for the formation of general functional bases of the chosen activity, special training - for the emergence of special functional bases of this activity, comprehensive functional training - for mastering technical methods, working on selected exercise techniques, mobilizing the will and emotional aspects of the participants. is used [35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51]. A large number of resources on the pedagogy of physical education, theory and methodology of physical education, theory and methodology of KJT of various specialists provide information about this. There are several thousand professions and tens of thousands of specialties in various fields of professional work. Their main differences are determined by the characteristics of the subject, technologies and the external

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conditions of specific work and are seen by the specification of labor activities. These include actions, operations (including sensory and intellectual in terms of impact, information processing, decision-making, and action to have a practical effect on the subject of work). All of these require different functional capabilities, physical and other qualities of people working in one or another type of professional work. To study the state of preparation in the field of physical culture and sports in general education schools and the attitude of teachers and students to it. To determine the indicators of physical development, movement and special physical fitness of students, and to compare them during the study. identify interrelationships. Development and implementation of a scientifically-based preparation methodology for higher education for students of general secondary schools in the 10th-11th grades. Taking into account the chosen specialty, students should thoroughly learn the nature, laws, principles, and conditions of physical training for their future profession [52,53,54,55,56,57,58,59,60,61,62,63,64,65,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,89,90,91,92]. The problem is extremely relevant for general secondary schools, where training of students, diagnosis of readiness to receive specialization in physical culture and sports is of particular importance.

In conclusion , it can be said that it comes from the opportunity to improve the process of preparation of schoolchildren up to higher education, to increase the level of physical fitness, to use their personal qualities, necessary qualifications and skills. In the process of training specialists in the field of physical culture and sports, a selection system was proposed in order to reduce the number of students who do not meet the requirements. can be used.

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