

Monitoring of theoretical knowledge on the subject "physical culture" of secondary school graduates

Makhmudov Ravshan
Ferghana State University

Resume: *the article presents the results of experimental research conducted to determine the theoretical background level of graduating class students in secondary schools.*

Base words: *monitoring, methodology, innovation, social studies, pedagogical experience, graduates.*

Keywords: *Monitoring, methodology, innovations, sociological research, pedagogical experiment, high school students.*

Teaching students the basics of the theory of physical culture has always been considered one of the important elements of physical education at all stages of the school educational cycle.

The Decree of the President of the Republic of Uzbekistan Sh.M.Mirziyoyev UP-5368 dated March 5, 2018 "On measures to radically improve the system of public administration in the field of physical culture and sports" states that "increasing and realizing the creative and intellectual potential of the younger generation, forming a healthy lifestyle among children and youth, attracting them to physical culture and sports is important."

Along with the practical part of the educational process on physical culture in educational institutions of the public education system, an urgent problem is the development of the theoretical section on physical culture presented in state standards. The factor of insufficient knowledge of the theoretical foundations of physical culture among secondary school graduates was revealed during the entrance exams at specialized faculties of physical education of higher humanitarian educational institutions.

The specialized commission, whose functions included the organization of entrance examinations in the specialty "Physical Culture", was limited only to the indicators of motor readiness of applicants obtained on the basis of the results obtained during the pedagogical testing, while their theoretical knowledge of the subject was not evaluated. (1,2,3,4,5,6,7,8,9,10,11,12,13)

It should be noted that in general education schools, the theoretical section of the physical culture lesson carried out in the process is not given due attention, and therefore it was not possible to test their knowledge of the theoretical foundations of physical culture.(14,15,16,17,18,19,20,21)

The conducted research revealed that the bulk of the interviewed physical education teachers working in the system of secondary educational institutions do not pay due attention to the theoretical training of students in the process of conducting physical education lessons.

The analysis of scientific and methodological literature, according to the research of Sh.Kh.Khankeliev (2018) aimed at the theoretical preparedness of schoolchildren in physical culture, scientifically based methodological recommendations for improving the process of mastering theoretical knowledge. not detected.

Earlier, we developed a "professionogram" of a physical culture teacher, where the goals and tasks facing graduates of the Faculty of physical Culture, whose responsibilities include the continuous improvement of the level of physical culture and theoretical literacy of schoolchildren, taking into account their age, were set out in detail [29,30,31].

Despite the recent positive developments in the field of physical education, the problem of teaching the basics of the theory of physical culture remains a weak link in the school education system.

This problem has become especially urgent, in connection with the organization of a new system of entrance examinations at the faculties of physical culture, where it became necessary to assess the knowledge of the theoretical section on the subject of physical culture for the general assessment of the level of motor readiness of applicants.

In this regard, a pedagogical experiment was conducted at the secondary school No. 29 in Margilan, Ferghana region. The experiment involved 60 high school students, divided into one control and two experimental groups. Each group consisted of 20 students.

In a pedagogical experiment in high school, we recommended the allocation of up to 4 hours in a one-year training cycle of theoretical lessons evenly distributed over the quarters of training. The control group studied according to the generally accepted program of physical culture of a comprehensive secondary school conducted in a traditional way, where topics included in the educational minimum on the subject of "Physical Culture" were included in each lesson

In experimental groups, theoretical physical education classes were conducted according to the program developed by us.

In the first experimental group, one of the physical education lessons was devoted to the basics of theoretical knowledge. According to the results of the conducted research, the Department of Theories and Methods of Physical Culture Fer.GU decided to conduct theoretical classes during the whole physical education lesson, rather than studying them by topic at the beginning of each physical education lesson, which was not always conducted by teachers immediately before practical classes, which in our opinion is due to a violation of the integrity of perception.

In the second experimental group, theoretical knowledge conducted during a physical education lesson was additionally offered homework on the topic of the lesson being studied, which contributed to successful mastering due to the possibility of creative comprehension (22,23,24,25,26,27,28).

The level of theoretical readiness of high school students was determined based on the use of a specially developed questionnaire based on the program material provided by state standards for physical culture.

Pedagogical testing of physical qualities was carried out on students of the final grades in two stages, where the initial data were obtained in mid-September, and the final ones - in mid-March 2018. After mathematical processing of the test results, the created expert commission assessed theoretical knowledge according to the standard standards of the fundamentals of the theory of physical culture at school.

The results of the sociological survey in the initial and final questionnaires are presented in Table 1.

Table 1

| Group | Incorrect answers for tasks and sections (n=60) | | | | Sum of points $\bar{x} \pm \sigma$ | P |
|---------|---|--|---|---|---------------------------------------|-------|
| | Theoretical the basics of FC | Psychology of go-teachers Czech fundamentals of FC | Medical and biological fundamentals of FC | Basic types of physical culture and sports activities | | |
| Control | 2,2 | 2,65 | 2,55 | 2,5 | 10,1±0,3 | >0,01 |

| | | | | | | |
|----------|-----|-----|------|-----|----------|-------|
| | 1,8 | 1,7 | 2,15 | 2,2 | 12,1±0,4 | |
| Expert.1 | 2,2 | 2,3 | 2,6 | 2,4 | 10,5±0,4 | <0,01 |
| | 0,4 | 1,0 | 0,9 | 0,8 | 16,7±0,5 | |
| Expert.2 | 2,4 | 2,4 | 2,5 | 2,1 | 10,2±0,4 | <0,01 |
| | 1,1 | 1,4 | 1,4 | 1,2 | 14,9±0,3 | |

In order to determine the reliability of the relationship of the applied innovative methodology on the influence of an increased amount of theoretical knowledge on the development of physical abilities of high school students, control tests were conducted to determine the level of development of their motor abilities.

The results of the conducted experiment of the initial and final testing of the motor abilities of high school students distributed in two experimental and control groups are presented in Table 2.

Table 2

| Group | | Control tests (n=60) | | | | | | | | | | | |
|----------|--------|----------------------|-----|-----|--------------------|-----|-----|-------------------------|-------|------|---------|-----|------|
| | | Running 30 m | | | Shuttle run 3x10 m | | | Cross - country running | | | Pull up | | |
| | | x | σ | % | x | σ | % | x | σ | % | x | σ | % |
| Control | Before | 5,4 | 0,2 | 4,1 | 9,4 | 0,1 | 8,1 | 1039,4 | 98,9 | 11,8 | 3,5 | 1,5 | 85,1 |
| | After | 5,3 | 0,1 | | 8,8 | 0,2 | | 1167,0 | 108,2 | | 7,7 | 1,8 | |
| Expert.1 | Before | 5,4 | 0,2 | 4,2 | 9,4 | 0,2 | 8,1 | 1070,9 | 103,2 | 12,2 | 3,9 | 1,7 | 86,4 |
| | After | 5,2 | 0,3 | | 8,5 | 0,3 | | 1193,1 | 82,3 | | 7,3 | 1,7 | |
| Expert.2 | Before | 5,4 | 0,2 | 8,7 | 9,3 | 0,1 | 8,1 | 1098,2 | 94,6 | 12,3 | 3,8 | 1,4 | 87,7 |
| | After | 4,9 | 0,3 | | 8,7 | 0,2 | | 1194,1 | 91,01 | | 7,1 | 4,5 | |

In the second experimental group, where theoretical knowledge was carried out in each quarter with homework, the increase in the level of physical abilities on average ranged from 8.7% to 87.7%.

In the first experimental group, where it was recommended to study the theoretical foundations of physical culture in each quarter for one theoretical lesson, the increase in motor abilities ranged from 4.2% to 86.4%.

Analysis of the results revealed that the average score in the initial testing in all three groups is unreliably identical, however, during the final testing, an increase of 5.7% was revealed in the first experimental group, an increase of 4.5% in the second experimental group, and 3.9% in the control group.

According to the results of the conducted research, it was revealed that teaching students the basics of theoretical knowledge carried out according to the developed teaching methodology is more effective. It should be noted that mastering theoretical knowledge at home has a better effect on increasing the theoretical level in comparison with the control group students studying in the traditional way.

The results of the study found that:

1. In the practice of physical culture lessons in secondary schools, insufficient attention is paid to teaching the basics of the theory of physical culture.
2. A comparative analysis of the results obtained during the pedagogical experiment showed that the study of the theoretical foundations of physical culture in the course of a separate lesson contributes

to an increase in the level of theoretical preparedness of graduate students and does not affect the development of their motor abilities.

List of used literature

1. Allamuratov S. I., Uraimov S. R. Motor training of student youth in the process of training in specialized military-technical lyceums in conditions of hyperthermia //Herald pedagogiki. Nauka i Praktyka. – 2021. – Т. 1. – №. 1.
2. Abdulazizovna K. B. et al. TIMELY IMPLEMENTATION OF PERSONAL EDUCATION MEASURES IN THE CONTEXT OF GLOBALIZATION //INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876. – 2022. – Т. 16. – №. 3. – С. 87-92.
3. Abdulazizovna K. B. et al. THE SIGNIFICANCE OF MATHEMATICAL KNOWLEDGE IN SOLVING PROBLEMS IN BIOLOGY //INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876. – 2022. – Т. 16. – №. 3. – С. 93-99.
4. Abdulazizovna K. B. et al. INFORMATION TECHNOLOGIES AS A STEP TO THE DEVELOPMENT OF SOCIETY //INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876. – 2022. – Т. 16. – №. 3. – С. 73-77.
5. Uraimov S. The interrelation of the block-modular system of motor fitness of young men in the lessons of pre-conscription military education and physical culture //Herald pedagogiki. Nauka i Praktyka. – 2021. – Т. 1. – №. 1.
6. Uraimov S. R., Melikuziev A. A. Analysis of indicators of speed readiness freestyle wrestlers //Herald pedagogiki. Nauka i Praktyka. – 2021. – Т. 1. – №. 1.
7. Sh A. et al. Research of The Physical Education Of Students Of The Military-Technical Lyceum" School Of Temurbeks" Taking Into Account The Influence Of Regional Factors //Turkish Journal of Computer and Mathematics Education (TURCOMAT). – 2021. – Т. 12. – №. 11. – С. 7009-7011.
8. Khankeldiev S. K., Uraimov S. R. Assessment of the relationship between motor skills and physical development of student youth by the method of canonical analysis //Thematics Journal of Social Sciences. – 2021. – Т. 7. – №. 3.
9. Ураимов, Санжар Рўзматович. "Теоретическая подготовка по физической культуре учащихся школьной системы образования." *Педагогика ва психологияда инновациялар* 11.3 (2020).
10. Uraimov, S. R. "Dynamics of somatometric indicators of students of the military-technical lyceum." *Fan-Sports* 2 (2019): 68.
11. Uraimov S. R., Qambarov O. F. Qualifications of physical education teachers forms of growth //Конференции. – 2020.
12. Uraimov, S. R. "Theoretical training in physical culture of students of the school education system." *Pedagogy va psychologyda innovatsiyaar* 11.3 (2020).
13. УРАИМОВ, СРДС. "ВОЕННО-ТЕХНИЧЕСКОГО ЛИЦЕЯ." *Фан-Спортга.*–2019 2 (2019): 68-71.

14. Ураимов С. Р. Влияние гиподинамического фактора на физическое состояние учащихся военно-технического лицея // материалы. – 2019. – С. 117.
15. Ханкельдиев Ш. Х., Ураимов С. Р. Пульсовая оценка беговых упражнений первокурсников Военно-технического лицея на занятиях по физическому воспитанию // Теория и методика физической культуры. – 2017. – №. 1. – С. 15-19.
16. Ураимов С. Р., Мухриддинов Ф. Р. Жисмоний маданият мутахассисини касбий жисмоний қобилятлари ва касбий маҳорати // инновации в педагогике и психологии. – 2021. – Т. 4. – №. 2.
17. Khankeldiev S. K., Uraimov S. R. Experimental substantiation of the methodology for conducting physical education lessons in the school education system, taking into account regional factors // Herald pedagogiki. Nauka i Praktyka. – 2021. – Т. 1. – №. 1.
18. Uraimov S. R. Analysis Students' Physical Developing Indicators in Studying Period at Military-Technical Lyceum // Eastern European Scientific Journal. – 2019. – №. 1.
19. 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): 117.
20. Ruzmatovich U. S., Omonboyevich T. S. CHANGES IN THE FUNCTIONAL ACTIVITY OF THE BODY IN THE PROCESS OF HEALTH TRAINING // World Bulletin of Social Sciences. – 2022. – Т. 9. – С. 41-43.
21. 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.
22. Ruzmatovich U. S. et al. INCREASING THE ACTIVITY OF SCHOOL-AGED CHILDREN // World Bulletin of Social Sciences. – 2022. – Т. 8. – С. 49-51.
23. Ruzmatovich U. S. et al. CHANGES EXPECTED TO COME IN OUR LIFE MOVEMENTS // Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 3. – С. 485-489.
24. Kh, Khankeldiev Sh, and S. R. Uraimov. "Physical status of pre-conscription youth." *Monograph. Fergana 2020* (2020).
25. Ханкельдиев, Ш. Х. "Физический статус допризывной молодежи учащейся молодежи: монография." (2020).
26. Ханкельдиев Ш. Х., Ураимов С. Р. Факторная структура моторики учащейся молодежи. – 2021.
27. Махсудов Р. Оценка двигательной подготовленности старшеклассников по выполнению учебных нормативов по физическому воспитанию в общеобразовательных школах // Наука сегодня: проблемы и перспективы развития. – 2019. – С. 94.
28. Makhsudov R. A. IMPROVEMENT OF THEORETICAL KNOWLEDGE OF HIGH SCHOOL STUDENTS IN THE SUBJECT OF" PHYSICAL CULTURE // European Journal of Research and Reflection in Educational Sciences Vol. – 2019. – Т. 7. – №. 12.
29. МАХСУДОВ Р. А. СОПОСТАВИТЕЛЬНЫЙ АНАЛИЗ ФИЗИЧЕСКОЙ ПОДГОТОВЛЕННОСТИ СТАРШЕКЛАСНИКОВ С НОРМАТИВНЫМИ ТРЕБОВАНИЯМИ // Фан-Спортга. – 2020. – №. 3. – С. 59-60.

30. Махсудов Р. Мониторинг физического развития юношей старших классов общеобразовательных школ // Наука сегодня: опыт, традиции, инновации [Текст]: материа. – 2019. – С. 47.
31. Махсудов Р. Оценка двигательной подготовленности старшеклассников по выполнению учебных нормативов по физическому воспитанию в общеобразовательных школах // Наука сегодня: проблемы и перспективы развития. – 2019. – С. 94.