

**Experimental substantiation of efficiency accented physical education classes students of the faculty of “Military education”**

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**Abstract:** The experimentally substantiated methodology for conducting physical education classes developed and introduced into the educational process with an emphasis on the development of motor qualities during the summer field training camp of students of the faculty of pre-conscription military education.

**Keywords.** Optimization, physical training, motor qualities, methodology, program, physical education, training camp.

**The urgency of the problem.** Physical training in relation to the requirements of the profession was expressed in the creation of a special kind of physical activity - professionally applied physical training (PPPP) and is a pedagogically directed process of providing specialized physical fitness for the chosen professional activity. This learning process enriches the individual fund of professionally useful motor skills and abilities, the development of physical and directly related abilities, professional capacity directly depends on them. The exercises typical for the chosen specialty and the method of their application are characterized by the modeling of the forms and essential moments of the coordination of movements included in the professional activity and are aimed at higher requirements for motor abilities.

On the basis of the constitution of the Republic of Uzbekistan, the Defense Doctrine and the program of reforming the Armed Forces, measures are being taken to modernize the army.

An important historical step was the adoption of a national training program, which notes that a significant problem is the weak educational and professional level of preparedness of most of the teachers .

The analysis of scientific and methodical literature on the issues of optimization of applied physical training (PPT) of students showed that this problem in the universities of the country requires serious scientific and purposeful pedagogical research.

The insufficiency of the development of the problem of PFP of students studying at the faculties of pre-conscription military education in the Higher Humanitarian Educational Institutions aimed at training teachers of pre-conscription training of young men is revealed [1,2,3,4,5,6,7,8,9,10,11,12,13,14,15].

This makes it necessary to develop a scientifically based methodology for purposeful physical training of students of a specialized faculty that ensures their proper level.

Annual monitoring of faculty students military \_ education made it possible to reveal in them an insufficient level of their motor readiness, which, of course, negatively affects the tolerance of physical loads imposed on them in the process of practical training .

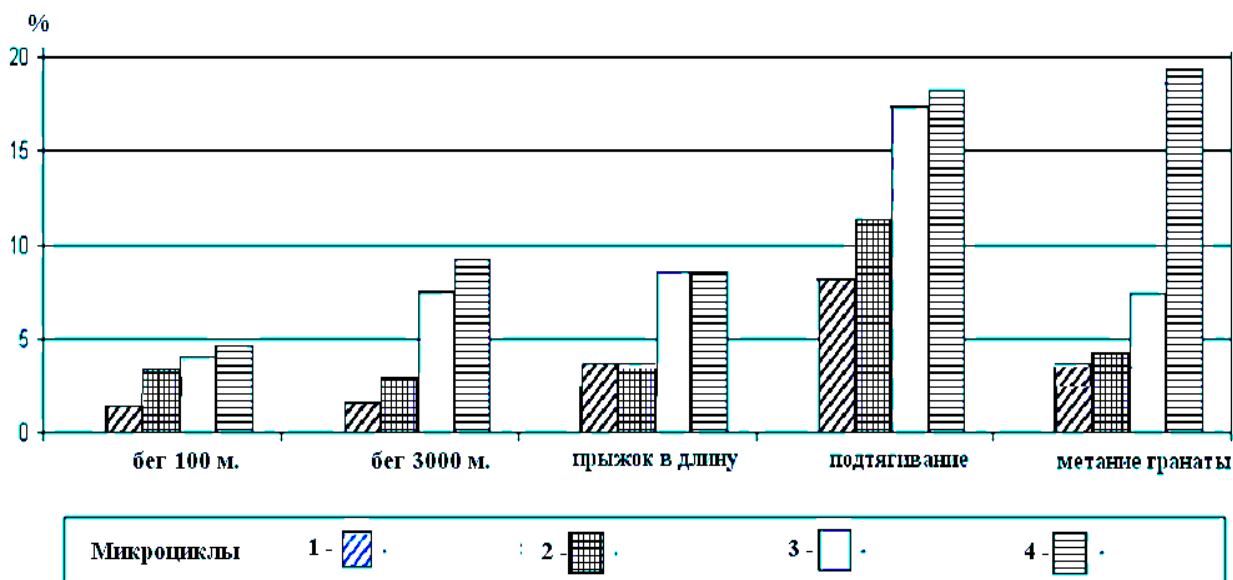
The purpose of this study was to experimentally substantiate the methodology of physical education classes with an emphasis on the development of professionally necessary motor qualities in students during short-term summer field training camps lasting one month and conditionally divided by us into four microcycles.

Experimental groups were organized to conduct experimental research with third-year students of the faculty of pre-prescription military education in a military garrison [16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31].

The experimental group included students of two groups ( n = 48), with whom classes were conducted according to a specially developed program. The control group ( n = 24) practiced according to the generally accepted method.

Prior to the start of experimental studies to identify the initial level of motor fitness of students, pedagogical testing was carried out before leaving for field training camps in five physical qualities, which took into account their stay in a military garrison and a limited amount of sports equipment.

In the experimental groups, daily physical education classes were held with a training orientation, where the composition of the means used was focused on improving the professionally necessary motor qualities of the future teacher of pre-prescription training of young men [32,33,34,35,36,37,38,39,40].



The analysis of the initial indicators revealed that the 100 m students overcame the distance, on average, in  $13.4 \pm 0.7$  seconds, the control distance in  $13.4 \pm 0.8$  seconds. After the introduction of the program developed by us in the educational process, aimed at improving the motor qualities, the results of the experimental group tended to slightly improve running the distance by 0.2 seconds faster (2.2%) ( $p > 0.05$ ). By the end of the second microcycle, the result progresses significantly and is  $13.0 \pm 0.6$  sec. (3.0%), ( $p < 0.05$ ), with subsequent improvement to  $12.9 \pm 0.4$  sec. (3.8%) ( $p < 0.01$ ). At the end of the training camp, the speed qualities of the students improved significantly and amounted to  $12.8 \pm 0.4$  sec, (4.5%) ( $p < 0.01$ ). In the control group, an insignificant improvement in the result by 0.2 seconds was noted. ( $p > 0.05$ ),

The motor quality of endurance in the military profession occupies a special position due to the fact that many physical exercises included in the regulatory requirements are associated with the need to manifest this quality. Assessment of the initial indicators of students revealed that the average result was  $13.1 \pm 1.5$  minutes, in the control -  $13.0 \pm 1.2$  minutes, with  $p > 0.05$ . By the end of the first week, the result significantly improved by 3.8%. At the end of the second microcycle, the improvement was 5.4%. Significant progressive changes (6.9%) occurred in the third microcycle, where students overcame the distance without much difficulty. By the end of the field training, the students of the experimental group covered the distance in  $11.9 \pm 1.1$  minutes, making an increase of 1.2 minutes (9.2%). Students in the control group improved their results by an average of 0.8%.

When assessing the speed-strength capabilities of students, according to the results of a long jump from a place, the result was  $2.3 \pm 0.2$  m. At the end of the first microcycle, it improved by 4.2%, with a subsequent increase by 8.0% by the end of the field training camp. If we take into account that students of military professions are subject to increased requirements related to overcoming an obstacle course, jumping over a ditch, overcoming a wall, then the urgency of the problem of improving this quality for a future specialist in preparing young men for service in the Armed Forces becomes obvious [41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56].

In the process of military service, great attention is paid to the strength capabilities of young men, and in this regard, we attached special importance to evaluating the results in pull-ups on the crossbar. The initial result of students averaged  $13.3 \pm 1.8$  times. The daily development of strength abilities in the process of field training allowed to significantly increase the effectiveness of this indicator. The positive dynamics of the increase in strength abilities can be clearly seen during the field training camp and is, respectively, in the first microcycle - 1.1 times (7.8%), the second - 1.8 times (11.2%), the third - 2.7 times (16.9%), by the end it was 5.0 times (17.4%).

The grenade throwing test is a specific requirement for assessing the motor qualities of young men and is present in all program and regulatory documents of the Armed Forces.

The initial data of students in grenade throwing was  $38.3 \pm 3,1$  m., and exceeded by 0.3m. result of the control group. By the end of the first microcycle, the result improved by -1.1%, the second - by 4.5%, the third - by 7.5%, and by the end of the field training camp, the indicator was 43,2 m., which corresponded to an increase in the result of 19.4%, ( $p < 0.01$ ), in the control group, the increase is 1.9 m. ( $p > 0.05$ ) [57,58,59,60,61,62,63,64,65,67,68,69,70,71].

During the period of field training, the level of physical fitness of students, where the developed methodology of training was applied with a focus on the formation of the necessary motor qualities of professional training value, increased to a statistically significant higher level  $b$  ( $p < 0.01$ ).

The results of the conducted pedagogical experiment showed the high efficiency of organizing physical education classes with an emphasis on conducting summer field training camps in a military garrison.

In the conditions of military training, it is necessary to use the methodology of physical improvement of the training focus on the education of professionally significant motor qualities: the development of endurance, strength capabilities, speed qualities, professional motor qualities with the use of obstacle courses.

In the course of military training, in order to increase motivation for professional-applied physical training, conduct daily testing on control tests: running 100 m, cross-country 3 000 m, standing long jump, pulling up on the bar, throwing grenades.

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