

Comparative analysis of physical fitness of high school students with regulatory requirements

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Annotation: The article presents the results of experimental studies of physical fitness of graduates of secondary schools in Fergana and their comparative analysis with the regulatory requirements of the "State Standards for Physical Education", the requirements for physical fitness of pre-prescription youth health tests "Alpomish".

Keywords: standard, monitoring, methodology, innovations, pedagogical technologies, pre-prescription youth, high school students,

Introduction. The relevance of modern scientific research in the pedagogical science of physical education and sports is determined by the focus on further improving the system of training high school students of secondary schools to serve in the Armed Forces of the Republic of Uzbekistan. The pedagogical process of physical education is closely connected with the introduction of innovative pedagogical technologies based on the experience of leading school teaching teams and the experience of foreign countries, which allow improving the theoretical and practical training of students to pass the standards for physical training and military service.

Relevance. With the introduction of eleven years of education in the public education system, an urgent problem of pedagogical science in the field of school physical education requires a significant adjustment of program and regulatory documents, on the basis of which the process of their education and further preparation for service in the Armed Forces is carried out.

An analytical review of special scientific and methodological literature aimed at improving the physical fitness of young students revealed the lack of comprehensive scientific research on young men of high school age living in a region with high ambient temperature [1,2,3,4,5,6,7,8,9,10,11].

A radical revision of the content of the educational process in accordance with the priorities of the socio-economic development of the country, providing the necessary conditions for preparation for service in the Armed Forces and meeting the requirements of international standards is becoming the most important task of the public education system [12,13,14,15,16,17,18,19,20].

Over the years of independence, conditions have been created to improve the efficiency of the training process: the material and technical base is being improved with modern equipment; compulsory 11-year general secondary education has been restored; Ministries of Innovative Development and Preschool Education have been created; the Development Strategy Center, where a special priority role is given to further improvement of physical culture and sports. In the adopted national program for training personnel in the field of physical culture and sports, a weak educational and professional level of preparedness of the teaching staff working in the system of school educational institutions was noted.

The purpose of the study. Ensuring the proper level of physical fitness of young men of pre-prescription age is one of the urgent, difficult and poorly developed pedagogical problems [21,22,23,24,25,26,27,28].

Research objectives. - analysis of special scientific and methodological literature aimed at improving the physical fitness of high school students for service in the Armed Forces. Determine

the level of motor readiness of high school students and compare the regulatory requirements of the Manual on physical training [29,30,31].

Methods and organization of research. The assessment of the level of physical fitness of young men was carried out with the help of a battery of health tests "Alpomish", Instructions on physical training (NFP-97) of the Armed Forces of the Republic of Uzbekistan and State standards on physical culture intended for students of X and X1 grades of secondary schools. 32 students of X and 36 boys of X1 grades of general education schools of the city of Fergana took part in experimental studies.

Research results and their discussion

The annual monitoring of the motor readiness of students, their comparative dynamics with the results of experimental data obtained over the past decade have shown that there is no clear continuity, consistency and uniform requirements for their physical fitness in the existing state regulatory documents. The lack of uniform regulatory requirements for the level of motor readiness of high school students in secondary schools significantly affects the system of preparation for the upcoming service in the Armed Forces.

Analyzing the preliminary experimental indicators of strength capabilities, it was revealed that according to this test, 25.61% percent of high school boys cope with the assessment standards perfectly, 35.54% passed the assessment standard well, 40.24% satisfactorily and 7.32% of boys could not cope with the task. Another picture was observed in the pull-up test on the crossbar where 60.9% of school graduates failed to meet the standards of the Alpomish health test. A more unsightly picture is in another strength exercise - lifting with a coup at close range, which is one of the main special normative exercises (NFP-97). where 77.44% of graduates of the X1 class did not cope with the normative task.

When determining the speed capabilities of the young men of the studied contingent according to the results of the 100-meter run, 65.24% performed the established standard for evaluation perfectly, 5.49% performed well, 21.34% showed a satisfactory result and 7.93% of young men failed to meet the standard.

A similar pattern was observed when assessing the physical quality of endurance, determined by the results in running at 3000m. Excellent results were shown by 79.27% of young men, 18.90% passed well, 12.2% satisfactorily, and only one student failed the task.

In exercises of a high-speed and power nature, such as long jumps from a place and throwing grenades, the percentage of those who did not meet the standards of the Alpomish health tests was 62.11% Y and 63.98% for X-grade students; 35.98% and 47.56%, respectively, for X-grade students. The regulatory requirements of NFP-97 were fulfilled by 23.60% of tenth graders and 14.03% of X1 grade students. in grenade throwing, 23.60% of tenth graders and 14.03% of X1 grade students performed perfectly; 20 tenth graders and 31 X1 grade students threw a grenade at the standard "icon" of the Alpomish health test. ((Table 1)

Table 1

The results of the implementation of educational standards for physical education by students of grades X (boys) of secondary schools in Ferghana in %

№	Control exercise	Evaluation						Unsatisfactor y
		excellent		well		Satisfactory		
		Stand ar d	Execu tion in %	Stand ar d	Execut ion in%	Standa rd	Executi on in %	
1	2	4	5	6	7	8	9	10

1	Running 100m.s	14,2	65,2	14,5	5,5	15,0	21,3	7,9
2	Running 3000m.s	780,0	79,2	900,0	18,9	990,0	1,2	0,6
3	Long jump s/m, cm	460	15,8	420	48,1	370	30,4	5,4
4	Grenade throwing (m)	38	18,9	32	33,5	26	40,2	7,3
5	Pull-up (times)	12	25,6	10	13,4	8	19,5	41,4
6	The rise of the coup times	4	7,9	3	14,6	2	18,9	58,5

In exercises of a high-speed and power nature, such as long jumps from a place and throwing a grenade at a distance, the percentage of those who did not fulfill the standards of the Alpomish health test was 47.5% among students of the X class. However, all students of grades X and X1 (2) fulfilled the educational standards of the school curriculum for physical culture in the long jump. The analysis of each student's fulfillment of all five standards (the sixth standard - lifting by a coup was not considered, because, as follows from the requirements of the Alpomish health tests. to get the badge, a pull-up or lifting is performed by a coup showed that in the X grade 55.2% of students do not meet the requirements of the Alpomish health tests. Of these, 12.4% did not cope with all control exercises.

In the X1 class, 47.5% of students failed to meet the standards of one, two or several exercises; 18.3% did not meet all the standards; 12.20% met all the standards for the "badge", 36.65% met the standards at the level of the "badge" of the Alpomish health tests.

Conclusions.

1. Insufficient physical fitness of young students of grades X-X1 was revealed, especially in exercises requiring the manifestation of strength, speed and strength qualities, which are the main parameter in preparing young men for the upcoming service in the Armed Forces.

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