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ARTICLES

•

SOME ASPECTS OF THE IMPACT OF MARKET INFRASTRUCTURES ON SMALL BUSINESS ENTITIES

Saidullaeva Saodat Abdumajitovna, Nurullaeva Shakhnoza Tokhtasinovna

1-3

• [PDF](#)

PROBLEMS AND THEIR SOLUTIONS IN INSURANCE OF SMALL BUSINESS AND PRIVATE ENTREPRENEURSHIP

Saidullaeva Saodat Abdumajitovna, Nurullaeva Shakhnoza Tokhtasinovna

4-6

• [PDF](#)

DEFINITION OF INVESTMENT STRATEGY FOR SUSTAINABLE DEVELOPMENT OF REGIONAL ECONOMIES

Ahmedov Oybek Turgunpulatovich , Nurqulov Nurbek Sirojiddin o'g'li

7-16

• [PDF](#)

ANALYSIS OF FOREIGN INVESTMENT IN THE ECONOMIC GROWTH OF THE REPUBLIC OF UZBEKISTAN

Saidullaeva Saodat Abdumajitovna, Nurullaeva Shakhnoza Tokhtasinovna

17-21

• [PDF](#)

A problem with non-local conditions for a mixed parabolic-hyperbolic equation with two lines of changing type

I.U.Khaydarov

22-30

• [PDF](#)

EFFECTIVENESS OF INCREASING MOVEMENT ACTIVITY USING PHYSICAL EDUCATION TOOLS IN PROFESSIONAL ACTIVITY

Allamuratov Sh.I. , Uraimov S.R.

31-39

- [PDF](#)

- **METHODOLOGICAL FOUNDATIONS OF THE DEVELOPMENT OF PHYSICAL ABILITIES OF STUDENTS**

Uraimov Sanjar, Asqarova Nargiza

40-48

- [PDF](#)

- **SOLVING ALGEBRAIC PROBLEMS USING THE VECTOR CONCEPT**

Kadyrova Dilshodakhan Abdunabiyevna, Bakhromov Mansur

49-59

- [PDF](#)

- **CREATIVITY IN IMPROVING PROFESSIONAL AND PEDAGOGICAL SKILLS OF PHYSICAL EDUCATION TEACHERS**

Uraimov Sanjar, Husanov Doston

60-67

- [PDF](#)

- **E-LEARNING RESOURCES IN DISTANCE EDUCATION**

Kadyrova Dilshodakhan Abdunabiyevna, Bakhromov Mansur

68-79

- [PDF](#)

- **FORMATION OF PHYSICAL SKILLS THAT INFLUENCE THE MOVEMENT SYSTEM IN THE GROWTH AND DEVELOPMENT OF THE CHILDREN'S ORGANISM.**

Mamatova Matluba Abdukhalilovna , Ashurmatov Davlatbek Davronovich

80-88

- [PDF](#)

- **Use of species belonging to the Cossinellidae family and carnivorous beetles against pests**

Yunusov Mirzakarim Mirzahalilovich, Omonova Sevara Akramjonovna

89-99

- [PDF](#)

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

Kadirov Shohbozjon, Melikuziyev Azizjon

100-108

- [PDF](#)

- **NATIONAL SPORTS GAMES**

Uraimov Sanjar, Mukhidinov Abdubannob

109-117

- [PDF](#)

- **FORMATION OF MOTOR CULTURE OF STUDENTS IN THE LESSONS OF RHYTHMIC GYMNASTICS**

Khaitbayeva Barnokhon Bakhodirovna, Ruzieva Makhliyo Kayumovna

118-124

- [PDF](#)

- **TEACHING ATTACK TACTICS TO FOOTBALL PLAYERS**

Uraimov Sanjar Rozmatovich, Dzhoraev Elyor

125-132

- [PDF](#)

- **Means and methods of forming a positive attitude among students to physical exercises**

Kozlova Galina Gennadievna, Khudieva Sabina Gilfanovna

133-139

- [PDF](#)

- **THEORETICAL FUNDAMENTALS OF SPORTS EXERCISES**

Uraimov Sanjar, Tillaev Sharifjon

140-147

- [PDF](#)

- **Pedagogical technology in professional-practical physical training of students of the faculty of military education**

Hasanov A.T. , Akzamov S.D., Abduraimov D.T.

148-156

- [PDF](#)

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

Khasanov A.T. , Kurbanov G.R., Mamatov U.E.

157-164

- [PDF](#)

- **QUICK ATTACK AND DEFENSE TACTICS IN FOOTBALL PLAYERS**

Uraimov Sanjar Rozmatovich, Eshimov Temur

165-171

- [PDF](#)

**SOME ASPECTS OF THE IMPACT OF MARKET INFRASTRUCTURES ON
SMALL BUSINESS ENTITIES**

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Abstract: *This article provides insights and considerations on some aspects of the impact of market infrastructures on small business entities.*

Key words: *Small business, market infrastructures, entrepreneurship, small enterprises, capital funds.*

Development of small business in the regions is important. It is the local authorities who clearly know the financial and material capabilities of their territory, the real needs of the population for certain types of products and services, the areas of activity from the point of view of the region, and the ways of effective use of resources in the form of ownership. One of the main goals of establishing a socially oriented market economy in Uzbekistan is the priority development of small business and private entrepreneurship in the country. To achieve this goal, economic reforms were carried out. Large institutional frameworks were created to increase its role. Organization of entrepreneurial activity and legal and regulatory documents guaranteeing it, non-governmental organizations assisting entrepreneurs are among them. [1] The establishment of a complex of private entrepreneurship and small business enterprises in Uzbekistan is progressing successfully. Small business enterprises, independent of the state, i.e., without large capital investment, can reduce the temporary shortage of certain goods and even eliminate this shortage. . This is clearly visible in the spheres of household services and production of consumer goods. Small enterprises are also very important in the introduction of technological innovations. In our republic, the number of small enterprises and the volume of products they produce is increasing year by year. In 2020 alone, 93,214 new small business entities started their activities, and by 2021, this number will increase to 98,886, making a total of 462,834 small and micro-enterprises operating in our society. [2]

In recent years, small business enterprises have been established consistently. In the conditions of scientific and technical progress, they are increasingly finding their place in the transition of leading industries to new technologies. These enterprises demonstrate the quality of the main connection of the entire system that provides the work process with new ideas and improvement of production, introduction of new information technologies. To date, small business and private business entities are active in all aspects of the country's economy in the production of machine-building products, consumer goods, agricultural and food products, and other fields. Their share in GDP was 55.5 percent in 2020, and 54.9 percent in 2021. [3] Effective functioning and development of small business entities in our republic largely depends on the conditions created for them. Among the conditions that create favorable opportunities for the development of small business, infrastructure services should be singled out. With the expansion of production in small business entities, their demand for a number of services such as technical repair, material and technical support, product storage, processing and sale, communication and communication, consulting and information is increasing. Because it is not enough to grant legal entity status to small business entities. Their full activity can be imagined only through perfectly organized infrastructure units. Infrastructure is a part of the economic system, it creates the necessary conditions for the smooth operation of production.

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Effective functioning and development of small business entities in our republic largely depends on the conditions created for them. Among the conditions that create favorable opportunities for the development of small business, infrastructure services should be singled out. With the expansion of production in small business entities, their demand for a number of services such as technical repair, material and technical support, product storage, processing and sale, communication and communication, consulting and information is increasing. Because it is not enough to grant legal entity status to small business entities. Their full activity can be imagined only through perfectly organized infrastructure units. Infrastructure is a part of the economic system, it creates the necessary conditions for the smooth operation of production. The word "infrastructure" means "outside the structure" when translated from the Latin "infrastructura". The following explanation is more appropriate for the nature of infrastructure from an economic point of view. In the course of human life and social production, the complex of unique labor processes in the creation of goods and services that provide exchange of activities has been developing at a high pace in recent years. This can be explained by a number of factors. In particular, the rate of growth of production is ahead of the development of infrastructures, and this has an impact on the development of the economy. Infrastructure is a very broad concept, which is primarily related to the creation of services that serve the production process from all sides. Small business entities benefit greatly from the development of infrastructure divisions, as such divisions free them from work related to production and service, allowing them to focus on their core activities. In turn, the conditions created by the infrastructure can be categorized as follows: - Supply of material and equipment directly serving the production process and sale of finished products, collection and processing of information, accounting service, consulting service on technological management issues, etc. - Conditions of reproduction of labor force, support of health, education and professional training, recreation of workers and employees.

Currently, we can cite the following examples of infrastructure organizations that directly support small business entities: branches of commercial banks, ATMs, information and consulting centers, consulting centers, audit firms, training centers, evaluation companies, trading platforms of the commodity exchange, microcredit organizations, insurance organizations and others. In order to increase the volume of supply of basic food products in the domestic market, commercial banks have granted 500 bln. more than soums of preferential loans (4 percent per annum) were allocated. As a result, the inflation rate at the end of 2021 was within 10 percent, 1.1 percent lower than the 2020 indicator (11.1 percent). Regarding practices in the domestic foreign exchange market, it should be noted that the implementation of the duties specified in the decrees and decisions of the President of the Republic of Uzbekistan on the wider introduction of market principles and increasing the participation and role of commercial banks in the foreign exchange market is being systematically implemented. In 2021, in determining the exchange rate, the existing fixation - "fixing" method was switched to a continuous auction - "matching" method. The practice of commercial banks participating in interbank currency trading on behalf of clients was abandoned and they were given the opportunity to freely buy and sell foreign currency within their open currency positions. In 2021, due to the post-pandemic recovery of economic entities, a simultaneous increase in demand and supply was observed in the foreign exchange market. In particular, the total amount of foreign currency purchased by economic entities increased by 1.4 times compared to 2020 and reached 21.5 billion. US dollars, and the volume of foreign currency sold increased by 1.7 times to 11.0 billion. formed the US dollar. The monthly average number of enterprises and organizations participating in the foreign exchange market increased from 7,200 in 2020 to 10,000. In 2020, there were 40 insurance companies operating in our country, and in 2021 there were 42. Credit insurance services provided by them amounted to 327,144 million soums in 2020, and 600,113 million soums in 2021, an increase

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of 83.4%. First of all, the role of banking and financial organizations is incomparable in the implementation of investment attractiveness in small business entities. Banks are opening the way for the development of sectors and industries by providing preferential loans. To sum up, the main goal is to take the economy of our society to the heights by using the opportunities created for small business. A unique model has been created for the development of lagging sectors in our economy, thereby preventing interruptions in all structures.

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**PROBLEMS AND THEIR SOLUTIONS IN INSURANCE OF SMALL BUSINESS
AND PRIVATE ENTREPRENEURSHIP**

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Abstract: *This article presents ideas and opinions about the problems and their solutions in the insurance of small business and private entrepreneurship.*

Key words: *Small business, insurance, insurance services, insurance market.*

The development of small business and private entrepreneurship in our country and the level of insurance services provided to them indicate that the main direction of the development of insurance companies in the formation of market relations is to abandon the state monopoly, to organize insurance protection relations of small business and private entrepreneurship based on market laws. In regions, in particular, in regions and districts, there are specific problems that must be solved in the direction of insurance protection of small business and private business entities, which naturally undermine the confidence of entrepreneurs and, moreover, the population: more use of personal insurance types in the insurance of small business and private business activities, small business and implementation of limited types of property insurance of private business entities; the centralization of insurance work in small business and private entrepreneurship in state insurance companies and the preservation of state monopoly in it. However, the Civil Code and the Law "On Insurance Activities" do not provide for restrictions in this area of insurance; underdevelopment or complete absence of state regulatory mechanisms typical for economically developed countries. These countries are characterized by the presence of appropriate administrative and financial legislation that ensures the licensing and financial stability of insurance companies, developed civil law on insurance contracts, and the presence of special institutions (state insurance control bodies) that control the activities of insurance market participants in the system of state executive authorities; underdevelopment of the insurance infrastructure for small business and private business entities, i.e. lack of institutions providing insurance activities of insurance companies - brokers, actuaries, insurance risk and insurance loss assessors, accident commissioners, specialized insurance consultants; protecting the interests of small business and private entrepreneurship emerging in the insurance sector and solving problems common to all insured persons, including the collection and processing of regional insurance statistics necessary for the management of insurance companies, and decisions in the field of state regulation and coordination of insurance markets in the regions non-existence of regional insurance management bodies with the possibility of acceptance; lack of specially trained underwriters, actuaries, insurance managers, analysts, specialists in the organization of sales of insurance services, lack of regional centers for training in insurance economics and law; according to studies, in some regions, less than 4-5 percent of potential insurance objects of small business and private business entities are insured today. In developed countries, this figure is 90-95 percent. In addition, the type of services offered by insurers is about 50 different, and this is several times less than that of foreign countries.

At the nineteenth plenary session of the Senate of the Oliy Majlis of the Republic of Uzbekistan, Chairman of the Senate Nigmatilla Yoldoshev spoke about the existing problems in the insurance market of our republic and noted the following. "...as a result of loopholes in the legislation,

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coldness and indifference of the heads of some ministries and agencies, billions of funds are being diverted without being involved in the development of the country's economy. Another negative aspect of the system is that in the last two years, the volume of voluntary insurance has increased by only 4%, while the premiums and coverages from it have almost doubled. This is an indication of the promotion of personal interest through various "agreements" between the managers of these enterprises and insurance agents, mainly in the insurance of state-owned and non-state-owned enterprises. In our country, many types, for example, liability insurance of financial institutions, liability insurance of directors and managers to shareholders, etc. have not been established¹⁵. Another pain point in the field of insurance of small business and private business entities is related to human resources. Today, only 32% of the employees of the industry have higher and 30% secondary specialized education. Moreover, most of them are non-insurance professionals. The high regional concentration of the insurance market is also one of the problems, and the main share of insurance premiums - more than 60 percent - belongs to Tashkent city and Tashkent region. The fact that the level of damage in the general insurance network, excluding the payments made in the life insurance network and compulsory insurance types, was only 9 percent, indicates that there were almost no payments in voluntary types of insurance.

The problem of lack of agent activities in insurance companies, lack of teaching-methodical and scientific literature in this area is reflected in the insurance services provided. In our opinion, it is expedient to develop and implement a systematic mechanism for training and retraining of employees of insurance companies in countries with a developed insurance market, to organize regular seminars, conferences and meetings on the problems of insurance of small business and private business entities in cooperation with foreign insurance companies. The level of use of modern information technologies in the digitization of business processes and procedures is low, and the share of online insurance in the total number of concluded contracts in the past period of 2020 is not even 1 percent.

The current system of regulation of insurance activity does not ensure sufficient reliability and stability of the insurance market, there are no effective mechanisms of regulation and control. The level of application of the basic principles of insurance to the insurance market of our country is 35 percent, and effective prudential control has not been established¹⁶. For small businesses and private entrepreneurs, especially among the rural population, there is no demand for promotion and explanation about the existing insurance companies in our republic, insurance services provided by them, changes and news in this field. As we noted in the previous chapter of our research in the mass media, newspapers and magazines, in densely populated areas, it is necessary to form a positive opinion about insurance in them by organizing insurance services advertising in the areas of small business and private entrepreneurship.

From the above, it can be concluded that, from the suggestions and comments presented in the topic, using the system of quality indicators for evaluating the activities of insurance companies and their separate links, insurers, insurance control bodies, rating agencies, and small business and private business entities that are consumers of insurance services can improve the efficiency of their activities, manage insurance companies, the economic education directions of higher educational institutions in specialties related to economic analysis of their activities allow to use them as methodological guides in the educational process.

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**DEFINITION OF INVESTMENT STRATEGY FOR SUSTAINABLE
DEVELOPMENT OF REGIONAL ECONOMIES**

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***Annotation:** This article is discussed that the theoretical foundations of determining the investment strategy for sustainable development of the region's economy, as well as the current situation, analysis and future plans.*

***Key words:** foreign direct investment, strategy of action, investment strategy, investment climate, gross domestic product (GDP).*

Introduction

The main principles of investment policy in the country are the liberalization of foreign economic activity, improvement of legal, socio-economic and other conditions that ensure the attraction of direct foreign investments into the economy of the country in the face of a severe struggle for investment in the world.

The flow of investment, one of the driving forces of the country's economic development, determines its course, depending on the specifics of the investment policy of a particular country. It should be noted that Uzbekistan currently has all the economic, political and legal bases to enter the list of countries that receive the largest amount of foreign investment. This, in its turn, sets the task of pursuing a favorable investment policy and improving the mechanisms for attracting investments, based on the bases created in the country.

Economic reforms in the country are focused on improving the investment climate and radical reforming the system of investment attraction. In particular, the "Strategy of Action for the five priority areas of development of the Republic of Uzbekistan in 2017-2021"

Section 3: "Priorities for economic development and liberalization": "Improvement of the investment climate, active attraction of foreign and, above all, direct foreign investment in the sectors and regions of the economy, modernization, technical and technological renovation of production, production, active investment policy towards implementation of transport, communications and social infrastructure projects, promising investment projects and small business and private entrepreneurship further expansion of lending to business entities"[1].

This, in turn, contributes to the attractiveness of the investment climate and the widespread attraction of direct investments, and the development of strategies for their effective use in the sustainable development of the regions' economies and reducing their differences. In this regard, it is worth noting that direct investment contributes to the economic growth and sustainable development of the country.

Literature Review

Many Uzbek economists, such as R.H Alimov, N.M Mahmudov, B.T., analyze the factors of attraction of investment flows to the country, financial and methodological aspects of investment

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management, investment climate, investment attractiveness, domestic potential and other Baykhanov, AI Ishnazarov, X.Imomov, SAAbdurahimova and other scientists [3].

In particular, the approach proposed by FS Tusumov, devoted to the analysis of the formation and implementation of the country's investment potential, is also noteworthy. It interprets the "investment potential" as a set of investment resources that are part of the accumulated investment in the form of investment demand in the investment market, with the potential to become a real investment demand that meets the material, financial and intellectual needs of reproduction [6].

Economist Sh.I.Mustafakulov, an economist with an in-depth analysis of the attractiveness of the investment climate in Uzbekistan, describes the country's investment attractiveness as follows: is the sum. In turn, the country's investment activity can be viewed as an investment intensity [7].

In addition to the research of foreign scholars on this research, D. Uit, A. Pashluchzuk, A. Moskal, D. Zashadska, D. Wang, D. Wit. Vaz and others [8] have shown a number of features for assessing sustainable development in their scientific and economic studies. Although there are different interpretations of the concept of sustainable development, A.Moskal and D. Zashadska agree that while the majority of scholars agree that the concept of sustainable development is quite controversial, it is not necessary to invest in sustainable development. However, it is important to note that the sustainable economic development of the region is not only dependent on investment, but also depends on many other factors, namely strategic decision-making for sustainable regional development.

D. Waz noted that it is expedient to develop long-term comprehensive measures, which cover all aspects of the socio-economic development of adjacent territories in strategic decisions of regional development and aim to overcome them.

The regional policy framework at all levels of the state (national, interstate and local) should include the concept of multi-functional development of these regional entities. We believe that the essence of this concept should be to go beyond the one-sided nature of the economies of the most backward regions and to cover different sectors and sectors to achieve the best possible results.

It is necessary to modernize and diversify the economy of the country, to give them additional tasks that are different from traditional ones, and to develop appropriate programs. It relies on the resources available not only in the region, but also in adjacent territories, including neighboring countries, and can ensure more efficient growth of new industries and industries.

This study uses comparative, statistical estimation, grouping, and modeling methods to analyze economic processes along with a systematic approach. The study also provides a methodological framework for the study of sustainable development strategies for investment in the economy [11], as well as the Presidential Decrees and Government Decisions [2] on investment in Uzbekistan's development.

Methods and Analysis

Radical reforming of the capital markets in the country, ensuring transparency and stability of the system, together with a significant inflow of private investments and growth of gross regional product (GRP), will help to ensure high market capitalization.

The flow of funds from the capital markets will affect and depend on the GDP growth rate, the size of the capital markets to GRP and the proportion of foreign investors. The relative size of the capital market depends on the level of development of the system, including stock exchange, information and analytical services, public companies, reporting and company communications, and the share of foreign investors.), the availability of investment opportunities also depends on the pace of economic development.

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The dynamics of the work done in this area can be found in the volume of innovation products and services produced in the Republic of Uzbekistan (Figure 1)¹.

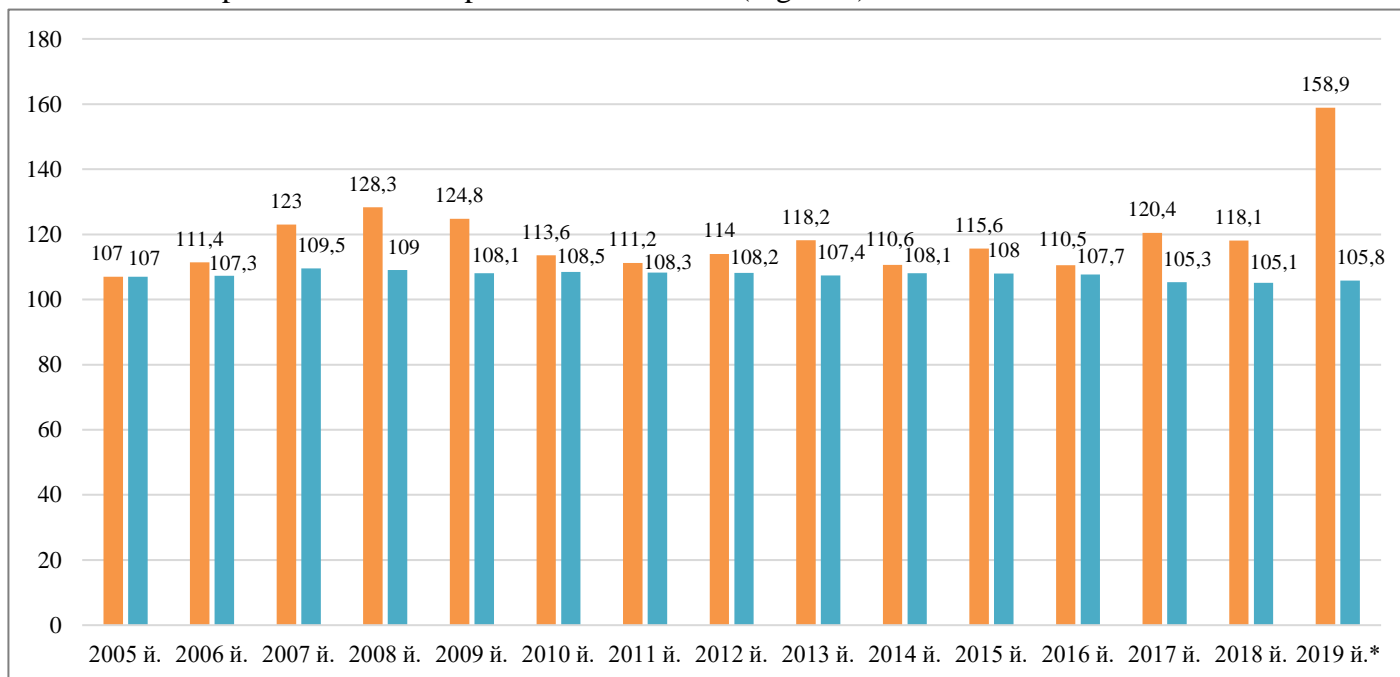


Figure 1. Dynamics of Gross Domestic Product and Investment Growth in Uzbekistan [16]

If we analyze the data from Figure 2, it should be noted that in the post-2016 period, a new impetus was given to the socio-economic life of Uzbekistan. The highest growth rates of investments were observed in 2008, 2009 and 2019. In 2008-2009, economic growth rates increased by 128.3% and 124.8% respectively. There has been an increase in GDP and investment levels in the global financial crisis over these years. But by 2019 we can see a dramatic increase in investment compared to previous years.

Sector investment projects with direct investment in 2019 and subsequent years, mln. dollars.[2]

№	Project title and funding sources	The total cost of the project	Forecast for mastering in 2019
	Total	24 880,5	2 417,3
1.	Own funds of enterprises	2 882,6	197,9
2.	Loans of commercial banks	51,6	34,9
3.	Foreign Direct Investment	21 946,3	2184,5

The table shows that the list of sector investment projects with direct investment in 2019 and subsequent years includes a number of major projects. In particular, in 2019, the total cost of the

* GDP of the Republic of Uzbekistan in January-June 2019 at current prices - 222,022,0 bln. soums and increased by 5.8% compared to January-June 2018. (In January-June, 2019, fixed capital investments amounted to more than 85.8 trillion soums.

project is \$ 24,880.5 million. US \$ 2417.3 million is expected to be invested in 2019. US dollars are expected to be disbursed. According to the sources of financing of these investment projects, in the next two years, 2019 and the following years, they will receive \$ 2,882.6 million. US \$ 51.6 million of own funds. US dollars due to loans of commercial banks and US \$ 21 946.3 mln. USD is provided through FDI.

From an economic point of view, the increase in GRP depends on the quantity and quality of economic resources (variables). Keeping in mind that the state of fixed assets used in the production of goods and services and investments in their technical and technological modernization will have a direct impact on GRP at the beginning of the year, it is possible that the investment in fixed assets at the beginning of the year will not affect the GDP. the impact of the transition is technologically and economically proven.

Table 2

Volume of investments in GDP and fixed assets, bln. soum²

Years	GDP, bln. soum	Fixed capital investments, bln. soum
2000	3255,6	744,5
2001	4925,3	1320,9
2002	7450,2	1526,6
2003	9844,0	1978,1
2004	12261,0	2629,0
2005	15923,4	3165,2
2006	21124,9	4041,0
2007	28190,0	5903,5
2008	38969,8	9555,9
2009	49375,6	12531,9
2010	62388,3	15338,7
2011	78764,2	17953,4
2012	97929,3	22797,3
2013	120861,5	28694,6
2014	145846,4	35233,3
2015	171369,0	41670,3
2016	199325,1	48083,1
2017	249136,4	68423,9
2018	407514,5	107 333,0

Consider the following econometric analysis using the table data:

First of all, we determine the link density between the factors. We use the correlation coefficient. As there is a close link between GDP (Y) and investments in fixed assets (X).

The correlation coefficient $r_{yx} = 0,9982$ was. The econometric model of the Republic's investment in fixed assets in GDP is as follows:

$$Y = 5255,98 + 3,7876 \cdot X \quad (1)$$

$$R^2 = 0,9982 \quad F = 4657,76$$

² Compiled by the author based on statistics.

$$t_x = 68,25$$

$$DW = 1,29$$

The econometric model obtained shows that if investments in fixed assets exceed \$ 1 billion. soums, and then average GDP

3.7876 billion. soums.

(1) because the model is considered statistically significant $F_{\text{account}} > F_{\text{table}}$.

We use the t-Student criterion to check the reliability of the model parameters. This also revealed that $t_{\text{hisob}} > t_{\text{table}}$. Model parameters are reliable.

When examining residual autocorrelation in the model, we used the Darbin Watson criterion. This criterion was calculated as the calculated value. This indicates that there is no autocorrelation in the residuals of the causative factor.

This model allows forecasting GDP for later periods (Figure 2).

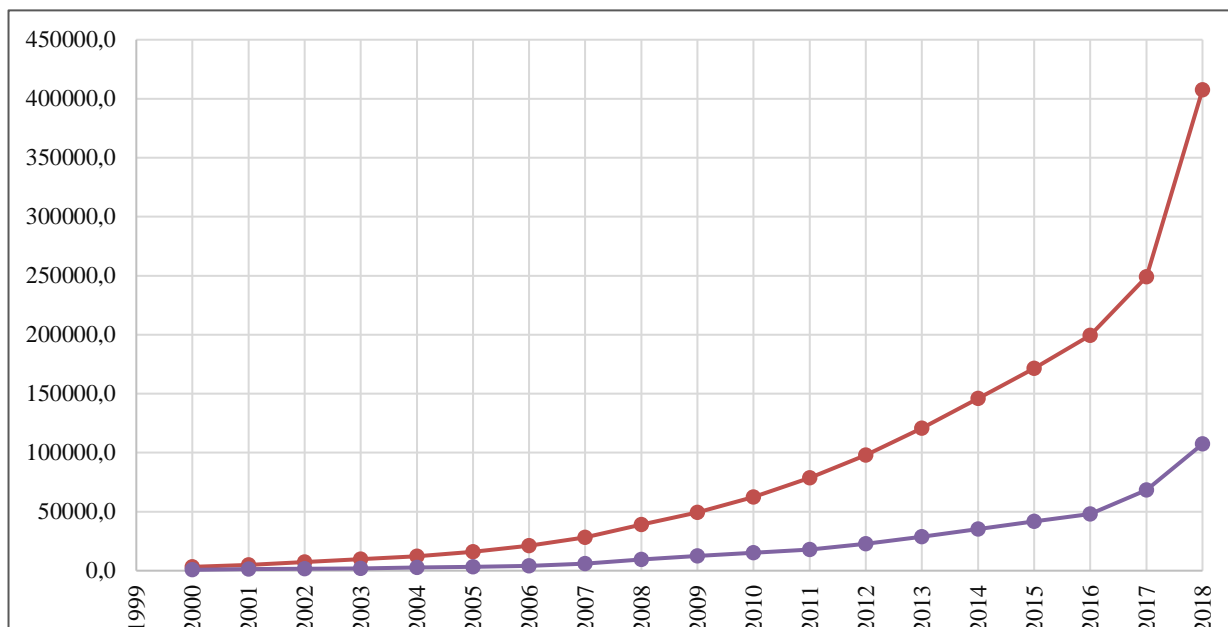


Figure 2. Dynamics of Growth in GDP and Capital Investment, bln.³

In general, the correlation between investment and savings with GDP indicates that:

First of all, with the decrease in banks' interest rates, GDP will increase. The reason for this is that the excess of banks' interest rates will allow them to expand their production, which means that more investment in the economy will increase GDP.

Second, the return on investment is required to be higher than the inflation rate. The way out of this is to reflect the cost of production closer to its actual cost, which, in turn, will play an important role in the formation of market prices and the correct calculation of the income tax. This will, of course, increase the investment efficiency of an enterprise that is investing.

Reforms in the social, economic, spiritual and educational spheres under the leadership of the President of the Republic of Uzbekistan Sh.Mirziyoev have led to profound changes in the social life of the country. After all, the state regulation of the processes of modernization will increase their efficiency and will accelerate the socio-economic development.

³ Developed by the author on the basis of statistical data.

It is obvious that the priority should be given to the modernization and renovation of the leading sectors of our economy, and the mobilization of all resources and opportunities for the development of leading industries.

It is planned to develop and implement programs and measures to continue structural changes that have already begun:

- equipping the agricultural sector with new equipment, improving agricultural production and other related areas;
- formation of highly efficient export-oriented structure of the national economy;
- technical re-equipment and further development of key sectors of the economy;
- technical re-equipment of light and processing industry enterprises;
- intensive development of high technology and advanced production.

As a result of ongoing reforms aimed at improving the investment climate in 2018, 107,333.0 billion soums of investments were directed to fixed capital investments, of which 60.7% or 65142.4 billion soums. UZS, or 39.3% or 42190.6 billion soums of own funds of enterprises, organizations and population. soums.

In 2018, the volume of investments attracted by foreign loans under the guarantee of the Republic of Uzbekistan increased rapidly and amounted to 16689.6 billion soums. Also, loans from commercial banks and other borrowed funds amounted to 16033.5 billion soums (14.9% of total capital investments, down 1.6% compared to the previous quarter), foreign direct investment and other foreign investments. credits - 14,660.4 billion soums (decrease by 13.7% and 5.0%), Fund for Reconstruction and Development - 7894.8 (decrease by 7.4% and 0.9%), republican budget - 4124.1 billion soums. (Decrease by 3.8% and 1.3%), State Targeted Funds 5468,7 (increase by 5,1% and 1,6%) and Children's Sports Development Fund. Out of the total amount of 271.2 billion UZS (0.3%) disbursed capital investments (Table 3).

Table 3

Structure of Investments in Fixed Capital by sources of financing in 2018. [16]

	billion soum	Growth rate compared to 2017,%	in% of total
At the expense of all sources of financing	107333,0	118,1	100,0
The republican budget	4121,1	88,7	3,8
State Targeted Funds	5468,7	170,6	5,1
Children's Sports Development Fund	271,2	129,0	0,3
Fund for Reconstruction and Development	7894,8	103,7	7,4
Foreign loans under the guarantee of RUz	16689,6	2,8 m	15,5
Corporate funds	30062,9	106,5	28,0
Commercial bank loans and other borrowed funds	16033,5	131,3	14,9
Direct and other foreign investments and loans	14660,4	85,8	13,7
Population	12127,8	104,1	11,3

Analysis of Table 3 shows that the highest rates of growth rates of investment in fixed assets were observed in investments utilized through foreign loans under the guarantee of the Republic of Uzbekistan - an increase of 2.8 times compared to the same period of 2017. This is the establishment of a synthetic liquefied fuel based on purified methane at Shurtan Gas Chemical Complex by the joint venture Uzbekistan GLT, construction of a new thermal power plant with a combined capacity of 900 MW at the Turakurgan TPP with a combined capacity of 450 MW. Construction of two combined cycle power plants with the capacity of 230-280 MW at the TPP, expansion of the second 450 MW combined cycle plant at Navoi TPP; Change and modernization, "Navoiyazot" Dragons of polyvinyl chloride (PVC) and caustic soda production and metxanol complex, such as the construction of large investment projects have been carried out.

Analyzing the use of capital investments in the regional breakdown, the highest growth rate compared to the same period of 2017 was recorded in Navoi region - 84.6%. This is mainly the result of investment in the development of precious metal deposits.

The increase in Namangan region by 171.2% compared to the same period in 2017 is due to the construction of a thermal power station in Turakurgan district.

In Jizzakh region, investment activity in the region increased significantly compared to the previous periods. Investments in agriculture and livestock, hunting and services, sports, recreation and entertainment increased the volume of investments in the region by 155.9% compared to the same period of 2017. % provided.

In Bukhara region, fixed capital investment fell by 50.4% compared to the previous year. This is due to the fact that in recent years there has been a significant investment in the construction of a large investment project - a gas processing plant complex.

In terms of the share of total investment in fixed assets, Tashkent still leads. In this region, 20.4% of total capital investments were assimilated.

In the structure of total foreign investment and loans, foreign investments amounted to 13 085.0 billion. soums, and the remaining 18 265 billion soums were foreign loans.

Direct and other foreign investments and loans will amount to \$ 14,660.4 billion in 2018 Of these, 89.3% or 13,085.0 billion soums were invested, and the remaining 10.7% or 1575.4 billion soums were loans.

The growth rate of foreign investments and loans to fixed assets in comparison with the corresponding period of 2017 was 136.6%.

The highest growth rates were recorded in the Navoi region. Investments in fixed assets, financed by foreign investments and loans, increased 5.6 times compared to the same period of the previous year.

The lowest growth rate was in Bukhara region, which was 36.6% compared to the same period of 2017.

In order to attract and use investments, public authorities should have economic skills in state or regional governance. This can be achieved by drawing on the experience of strong economies and assessing the future or positive impacts of capital expansion, using new multidimensional methods to find new sustainable development concepts and alternative solutions [13].

This can be achieved by having experienced and leading experts in the governing bodies. In this regard, it is necessary to identify opportunities to increase investment attractiveness and develop a targeted investment strategy and minimize potential risk factors to direct investment flows into troubled business sectors or areas of concern.

Macro-environmental analysis of the region will improve the investment climate in the region and help to create an effective system for the promotion of domestic and foreign direct investment.

Analysis of the investment climate includes the study of the potential of the region, business development opportunities and the preparation of regional planning documents. Decisions of the prepared documents, their goals and objectives, development of economic and commercial activity of the region, taking into account the content and timing of the prepared documents are determined.

Efforts are being made to accelerate the development of modern industries and high-tech industries based on structural transformations aimed at strengthening Uzbekistan's competitiveness and position in the world market in pursuing long-term strategic goals for economic development. However, it is necessary to conduct extensive analysis of attraction of foreign investments into the economy, in particular, by sector and region, search for hidden opportunities and development of social and economic infrastructure.

Conclusion/Recommendations

Summarizing the analysis and the aforementioned, it should be noted that in the context of the modernization process, the government's long-term and medium-term investment strategies should be aimed at achieving the following objectives:

consistent implementation of structural reforms aimed at ensuring high competitiveness of the national economy;

support of priority investment projects aimed at developing regional infrastructure;

placement of productive forces based on the type, volume of natural and local raw materials available in the regions;

ensuring high level of specialization, strengthening and dissemination of existing experience to other regions of Uzbekistan, based on the potential and potential of the regions;

It is necessary to improve the policy of placement of new industries and services, taking into account the growth rates of the population of the regions of Uzbekistan and their level of socio-economic development, thereby regulating the flow of investments;

increase of savings by means of restoring trust of population to banks, ensuring their investment activity;

it is necessary to develop the principles of a special tax regime to attract foreign investors;

and increase the production capital of the country on the basis of customs and foreign trade policy.

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**ANALYSIS OF FOREIGN INVESTMENT IN THE ECONOMIC GROWTH OF THE
REPUBLIC OF UZBEKISTAN**

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Abstract: *Attracting foreign direct investment - as a guarantee for the development of regional exports. There is discussed in the article importance of the role and the influence of factors on the development of the regional economy and export as a result of attracting foreign direct investment and analyze the involvement of foreign direct investment during the years of independence. Also considered ways to attract foreign direct investment in the economy of Uzbekistan.*

Key words: *foreign direct investments, modernisation, export, region, diverse competitive production, innovational technologies, competitive products, investment atmosphere .*

Introduction

The Government of Uzbekistan is paying special attention to attraction of investments in order to provide stable development of the market economy. Since attraction of investments is an essential factor that enables development of production. Directing internal and external investments into our economy guarantees fundamental changes in our economy. ‘Financing investment projects in our republic has a tremendous impact on the development of economic and political factors. Outlining main directions of investments, making scientifically backed investment decisions, wisely managing investments, attracting internal and external financial sources considering all the circumstances determines the future of the national economy. Finding necessary financial resources has become a requirement for an economic growth.’ [4]. This is firstly related to the ratio of consumption and savings. Application of market mechanisms of investment, expansion of forming investment resources through the financial market, using untraditional financing resources, exploring the practice deeply and generalization of these has been put at the top of the agenda of the day.

As President Shavkat Mirziyoyev noted in his addressing to the parliament of Uzbekistan ‘in 2019 the country is planning to receive 13 trillion soms of investment, this is 16 per cent greater than in 2018. Foreign direct investments account for over 4.2 billion US dollars of the investments that are projected to receive.’ [2].

Nowadays Uzbekistan’s economic, political, cultural relations with foreign countries are developing like never before. It could be said that the country is becoming an integral part of the international community. Currently, in collaboration with Russia, Japan and several South-East Asian countries, modernisation of leading spheres of our industries, technical and technological enhancement, wide application of innovational technologies in production processes are being implemented. It is worth noting that the President of the country approved the action strategy for development of the Republic of Uzbekistan between the years of 2017 and 2021, and boosting the country’s export potential to a higher level through effective utilisation of mineral resources, agriculture and other industrial opportunities of the country has been assigned as a major function. It should be pointed out that modernisation of production, localisation, production of goods that substitute import, and most importantly, expansion of export geography of finished products are considered as locomotives of the reforms.

Furthermore, attraction of investments into the economy of the country accelerates expansion of its economic opportunities, facilitates advancement of the country economy through acquiring modern technologies and carving out ways for production of goods for export purposes.

Analyses of references

Investments, foreign investments, their analyses were put forward by the following foreign experts: Bailey J., Lawrence J., Zhonk MD, Maers S, Rose Peter S., Rosenberg J.M., Siegel J. Soros, Francis F. Fies, Havranek PM and others. Sushama Deshmukh[10], Davies S., Hallett M.[6] have researched on directing foreign investments to regions.

Additionally, several economists gave their definitions to the term *foreign investments*. F.Henius's book *Dictionary for Foreign Trade*, second edition, published in the USA, in 1947, defines the term *foreign investments*: 'Foreign investments are investments that are exported from one country to another country.[9].The researchers did not ignore significance of cultural relations and moral factors in perspective development of regions. L.Delyusin [7]and L.Perelomov's [8] analyses evaluate advantageous and disadvantageous sides of Singaporean and Chinese economic reforms, consequences of Confucius teachings and Mao Zedong's reforms in the angle of national and regional values.

Additionally, the CIS (the Commonwealth of Independent States) scientists such as Bocharov V.V., Volkov I.M., Lipsits I.V., Pavlov I.T., Postnikov A.V., Sidelnikov L.B., Smirnov A.L., Tumusov F.S., Cherkasov V. E. and others studied and researched on involvement of foreign investment and financing issues. The other group of the CIS experts such as Tumusov FS, [11] Butov V.I., Ignatov V.G., Kerova N.P., [3] Granberg A.G., [5] mainly discussed about effective and theoretical bases of organizing advanced production by involving investments.

Investments and matters related to attraction of foreign investments have been discussed by the scientists of Uzbekistan M.S.Angelidi, F.D.Dodiev, N.Karimov, S.A.Nuriddinov, H.A.Omonov, M.F.Ochilov, O.Sh.Sobirov, D.G.Ghozibekov, K.Bhashimov and others.

In this article, scientific-speculative, abstract-logical, comparative and systematic analysis, analysis and synthesis, induction and deduction methods have been used.

As for foreign investments in the Republic of Uzbekistan, in 2019 alone, 112 essential projects with over 4.2 billion US dollar amount of investment are going to be implemented.

Enabling complex and proportional development of areas, efficient usage of regional natural resources, production and labor capacity, optimal placement of production powers as well as living condition of people should be systematically improved. In order to achieve these purposes people's geographic location, climate, history, land resources should be taken into account and small and family business entities should be encouraged to develop. These tasks ought to be performed under an accurate program.

As a part of the investment program, in 2018 alone over 600 major investment projects were undertaken as well as over 165 new companies were established. It is noteworthy that joint ventures are primarily being founded in the high-tech fields such as food industry, electrical engineering, chemistry and petrochemistry, machinery, construction industry, telecommunication and information technology.

As the first table presents, the total amount of the foreign investments comprised 823.9 million US dollars in 2001, and 96.5 million dollars of that was the share of the foreign direct investment. In 2013, the figures accounted for 3000 million US dollars and 2200 million dollars respectively. As the table denotes, in 2017, the numbers continued to increase steadily reaching a new level of 3184.6 million US dollars of foreign outlay, over two-thirds of which (2420.4 million dollars) was the proportion of foreign direct investments. Thanks to the measures intended to boost investment

attractiveness, between January and December in 2017, the total amount of foreign direct investment and other investments underwent 33.2 % increase and made up 12395.2 billion soms and its proportion in the total investment in the country economy reached 20.4 %. The volume of foreign direct investment and loans accounted for 5 per cent of the total GDP making it 1.3 per cent higher than the preceding year.

The decree about 'The Action Strategy for Further Development of the Republic of Uzbekistan' approved and signed by President Shavkat Mirziyoyev of the Republic of Uzbekistan has contributed to the growth of investment attractiveness chances. They are consisted of the following [1]:

Providing timely implementation of the set of programs intended to cover 649 investment projects that cost 40 billion US dollars for refinery of mineral resources.

Establishing 145 production units that cost 1 billion US dollars in the year of 2017, including: 63 projects with 147 million dollars of investment to refine fruit and vegetables, meat and milk;

6 projects with 217 million dollars of investment for thorough refinery of colored and precious metals

2 projects costing 25 million US dollars for thorough refinery of chemical raw materials

6 projects with 342 million dollars of investment for deepening of hydrocarbon supplies

9 projects costing 6 million dollars for expansion of leather-footwear production

7 projects costing 24 million US dollars of investment for enlargement of pharmaceutical goods production

29 projects costing 151 million US dollars of investment for further expansion of construction materials

15 projects costing 178 million US dollars for augmentation of

15 projects for extension of textile goods production

Investors are facing the following issues in the course of making investments in the region:

1. Scarcity of skilled personnel in the regions
2. Instability of electricity, gas, water supply in the regions
3. Bureaucracy and settling majority of issues only through direct involvement of the authorities in Tashkent
4. Failure of banking, finance and insurance systems to meet the market economy requirements and so on.

In spite of the extensive reforms that have been undertaken in the last years in the country, regions have huge distinctions in the levels they attracted foreign investments. However, the above-mentioned factors summarise that with the expansion of investments laid out in the country economy, various fields have been financed and as a result, import-substitute end goods that can also be exported are being produced.

Conclusion and suggestions. Modernisation of economy and the volume of foreign outlay directed into regions through diversification and projects that are in the course of development guarantee facilitation of comprehensive update of economy branches and innovational processes. Consequently, the topic of the selected scientific article stands out with its significance. For those purposes, this article can be concluded as follows:

1. Foreign investments are crucial in establishing joint ventures and companies owned by foreign investors, participation in privatisation processes, creating banks in collaboration with

foreign partners, purchase of valuable papers, owning rights to use land and other natural resources, operating in Free Economic Zones.

2. It is specially set that the company charter fund should not be less than 150 000 US dollars in order to prevent trade of low quality goods and excessive number of small entities.

3. Foreign investments are considered economic processes; hence, they are connected with the world market closely and completely. Therefore, it includes numerous economic processes. Foreign investments facilitate countries transitioning into market economy restructure their economy at a higher speed. As the most essential direction, acceleration of investment procedure that involves foreign investments serves for expected returns.

4. The below are factors necessary for appealing all forms of foreign investments into Uzbekistan's economy based on experiences learned from other countries:

- Extension of privileges for bodies that attract foreign investments and contributing to export rise

- Creation of convenient investment environment through sophistication of regional and branch systems of the country

- It is vital to undertake additional measures such as enhancing effectiveness of the accounting system that enables prompt decision-making by foreign investors

5. It is noteworthy that foreign investments constituted 823.9 million US dollars, and 96.5 million US dollars of that was the share of foreign direct investment. The figures changed tremendously by 2013, reaching new peaks - 2500 million and 2000 million US dollars respectively.

6. Due to the expansion of investment scale in the country, investments are being allotted in various branches and at the end exportable as well as import-substitute goods are being produced. For instance, between 2009 and 2017 overall export volume went up from 11771.3 to 13893.6 million US dollars. It proves that the export rose more than the import.

7. The analyses above has led to a number of suggestions:

- further augmentation of the shares of foreign investments in the country economy
- amplification of industrial production by utilising present resources effectively
- through prudent use of foreign investments expanding production scale, purposeful utilisation and developing other fields of economy

- advancement of new production lines with the help of foreign investments by intensifying investment processes in industrial networks

- promoting investment activeness, supporting mechanisms that control effectiveness of investment activity.

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A problem with non-local conditions for a mixed parabolic-hyperbolic equation with two lines of changing type

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I. Introduction. Formulation of the problems

The theory of mixed type equations is one of the modern part of the theory of partial differential equations. Recently a circle of problems for mixed type equations was considerably extended. Studying boundary-value problems for mixed parabolic-hyperbolic type equations is also one of the actual directions of the theory of mixed type equations. It can be explained on the one hand mathematical models of some real-life processes are brought to study problems for such type equations, on the other hand it is inner necessity of the theory of the theory of partial differential equations. For instance, for the first time the necessity of consideration of parabolic-hyperbolic type equation was specified in 1959 by I. M. Gel'fand [1]. He gave an example, connected to the movement of gas in a channel, surrounded by a porous environment: inside the channel the movement of the gas is described by the wave equation, outside by the equation of diffusion. The basic bibliography about the history of the occurrence and development of this subject can be found in the book of T. D. Djuraev [2]. At the present time researchers pay attention to study problems with nonlocal conditions, such as problems with integral conditions, with Bitsadze-Samarskiy conditions and others. For more information we note works [3],[4] and references therein.

Consider the following parabolic-hyperbolic equation

$$L_1 u = u_{xx} - u_y - l_1^2 u, \quad (x, y) \in \Omega_0, \quad (1)$$

$$L_2 u = u_{xx} \operatorname{sign} y + u_{yy} \operatorname{sign} x - l_2^2 u \operatorname{sign}(x + y), \quad (x, y) \in \Omega_1 \cup \Omega_2 \cup \Omega_1^* \cup \Omega_2^*,$$

where l_1, l_2 are given complex numbers, $\Omega_0 = \{(x, y) : 0 < x < 1, 0 < y < 1\}$, $\Omega_1 = \{(x, y) : -y < x < 1 + y, (-1/2) < y < 0\}$, $\Omega_2 = \{(x, y) : -x < y < 1 + x, (-1/2) < x < 0\}$, and also Ω_1^* and Ω_2^* are domains symmetric domains Ω_1 and Ω_2 with respect to line $x + y = 0$ respectively.

Let $O(0,0)$, $A(1,0)$, $B(0,1)$, $A^*(0,-1)$, $B^*(-1,0)$, $C(1/2,-1/2)$, $D(-1/2,1/2)$, $A_0(1,1)$, a $OA(OB^*)$, $OB(OA^*)$, $OC(OD)$, AA_0 is the segment of the lines $y = 0$, $x = 0$, $x + y = 0$, $x = 1$ respectively; $\Omega = \Omega_0 \cup \Omega_1 \cup \Omega_2 \cup \Omega_1^* \cup \Omega_2^* \cup OA \cup OB \cup OC \cup OD$.

Boundary value problems for equation $L_2 u = 0$ in the domain $\Omega_0 \cup \Omega_1 \cup OA$ investigated in the works [2,5,6], and in the domain $\Omega_0 \cup \Omega_1 \cup \Omega_2 \cup OA \cup OB$ in [7]. And also various type

of boundary value problems were formulated and investigated in [8,11,12,13] for equation $L_\lambda u = 0$ in the domain Ω .

In this paper we study the following problem for equation (1) in the Ω .

Problem M. Find a function $u(x, y)$ satisfying following condition:

- 1) It is a regular solution of the equation $L_\lambda u = 0$ in the domains $\Omega_0, \Omega_1, \Omega_2, \Omega_1^*, \Omega_2^*$;
- 2) $u(x, y) \in C(\bar{\Omega}) \cap C^1((\Omega \cup OA^* \cup OB^*) \setminus (OC \cup OD))$;
- 3) It satisfies conditions

$$u(1, y) = \varphi(y), \quad 0 \leq y \leq 1; \quad (2)$$

$$u_y(t, 0) = f_1(t), \quad -1 < t < 0; \quad (3)$$

$$u_x(0, t) = f_2(t), \quad -1 < t < 0; \quad (4)$$

$$u(t, 0) + u(0, -t) = g_1(t), \quad 0 \leq t \leq 1; \quad (5)$$

$$u(0, t) + u(-t, 0) = g_2(t), \quad 0 \leq t \leq 1. \quad (6)$$

Here $\varphi(y), f_j(t), g_j(t)$ ($j=1,2$) are given functions, such that $\varphi(y) \in C^1[0,1]$; $g_1(t), g_2(t) \in C[-1,0] \cap C^2(-1,0)$ и $g_1(0) = g_2(0) = 0$; $f_1(t), f_2(t) \in C^1(-1,0)$ and may has singularity less than one when $t \rightarrow 0$ and $t \rightarrow (-1)$.

Let $u(x, y)$ be a solution of the problem M. We introduce notations:

$$u(x, 0) = \tau_1(x), \quad 0 \leq x \leq 1; \quad u(0, y) = \tau_2(y), \quad 0 \leq y \leq 1;$$

$$u_y(x, 0) = \nu_1(x), \quad 0 < x < 1; \quad u_x(0, y) = \nu_2(y), \quad 0 < y < 1.$$

Then using conditions (3)-(6) and formulas which define solution of the problem Cauchy for equation $L_\lambda u = 0$ in the domains Ω_j, Ω_j^* ($j=1,2$) [9], and also continuity of the solution $u(x, y)$ for transition over the line $x + y = 0$, it is easy to see that, the problem M is equivalent to the following problem in Ω_0 : find a regular in the domain Ω_0 solution $u(x, y) \in C(\bar{\Omega}_0) \cap C^1(\Omega_0 \cup OA \cup OB)$ of the equation

$$u_{xx} - u_y - \lambda_1^2 u = 0, \quad (x, y) \in \Omega_0, \quad (7)$$

satisfying conditions (2) and

$$\tau_1(x) = \frac{1}{2} \int_0^x [v_1(t) + f_2(-t)] J_0[\lambda_2(x-t)] dt + \frac{1}{2} g_1(x), \quad 0 \leq x \leq 1; \quad (8)$$

$$\tau_2(x) = \frac{1}{2} \int_0^x [v_2(t) + f_1(-t)] J_0[\lambda_2(x-t)] dt + \frac{1}{2} g_2(x), \quad 0 \leq x \leq 1; \quad (9)$$

where $J_0(z)$ is first kind zero index Bessel function.

Assuming (8) and (9), as Abels inetgral equation with respect to $v_1(x) + f_2(-x)$ and $v_2(x) + f_1(-x)$ respectively, as in [10], we obtain

$$v_1(x) = -f_2(-x) + C_{0x}^{0,\lambda_2} [2\tau_1(x) - g_1(x)], \quad 0 < x < 1; \quad (10)$$

$$v_2(x) = -f_1(-x) + C_{0x}^{0,\lambda_2} [2\tau_2(x) - g_2(x)], \quad 0 < x < 1, \quad (11)$$

where $C_{mx}^{0,\lambda} [p(x)] \equiv \text{sign}(x-m) \left\{ \frac{d}{dx} p(x) + \frac{1}{2} \lambda^2 \int_m^x p(t) \bar{J}_1[\lambda(x-t)] dt \right\}$, $\bar{J}_1(z) = (2/z) J_1(z)$.

(10) and (11) are the main functional relations among $\tau_1(x)$, $\tau_2(x)$, $v_1(x)$ and $v_2(x)$, obtained from the condition that the solution of problem M in the area of hyperbolicity of equation (1) must satisfy conditions (3)-(6).

II. The uniqueness of the solution.

Theorem. If the inequality $|l_1| \leq (\sqrt{2}/2)$ holds, then problem M cannot have more than one solution.

Proof. Let $u(x, y)$ be solution of the problem M for $j \in \{1, 2\}$, $f_j(y) \in g_j(x) \in 0$ ($j = \overline{1, 2}$). Then the identity (7) and equalities are valid: $t_j(0) = t_j(1) = 0$, $j = \overline{1, 2}$,

$$n_1(x) = 2C_{0x}^{0,l} [t_1(x)], \quad n_2(x) = 2C_{0x}^{0,l} [t_2(x)], \quad 0 < x < 1. \quad (12)$$

Multiplying identity (7) by the function $u(x, y)$, rewrite in the form

$$(uu_x)_x - \frac{1}{2}(u^2)_y - (u_x)^2 - l_1^2 u^2 = 0, \quad (x, y) \in \Omega_0. \quad (13)$$

Integrate identity (13) over the rectangle $W_0^{e,h}$, bounded by lines $x = e$, $x = 1 - e$, $y = h$, $y = 1$, where e and h are small enough positive numbers. Then, applying Green's formula, we have

$$\iint_{W_0^{e,h}} \left\{ l_1^2 u^2(x, y) + [u_x(x, y)]^2 \right\} dx dy + \frac{1}{2} \int_e^{1-e} u^2(x, 1) dx - \frac{1}{2} \int_e^{1-e} u^2(x, h) dx + \int_h^1 u(e, y) u_x(e, y) dy - \int_h^1 u(1-e, y) u_x(1-e, y) dy = 0.$$

Hence, for $h \gg 0$, $e \gg 0$, taking into account $u(1, y) \in 0$, we get

$$\iint_{W_0} \left\{ l_1^2 u^2(x, y) + [u_x(x, y)]^2 \right\} dx dy + \frac{1}{2} \int_0^1 u^2(x, 1) dx - \frac{1}{2} \int_0^1 t_1^2(x) dx + \int_0^1 t_2(y) n_2(y) dy = 0. \quad (14)$$

Using equality (12), it is easy to verify that

$$\int_0^1 t_1(x) n_1(x) dx + \int_0^1 t_2(x) n_2(x) dx = \int_0^1 \frac{\ddot{t}_1^2(x)}{k} + t_2^2(x) \frac{\ddot{t}_2}{B_k} dx + l_2^2 \int_0^1 t_1(x) dx \int_0^x t_1(t) \bar{J}_1 \frac{\ddot{t}_2}{k} (x-t) dt + l_2^2 \int_0^1 t_2(x) dx \int_0^x t_2(t) \bar{J}_1 \frac{\ddot{t}_2}{k} (x-t) dt,$$

hence, by virtue of $t_j(0) = t_j(1) = 0$, $j = \overline{1, 2}$, we get

$$\int_0^1 t_1(x) n_1(x) dx + \int_0^1 t_2(x) n_2(x) dx = l_2^2 \int_0^1 t_1(x) dx \int_0^x t_1(t) \bar{J}_1 [l_2(x-t)] dt + l_2^2 \int_0^1 t_2(x) dx \int_0^x t_2(t) \bar{J}_1 [l_2(x-t)] dt. \quad (15)$$

Further, we integrate identity (13) with respect to the segment $\{(x, y): y = h, e < x < 1 - e\}$. In the resulting equality, passing to the limit at $h \rightarrow 0, e \rightarrow 0$, taking into account $t_1(0) = 0$ and $t_1(1) = 0$, we get

$$\int_0^1 t_1(x)n_1(x)dx = - \int_0^1 \ddot{y}(x) \frac{d^2}{dx^2} dx - l \int_0^1 t_1^2(x)dx. \quad (16)$$

Substituting (16) into equality (15), we have

$$\begin{aligned} \int_0^1 t_2(x)n_2(x)dx &= \frac{1}{2} l \int_0^1 t_1(x)dx \int_0^x t_1(t) \bar{J}_1[l_2(x-t)]dt + \\ &+ \frac{1}{2} l \int_0^1 t_2(x)dx \int_0^x t_2(t) \bar{J}_1[l_2(x-t)]dt + \int_0^1 \ddot{y}(x) \frac{d^2}{dx^2} dx + l \int_0^1 t_1^2(x)dx. \end{aligned} \quad (17)$$

Using formula

$$J_w(z) = \frac{(z/2)^w}{\sqrt{p} \Gamma(w+1/2)} \int_0^1 (1-x^2)^{w-(1/2)} \cos(xz) dx, \operatorname{Re} w > -1/2,$$

where $\Gamma(z)$ is Euler gamma function, it is easy to see that

$$\begin{aligned} &\int_0^1 t_j(x)dx \int_0^x t_j(t) \bar{J}_1[l_2(x-t)]dt = \\ &= \frac{1}{p-1} \int_0^1 (1-x^2)^{1/2} \int_0^x t_j(t) \cos(l_2 xt) dt + \frac{3}{3} \int_0^1 t_j(t) \sin(l_2 xt) dt \int_0^1 dx = 0, \quad j = \overline{1,2}. \end{aligned} \quad (18)$$

Substituting (17) into (14), and then taking into account the inequalities (18) and the condition $|l_1| \leq (\sqrt{2}/2)$, we derive that $u_x(x, y) \in 0$, i.e. $u(x, y) = w(y)$, $(x, y) \in \overline{W}_0$. Since $u(1, y) \in 0, 0 \leq y \leq 1$, then $w(y) \in 0, 0 \leq y \leq 1$. Consequently, $u(x, y) \in 0, (x, y) \in \overline{W}_0$.

Since $t_1(x) \in t_2(y) \in 0$ for $j \in \overline{1,2}$, $f_j(x) \in g_j(x) \in 0, j = \overline{1,2}$, from (12) follows that $n_1(x) \in n_2(y) \in 0$. Then, solutions of the Cauchy problem for equation (1) with homogeneous initial data, $u(x, y) \equiv 0$ in $\overline{W}_1 \cap \overline{W}_3$. Consequently, $u(x, y)|_{\overline{ED}} \in 0$.

Considering this and $f_1(x) \in f_2(y) \in 0$, then, according to the uniqueness of the solution of the Goursat problem for equation (1) in the domains W_2 and W_4 , we get $u(x, y) \in 0$, $(x, y) \in \overline{W_2} \cap \overline{W_4}$. Consequently, $u(x, y) \in 0$, $(x, y) \in \overline{W}$, hence follows that Problem M cannot have more than one solution. The theorem has been proven.

III. Existence of the solution. Let $u(x, y)$ be a solution of the problem M. Then equality (7), (10) and (11) are valid. Passing to the limit at $y \rightarrow +0$, from (7) we obtain equation $\tau_1''(x) - \lambda_1^2 \tau_1(x) = v_1(x)$, $0 \leq x \leq 1$.

The solution of this equation in the interval $0 \leq x \leq 1$, satisfying the boundary conditions $\tau_1(0) = g_1(0)$, $\tau_1(1) = \varphi(0)$, is represented as

$$\tau_1(x) = F_1(x) + \int_0^1 K(x, t) v_1(t) dt, \quad (19)$$

where $F_1(x) = xj(0) + (1-x)g_1(0) + \int_0^1 G(x, t) [tj(0) + (1-t)g_1(0)] dt$,

$$K(x, t) = \begin{cases} sh\lambda_1(1-t)sh\lambda_1x / (\lambda_1 sh\lambda_1), & 0 \leq x \leq t, \\ sh\lambda_1 t sh\lambda_1(1-x) / (\lambda_1 sh\lambda_1), & t \leq x \leq 1. \end{cases}$$

Substituting (10) into (19), we obtain

$$t_1(x) - \int_0^1 K_1(x, t) t_1(t) dt = F_2(x), \quad 0 \leq x \leq 1. \quad (20)$$

Here $G_1(x, t) = 2C_{1t}^{0,1,2} [G(x, t)]$,

$$F_2(x) = F_1(x) - \int_0^1 f_2(-t) K(x, t) dt - \int_0^1 g_1(t) C_{1t}^{0,1,2} [K(x, t)] dt.$$

(20) is an integral Fredholm equation of the second kind with respect to $t_1(x)$. The unique and unconditional solvability of Eq. (20), by virtue of equivalence, follows from the uniqueness of the solution to Problem M.

Next, in the domain W_0 we consider the first boundary value problem for Eq. (7), with boundary data $u(0, y) = \tau_2(y)$, $u(x, 0) = \tau_1(x)$, $u(1, y) = \varphi(y)$.

The solution to this problem is determined by the formula [1]

$$u(x, y) = \int_0^y \tau_2(\eta) e^{\lambda_1^2(\eta-y)} G_\xi(x, y; 0, \eta) d\eta - \int_0^y \varphi(\eta) e^{\lambda_1^2(\eta-y)} G_\xi(x, y; 1, \eta) d\eta + \int_0^1 \tau_1(\xi) e^{-\lambda_1^2 y} G(x, y; \xi, 0) d\xi, \quad (21)$$

where $G(x, y; \xi, \eta) = \frac{1}{2\sqrt{\pi(y-\eta)}} \sum_{n=-\infty}^{+\infty} \left\{ \exp\left[-\frac{(x-\xi+2n)^2}{4(y-\eta)}\right] - \exp\left[-\frac{(x+\xi+2n)^2}{4(y-\eta)}\right] \right\}$.

Differentiating (21) with respect to x and setting $x=0$, after some calculations, we have

$$v_2(y) = - \int_0^y \tau_2(\eta) e^{\lambda_1^2(\eta-y)} \Big|_{\eta} N(0, y; 0, \eta) d\eta + F_3(y), \quad 0 < y < 1, \quad (22)$$

where $F_3(y) = \int_0^y \left[\varphi(\eta) e^{\lambda_1^2(\eta-y)} \Big|_{\eta} N(0, y; 1, \eta) d\eta + \int_0^1 \tau_1'(\xi) e^{-\lambda_1^2 y} N(0, y; \xi, 0) d\xi \right]$,

$$N(0, y; \xi, \eta) = 1 / [\pi(y-\eta)]^{-1/2} \sum_{n=-\infty}^{+\infty} \exp\left[-(\xi-2n)^2 / 4(y-\eta)\right].$$

Substituting (9) into (22), we have

$$v_2(y) = \int_0^1 K_2(y, t) v_2(t) dt + F_4(y), \quad 0 < y < 1, \quad (23)$$

where

$$K_2(y, t) = \frac{1}{2} e^{\lambda_1^2(t-y)} N(0, y; 0, t) + \frac{1}{2} \int_0^y \tau_2(\eta) e^{\lambda_1^2(\eta-y)} N(0, y; 0, \eta) d\eta,$$

$$F_4(y) = F_3(y) - \frac{1}{2} \int_0^y \tau_1(\xi) e^{-\lambda_1^2 y} N(0, y; \xi, 0) d\xi +$$

$$- \frac{1}{2} \int_0^y \tau_1'(\xi) e^{-\lambda_1^2 y} N(0, y; \xi, 0) d\xi -$$

$$- \frac{1}{2} \int_0^y \mathfrak{K}_2(h) e^{l_1^2(h-y)} \mathfrak{M}_{\mathfrak{B}_h} N(0, y; 0, h) dh.$$

(23) is a Volterra integral equation of the second kind with a weak singularity with respect to $n_2(y)$. It has unique solution.

After the function $v_2(x)$ from (23) is found, the functions $\tau_2(x)$ and $v_1(x)$ are uniquely found by formulas (9) and (10), respectively. After that, the solution of problem M in the domain Ω_0 is defined by (21), and in the domains $\Omega_j, \Omega_j^* (j=1,2)$ formulas that gives the solution of the Cauchy problem for the equation $L_\lambda u = 0$ [9].

This completes the proof of the existence of a solution to Problem M.

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**EFFECTIVENESS OF INCREASING MOVEMENT ACTIVITY USING PHYSICAL
EDUCATION TOOLS IN PROFESSIONAL ACTIVITY**

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Abstract. This article is intended to provide methodological support in the activities of enterprises, organizations and institutions to increase the labor efficiency of the population and prolong the labor activity.

Key words: occupational diseases, osteochondrosis, hypodynamia, set of special exercises, remedial physical education, rehabilitative physical education.

Introduction. In our country, by regularly engaging in physical education and mass sports and forming life skills for a healthy lifestyle, every citizen should have a strong immune system against disease, give up harmful habits, follow the principles of proper nutrition, restore and rehabilitate, and mass physical activity events. large-scale works aimed at systematic and effective organization are being carried out.

Decree No. PF-6099 of the President of the Republic of Uzbekistan dated October 30, 2020 "On measures for the wide implementation of a healthy lifestyle and further development of mass sports" in every family, neighborhood and district (city), preschool, general secondary, secondary special, to create conditions for physical education and mass sports in professional and higher educational institutions and other organizations , to create conditions that ensure the satisfaction of the needs of various groups of the population for healthy nutrition, to avoid foods with a large amount of salt, sugar and fat, and doughy foods and sweets, bread A number of activities are being carried out to reduce the incidence of diseases, excess weight (obesity) and premature death by reducing the consumption of products, giving up harmful habits, in particular, the consumption of alcohol and tobacco products [1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16].

The purpose of the study: to increase the efficiency of work through physical training tools in promoting a healthy lifestyle.

Research tasks:

- to determine the effect of physical exercises and workloads on the physical health of the population;
- to determine the levels of effect of special physical exercises on the body of the population in the prevention of occupational diseases.

Research methods. Analysis of scientific and methodological literature, pedagogical observation, pedagogical control, pulsometry, training process analysis, mathematical and statistical methods.

Discussion of research results. When a person regularly engages in a profession, some diseases specific to that profession develop in his body. These diseases usually appear as a result of specific characteristics of that profession, the burdens on certain parts of the body during regular

work, various harmful substances and other reasons. As a result of inactivity, an increase in body weight is also observed among those who work while sitting. According to the results of a survey conducted among 700 sewing workshop workers who work while sitting, 55% of them complained about weight gain, including 40% who said that they encountered it during their professional activities. It turned out that office workers (69 %), engineers (56%), teachers (51%) and lawyers (48%) constantly face this problem.

The results of many scientific and research works carried out in the field of pedagogical control of the population's health can be seen from the high-level changes in the health of the population as a result of regular exercise. Overweight or obesity has become a serious problem mainly in developed countries. Obesity is an excessive accumulation of fat in the body. According to data published by the World Health Organization in 2016, more than 1.9 billion people over the age of 18 are overweight, and more than 650 million are obese.

In particular, this problem is causing serious consequences in the healthcare system in our republic. Obesity, mainly its abdominal form, plays an important role in the origin of many diseases, as a result of scientific research conducted in recent years, it has been proven [17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39].

In order to determine the effectiveness of different proportions of specially designed exercises, the same set of special physical exercises was developed for all experimental groups, but special and general developing exercises were used in different variants. The workers of the sewing workshop, who work while sitting, were divided into groups according to the degree of body weight gain. Depending on the level of obesity of the employees, employees of I, II, III and IV levels were selected.

TVI (body weight index) from 30 to 34.9 - 1st degree obesity; 35 to 39.9 - 2nd degree obesity; 40 to 50 - 3rd degree obesity; Over 50 - obesity of the 4th degree, that is, severe obesity;

First of all, in the experiment, when the body mass index (BMI) of the employee was measured, 12 people with obesity of the first degree, 13 people of the second degree, 14 people of the third degree, and 15 people of the fourth degree, a total of 54 employees were diagnosed with obesity and they were combined into the experimental group (n=54). A specific schedule was developed in order to introduce the use of a set of special exercises developed during the research. Based on this schedule, 4 groups of employees trained 3 times a week on a set of special exercises and their duration was 5 to 10 minutes. Depending on the levels of obesity, special exercises affecting local muscles were selected. Special exercise norms have been developed for the age, gender, functional status, obesity levels of employees.

In the study, a sample set of industrial gymnastics exercises was used for occupations who work while sitting [40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59].

1 - sitting on a chair and leaning on it with hands, we stand on tiptoes, raise hands to the side, then up, take a deep breath; return to the previous position and exhale (perform 2-4 repetitions 3 times a week. Rest 3-4 seconds between repetitions);

2 - initial position, hands are held in a locked position above, leg curling exercises (performed 3-4 repetitions 3 times a week. 3-4 seconds rest between repetitions);

3 – the initial position in the position of sitting on a chair, legs on the floor, 1-left leg stretches forward for 2 seconds, 2-d.h. 3- the right leg is stretched forward for 2 seconds, 4-d.h. (4 seconds with 3-4 repetitions 3 times a week. Rest 2-4 seconds between repetitions);

4 - stretching for 10 seconds while sitting on a chair with the left hand joined from above and the right hand behind the waist (3-4 times a week with 3-4 repetitions, 10 seconds are performed by changing the hands after the count. 3-4 seconds rest between repetitions);

5 – the initial position, the left hand is above the right hand on the waist. 1-turn to the right, 2-d.h. 3- change the position of the hands and bend to the left, 4-d.h. (performed 3 times a week with 2-4 repetitions. Rest 3-4 seconds between repetitions);

The analysis of the physical fitness indicator after the use of physical exercises showed that the results obtained after the pedagogical experiment in groups on the levels of obesity of the participants improved, that is, a positive change was observed. This shows that 42.8% of the employees are healthy, their body weight is normal, and they can do physical education and sports through the use of special exercises conducted during the study [60,61,62,63,64,65,67,68,69,70,71,72,73,74].

1 employee from level II to level I and 3 employees from level I to healthy stage were observed. IV from the degree 6 out of 15 employees of the III level were transferred to the main group, which was 40.0%.

Conclusion . According to the literature, the risk of developing type 2 diabetes is 18 times higher in men and 13 times higher in women with obesity level 3 under the age of 55 than in people of the same age of normal body weight. Overweight people under the age of 55 have a 3-4 times higher risk of diabetes than people of normal weight at the same age. As the body mass index increases, the risk of cholecystitis is 4-21 times higher in men and 2.5-5.2 times higher in women compared to people with normal body weight [75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92].

Performing gymnastic exercises strengthens the muscular system, improves joint movement, develops strength, speed, and endurance. Thanks to exercises with a strengthening effect, an upright and correct development of the stature is ensured. It seems that both conditions serve to train the human body and get rid of excess weight. During the experiment, it was found that the use of a set of special exercises developed during the research has a great effect in preventing the increase of body weight in employees.

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**METHODOLOGICAL FOUNDATIONS OF THE DEVELOPMENT OF PHYSICAL
ABILITIES OF STUDENTS**

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Annotation. This article provides information on the results of the development of students' physical abilities and their manifestation, the types of activities that require a specific regime for the proper organization and conduct of training.

Keywords: endurance, speed, flexibility, strength, coordination skills.

The basic laws of the development of physical abilities and their characteristics are as follows. Movement is a leading factor in the development of physical abilities - movement is a characteristic feature of the structure of living objects at different levels. Movement activity is aimed at improving the psychophysiological nature of man.

Dependence of the development of abilities on the mode of movement activity - physical abilities develop not only in the process of activity, which requires their manifestation, but also a specific mode of their performance. The mode of movement activity is a clearly defined set of work shifts within the framework of a workout or training system, associated with the performance of any exercise and rest intervals between them [1,2,3,4,5,6,7,8,9,10,11].

Stage of development of physical abilities - this law determines that the efficiency of development of abilities decreases during the performance of the same loads.

In order to achieve a consistently high level of development of physical abilities, it is necessary to change the content of the load, the conditions of its performance [29,30,31].

Physical qualities (abilities) are a set of morphological and psycho-physiological characteristics of a person that meet the requirements of any type of muscle activity and ensure the effectiveness of its performance.

Everyone has different physical abilities. The following innate (hereditary) abilities underlie the different development of physical abilities [12,13,14,15,16,17,18,19,20]:

1. Anatomical and morphological features of the brain and nervous system (characteristics of nervous processes - strength, mobility, weight, specific variants of the structure of the cerebral cortex, etc.);
2. Physiological characteristics (characteristics of the cardiovascular and respiratory systems - maximum oxygen consumption, peripheral circulatory parameters, etc.);
3. Biological properties (properties of biological oxidation, metabolism, muscle contraction energy, etc.);

4. Physical characteristics (length of body and limbs, body weight, weight of muscle and fat tissue, etc.);

5. Chromosome properties (genes);

6. Psychodynamic characteristics (temperament, character, control of mental processes and features of self-regulation).

Irregular and heterochronous (simultaneous) development of physical abilities - this law recognizes that in the process of biological maturation of the organism, in certain organs and structures, quantitative and qualitative, severe periodic changes are observed. If pedagogical influence is exerted during this period, the effect of the development of appropriate motor skills will be significantly higher than the results achieved in a relatively stable period. In the theory of physical culture, such periods are called sensory (affective) periods [29,30,31,32,33,34,35,36,37,38,39,40].

Conditional physical abilities are the following qualities:

1. Power ability;
2. Endurance ability;
3. Ability to speed;
4. Flexibility.

The main specific coordination skills are:

1. Ability to maintain balance;
2. Ability to orient;
3. Ability to influence;
4. Ability to differentiate movement indicators;
5. Ability to rhythm;
6. Ability to readjust;
7. Ability to vestibular stability;
8. Ability to voluntarily relax muscles;
9. Ability to coordinate (communicate).

Reversibility of an indicator of the development of physical abilities - the functional and structural changes that are achieved as a result of systematic physical activity are reversible, they can be reversed, re-developed. If there is a relatively small break between sessions, then there is a decrease in the level of functional capacity, regression of structural symptoms and, consequently, a decline in the indicators of physical capacity development.

The principle of transcendental influence on the development of physical abilities - the essence of this principle is that for the continuous development of physical abilities, external influences (tools, methods and forms) must go beyond the internal development of a particular ability. If there is no such correspondence, there will be a stagnation ("plateau") in the development of abilities. In the development of physical abilities, the "plateau" template methodology arises as a result of the violation of the principle of transient conformity and the development of abilities, the application of methodological methods lags behind [41,42,43,44,45,46,47,48,49,50,51,52].

The principle of connected influence is a principle based on the process of development of physical abilities and the interaction of movement skills and the ability to manage them. According to this principle, the effect of training should be consistent not only with the development of the necessary skills, but also with the ability to apply a specific exercise in the movement structure.

Migration of physical abilities - This law emphasizes the existing connections between several levels of development of physical abilities. The transfer of physical abilities is a process in which a change in the level of development of one ability leads to a change in the level of development of another ability [21,22,23,24,25,26,27,28].

Integrity and interdependence of motor skills and physical abilities - Physical abilities are manifested in the process of activity, motor skills and abilities are inseparable from physical abilities, and they are integral. The fact that a person has mastered this or that action and the successful realization of the corresponding physical abilities is an interdependent process.

The main principles of the development of physical abilities and their characteristics are:

The principle of continuity of pedagogical influence - this principle implies the need for regular physical activity for the development of physical abilities. As a result of repeated actions performed during a single exercise and in repeated exercises, functional changes occur in the human body that characterize the corresponding effect.

The principle of development and adaptive extinction of the effect of pedagogical influence is based on the laws of hierarchy and inconsistency of physical abilities (in other words, slowness and extremeness). Gradually, the loads increase smoothly during one or more workouts, facilitating the body's adaptation to the workouts, deepening and strengthening the adaptive changes caused by the workouts, thereby creating the initial conditions for transitioning to new and higher levels of workouts [53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,].

The principle of rational attachment and time distribution of pedagogical effects of different nature - this principle is reasonably based within a single session or in a series of several sessions, the interaction and implementation order is appropriate, the indicator requires different loads.

In implementing this principle, it is important to take into account the laws underlying the "transfer" of physical abilities, the sequence of loading and rest.

The principle of goal-oriented and adaptive adaptation of action - the mechanism of long-term adaptation to the conditions of human motor activity underlies the formation and improvement of

physical abilities. Under the influence of the load, biochemical, morphological, physiological mental changes occur, resulting in a clear developmental effect [70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92].

The principle of age-appropriateness of pedagogical influence is a principle that requires the educator to implement them in accordance with the naturally changing periods of ontogeny in order to form the abilities of the practitioner. Knowing the sharply changing (sensitive) periods for the formation of this or that physical ability allows you to influence their level of development in a focused and effective way.

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SOLVING ALGEBRAIC PROBLEMS USING THE VECTOR CONCEPT

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Abstract: This article shows the possibilities of algebraic problems, in particular, proving inequalities, solving algebraic equations and systems of equations, and finding the largest and smallest values of a function using the vector concept.

Key words: vector method, coordinate, equation, inequality, sum, root, system, trigonometry.

Increasing the effectiveness of mathematical education depends in many ways on teaching students non-standard thinking along with scientific and principled thinking, gradually developing their mental perception system. Choosing and implementing non-standard methods and methods in accordance with the content of education is one of the important issues in the process of teaching mathematics. In this regard, the use of the concept of vectors in the teaching of mathematics, especially in solving algebraic problems, is of urgent importance in the wide introduction of acmeological models of sufficient development of students' creative, non-standard thinking skills into the practice of mathematics education. Because the concept of vector is one of the main concepts of mathematics, at the same time, many areas of this science, including linear algebra, analytical and differential geometry, are explained on the basis of vectors. Algebraic problems can be solved together with many problems of planometry and stereometry with the help of vector theory and vector method. The use of the vector method in solving algebraic problems, on the one hand, repeats the main aspects related to the properties of vectors, as well as ensures the internal integration of the mathematical subject, and on the other hand, eliminates the existing algebraic complexity, and leads to the solution of the problem in a purely analytical form [1,2,3,4,5,6,7,8,9,10,11]. A student each always is also given issue vectors using solve possible understand ca n't In this student _ mainly the text of the issue and algebraic relationships vectors to the language transfer to learn it is necessary Of this for algebraic issues vector method using in the solution first of all students the following concepts to know required :

- characteristics of vectors (vector length, unit and zero vectors, collihear and coplanarity of vectors, etc.);
- scalar multiplication of vectors and its properties;
- vectorial and mixed multiplication and his properties .

Description : \vec{a} and \vec{b} the number formed by multiplying the lengths of the vectors and the cosine of the angle between them is called the scalar product of vectors. \vec{a} and \vec{b} scalar product of $\vec{a}\vec{b}$ vectors or $(\vec{a}\vec{b})$.

The following properties of scalar multiplication are mainly used in solving algebraic problems using the vector concept:

1. The scalar product of any vector by itself is equal to the square of the length of this vector:

$$\vec{a} = (x; y; z) \text{ for vector } \vec{a} \cdot \vec{a} = |\vec{a}|^2 = x^2 + y^2 + z^2$$

2. If the vectors are perpendicular ($\vec{a} \perp \vec{b}$), $\vec{a}\vec{b} = 0$.

3. $y = \cos x$ since the function is a domain of values, it is derived from $|\cos \varphi| \leq 1$ the scalar

multiplication formula $\left| \frac{\vec{a} \cdot \vec{b}}{|\vec{a}| \cdot |\vec{b}|} \right| \leq 1$ or $-|\vec{a}| \cdot |\vec{b}| \leq \vec{a} \cdot \vec{b} \leq |\vec{a}| \cdot |\vec{b}|$.

In particular, the equality sign holds only when \vec{a} the \vec{b} vectors are collinear.

Using the collinearity of vectors, scalar multiplication and its properties, you can prove inequalities, solve algebraic equations and systems of equations, find the largest and smallest values of a function. Below we give examples of problems for solving algebraic problems using the vector method [12,13,14,15,16,17,18,19,20,21].

1. Inequalities to prove circle issues .

Issue 1 . Prove that the inequality holds for all $a \in \left[\frac{3}{2}; \frac{50}{3} \right]$ real numbers .

$$\sqrt{a+1} + \sqrt{2a-3} + \sqrt{50-3a} \leq 12$$

(Ukraine. Republican Mathematics Olympiad-1984) [2; page 165.]

Solving. $\vec{a}(\sqrt{a+1}; \sqrt{2a-3}; \sqrt{50-3a})$ and $\vec{b}(1;1;1)$ consider vectors.

and for \vec{b} the \vec{a} vectors $\vec{a} \cdot \vec{b} = \sqrt{a+1} + \sqrt{2a-3} + \sqrt{50-3a} \geq 0$,

$$|\vec{a}| = \sqrt{(\sqrt{a+1})^2 + (\sqrt{2a-3})^2 + (\sqrt{50-3a})^2} = \sqrt{48} \text{ and } |\vec{b}| = \sqrt{3} \text{ the relationship is}$$

appropriate. For arbitrary \vec{a} and \vec{b} vectors follows from the $|\vec{a} \cdot \vec{b}| \leq |\vec{a}| \cdot |\vec{b}|$ fact that the inequality is

$$\text{reasonable } \sqrt{a+1} + \sqrt{2a-3} + \sqrt{50-3a} \leq \sqrt{48} \cdot \sqrt{3} = 12.$$

Issue 2. $\sin x \cdot \sin y \cdot \sin z + \cos x \cdot \cos y \cdot \cos z \leq 1$ prove the inequality.

Proof. $\vec{a}(\sin x \cdot \sin y; \cos x \cdot \cos y)$ and $\vec{b}(\sin z; \cos z)$ consider vectors. Their scalar product $\vec{a} \cdot \vec{b} = \sin x \cdot \sin y \cdot \sin z + \cos x \cdot \cos y \cdot \cos z$ Modules $|\vec{b}| = 1$, $|\vec{a}| = \sqrt{\sin^2 x \cdot \sin^2 y + \cos^2 x \cdot \cos^2 y} \leq \sqrt{\sin^2 x + \cos^2 x} = 1$. $|\vec{a} \cdot \vec{b}| \leq |\vec{a}| \cdot |\vec{b}|$ is formed by inequality $\sin x \cdot \sin y \cdot \sin z + \cos x \cdot \cos y \cdot \cos z \leq 1$ [22,23,24,25,26,27,28,29,30,31,32,33,34].

2. Problems related to trigonometric equations.

Issue 1 . Eq untie $\sqrt{4\cos^2 x + 1} + \sqrt{4\sin^2 x + 3} = 4$. (*Mathematical Olympiad Treasures*", Boston-2006) [1 ; 204 - p.]

Solving . $\vec{a}(\sqrt{4\cos^2 x + 1}, \sqrt{4\sin^2 x + 3})$ and $\vec{b}(1,1)$ of vectors modules $|\vec{a}| = \sqrt{(\sqrt{4\cos^2 x + 1})^2 + (\sqrt{4\sin^2 x + 3})^2} = \sqrt{8}$, $|\vec{b}| = \sqrt{2}$ to equal to Their scalar product is $\vec{a} \cdot \vec{b} = \sqrt{4\cos^2 x + 1} + \sqrt{4\sin^2 x + 3} > 0$. $|\vec{a} \cdot \vec{b}| \leq |\vec{a}| \cdot |\vec{b}|$ according to inequality, $\sqrt{4\cos^2 x + 1} + \sqrt{4\sin^2 x + 3} \leq 4$ relation appropriate . Only if the equals sign \vec{a} and the \vec{b} vectors are collinear satisfies . So , of vectors coordinates proportional : $\sqrt{4\cos^2 x + 1} = \sqrt{4\sin^2 x + 3} \Rightarrow \cos 2x = \frac{1}{2} \Rightarrow x = \pm \frac{\pi}{6} + \pi n, n \in Z$.

Issue 2 . Eq untie $\sqrt{2 + \cos^2 2x} = \sin 3x - \cos 3x$.

Solving. $\vec{a}(\sin 3x; \cos 3x)$ and $\vec{b}(1; -1)$ consider vectors. Let's find the scalar product of vectors in the defined domain of the equation: $\vec{a} \cdot \vec{b} = \sin 3x - \cos 3x \geq 0$. \vec{a} and \vec{b} we calculate the modules of the vectors: $|\vec{a}| = 1$; $|\vec{b}| = \sqrt{2}$ and the product of their lengths $|\vec{a}| \cdot |\vec{b}| = \sqrt{2}$. Thus, $|\vec{a} \cdot \vec{b}| \leq |\vec{a}| \cdot |\vec{b}|$ according to the inequality $\sin 3x - \cos 3x \leq \sqrt{2}$. So, for the given equation to have a solution $\cos^2 2x = 0$ a must execution necessary _ From this yeah of Eq the solution $x = \frac{\pi}{4} + \pi n, n \in Z$ to equal to [35,36,37,38,39,40,41,42,43,45,46,47,48,].

3. Equations to the system circle issues .

Issue 1 . Equations system solve :

$$\begin{cases} \sqrt{(x-1)^2 + y^2} + \sqrt{(x+1)^2 + y^2} = 2 \\ x^2 + y^2 = \sin^2 x. \end{cases}$$

Solving. $\vec{a}(\sqrt{(x-1)^2 + y^2}, \sqrt{(x+1)^2 + y^2})$ and $\vec{b}(1,1)$ vectors given let it be Then

$|\vec{b}| = \sqrt{2}$, $\vec{a} \cdot \vec{b} = \sqrt{(x-1)^2 + y^2} + \sqrt{(x+1)^2 + y^2} > 0$ and $|\vec{a}| = \sqrt{2(1+x^2+y^2)}$. For arbitrary \vec{a} and \vec{b} vectors $|\vec{a} \cdot \vec{b}| \leq |\vec{a}| \cdot |\vec{b}|$ by condition

$\sqrt{(x-1)^2 + y^2} + \sqrt{(x+1)^2 + y^2} \leq 2\sqrt{(1+x^2+y^2)}$ we have an inequality. The equals sign is

satisfied only if \vec{a} the \vec{b} vectors are collinear. So, $\sqrt{(x-1)^2 + y^2} = \sqrt{(x+1)^2 + y^2} \Rightarrow x = 0$.

According to the second $x^2 + y^2 = \sin^2 x$ condition $y = 0$. Hence, Eqs system the only one to the solution has : $x = 0$ and $y = 0$.

Issue $\begin{cases} x^2 + y^2 = 3, \\ z^2 + v^2 = 25, \\ xv + yz = 5\sqrt{3} \end{cases}$ 2 . find the expression that takes the largest value among all the

solutions that satisfy the system of equations . $x + z$

[3; page 307.]

Solving. $\vec{a}(x; y)$ and $\vec{b}(v; z)$ consider vectors. According to the condition

$|\vec{a}| = \sqrt{x^2 + y^2} = \sqrt{3}$, $|\vec{b}| = \sqrt{v^2 + z^2} = \sqrt{25} = 5$ and $\vec{a} \cdot \vec{b} = xv + yz = 5\sqrt{3}$. It $\vec{a} \cdot \vec{b} = |\vec{a}| \cdot |\vec{b}| = 5\sqrt{3}$ turns out that it is. It follows that \vec{a} the vectors and \vec{b} are collinear and have the

same direction. $\vec{e} = (u; w)$ be a unit vector . In that case $\vec{a} = \sqrt{3} \cdot \vec{e} = (\sqrt{3}u; \sqrt{3}w)$ and

$\vec{b} = 5 \cdot \vec{e} = (5u; 5w)$. If $u = \cos \varphi$ and $w = \sin \varphi$ if we specify that , $x = \sqrt{3} \cos \varphi$ and

$z = 5 \sin \varphi$. In that case $x + z = \sqrt{3} \cos \varphi + 5 \sin \varphi = \sqrt{28} \sin(\varphi + \alpha) \leq \sqrt{28}$. Hence, $x + z$ the largest value of the expression $\sqrt{28}$ is equal to [48,49,50,51,52,53,54,55,56,57,58,59,60].

4. The largest and smallest of the function find the values .

Issue $y = \sqrt{x} + 4\sqrt{1 - \frac{x}{2}}$ 1 . find the maximum and minimum value of the function.

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Solving. $y = \sqrt{x} + 4\sqrt{1 - \frac{x}{2}}$ the function $[0;2]$ is defined in the interval . We change the function form: $y = \sqrt{x} + 4\sqrt{1 - \frac{x}{2}} = \sqrt{x} + 2\sqrt{2} \cdot \sqrt{2-x}$. Consider the following vectors: $\vec{a}(1;2\sqrt{2})$ and $\vec{b}(\sqrt{x};\sqrt{2-x})$. The coordinates of these vectors are defined in the positive interval. So, $\vec{a} \cdot \vec{b} = \sqrt{x} + 2\sqrt{2} \cdot \sqrt{2-x}$, $|\vec{a}| = \sqrt{(1)^2 + (2\sqrt{2})^2} = 3$, $|\vec{b}| = \sqrt{(\sqrt{x})^2 + (\sqrt{2-x})^2} = \sqrt{2}$. Note that the inequality holds $\vec{a} \cdot \vec{b} = \sqrt{x} + 2\sqrt{2} \cdot \sqrt{2-x} \leq 3\sqrt{2}$ for these vectors $0 < |\vec{a} \cdot \vec{b}| \leq |\vec{a}| \cdot |\vec{b}|$. Specifically, the equal sign \vec{a} and when the \vec{b} vectors are parallel achieves , that is their coordinates proportionally : $\frac{1}{2\sqrt{2}} = \frac{\sqrt{x}}{\sqrt{2-x}} \Rightarrow x = \frac{9}{2}$. So, the largest value of the function is $y_{\max} = y\left(\frac{9}{2}\right) = 3\sqrt{2}$ equal to . If $\vec{b}(2;0)$, that is, the $x=2$ function is smallest $y_{\min} = y(2) = \sqrt{2}$ achieves a value [61.62.63.64.65.66.67.68.69.70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92] .

Issues for independent work

1. $A, B, C > 0$, $A + B + C = \pi$ If so, prove the following inequality. $\cos A + \cos B + \cos C \leq \frac{3}{2}$
2. Prove the inequality. $\left| \frac{(x+y)(1-xy)}{(1+x^2)(1+y^2)} \right| \leq \frac{1}{2}$
3. Find the maximum and minimum value of the function. $y = 3\cos x + 4\sin x$
4. **The** inequality holds for all $a \in [0;16]$ real numbers $4\sqrt{a} + 3\sqrt{16-a} \leq 20$ that prove it
5. Of the function the most big find $y(x) = \sqrt{x-8} + \sqrt{16-x}$ the value of .

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**CREATIVITY IN IMPROVING PROFESSIONAL AND PEDAGOGICAL SKILLS
OF PHYSICAL EDUCATION TEACHERS**

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Annotation. In this article, information on the development of creativity of physical education teachers and the development of willful, intellectual, active, but also personal qualities and physical health, as well as physical health, creativity, initiative, mental potential, is highlighted..

Keywords: worldview, spiritual, communicative, behavioral, intellectual, initiative, mental capacity.

The knowledge of a physical education teacher is determined by his / her ability to engage in pedagogical activities. The erudition of a physical education teacher consists of general and specialized knowledge. General knowledge expresses the teacher's worldview and general culture. Special knowledge is necessary for a physical education teacher to carry out his physical education and pedagogical activities. The special knowledge of the teacher is divided into theoretical, practical and methodical knowledge [1,2,3,4,5,6,7,8,9,10,11].

His spiritual position consists of a form of social consciousness, where the student must possess the following complex of spiritual qualities: humanity, politeness, honesty, assertiveness, optimism, and so on.

The professional qualities of a student of specialized military lyceum physical education are determined by his ability to pedagogical activity and are divided into the following groups:

- didactic skills;
- academic abilities;
- speaking skills;
- authoritarian abilities;
- communication skills;
- pedagogical imagination.

The skills of a physical education teacher are divided into constructive, organizational, communicative, gnostic and motor skills.

Constructive skills help the teacher plan their activities [12,13,14,15,16,17,18,19,20,21,22,23].

Organizational skills are associated with good organization of working hours, the ability to choose the right place in the classroom, the skillful use of well-prepared students as assistants, the ability to organize the work of sports sections, sports competitions and celebrations.

Important professional qualities of a physical education teacher are divided into the following groups: worldview, spiritual, communicative, volitional, intellectual, motor, but personal qualities are inseparable: physical health, temperance, resourcefulness, initiative, mental capacity and exemplary behavior [24,25,26,27,28,29,30].

The worldview of a physical education teacher determines the motive of his pedagogical activity, which is aimed at serving his people, the state, which creates a solid foundation for cultivating an active life position and patriotism in students.

Communicative activity is manifested in the ability to communicate with students and establish relationships with them.

Didactic skills are related to a teacher's ability to communicate teaching material to students in an understandable way.

Oratory skills provide the speech culture of a physical education teacher.

Gnostic skills are related to the teacher's knowledge of the pedagogical situation as well as the results of their activities.

Motion skills are related to the ability to correctly demonstrate the exercises included in the curriculum and determine the effectiveness of students' activities [31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50].

Theoretical knowledge relates to the history of physical education, the laws of operation of functional systems of the organism, the biomechanical laws of motion, the principles of education and training.

The practical knowledge of a physical education teacher refers to his knowledge of the methodologically correct performance of physical exercises.

Methodological knowledge determines how to teach someone else.

The purpose of physical education is to develop the physical and mental qualities of students, to form in them motor skills and abilities. The set goals will be realized in the process of solving the tasks of education, upbringing and rehabilitation. These tasks define the main responsibilities of a physical education teacher.

Educational tasks are to form the spiritual views of the student's personality.

Educational tasks are to provide special knowledge and skills in the field of physical education [51,52,53,54,55,56,57,58,59,60,61,62,63].

Management and organizational tasks include the organization of basic physical education classes, trainings in sports sections and sports competitions.

The administrative and economic tasks of a physical education teacher are aimed at financial support of the physical education process.

Planning for the year, semester, and course requires:

- Selection and distribution of training materials for the year in order to create a plan and schedule;

- Determining the sequence of learning material and defining educational tasks for the semester;

- Defining educational tasks based on the characteristics of the study group and teaching materials;

- knowledge of the laws of formation of motor skills and abilities, development, planning and monitoring of physical qualities of students;

- loading planning, taking into account the age characteristics of students and the data of medical examinations;

- Purchase of sports equipment, tools and technical training aids [64,65,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,8,84,85,86,87,88,89,90,91,92].

The organizational activity of a physical education teacher is reflected in the following:

- in the teacher's speech culture;

- in the behavior of the teacher;

- in the management of student activities.

Communicative activity is manifested in the following:

- in the forms of the teacher's address to students;

- in the tone of the appeal;

- Intensity of communication;

- motivated by communication.

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E-LEARNING RESOURCES IN DISTANCE EDUCATION

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Abstract: The formation and development of the system of information provision of education by our government, the reform of the system of educational institutions according to the requirements of the "National Personnel Training Program", the creation and introduction of relevant state educational standards in this regard, the involvement of scientists and highly qualified specialists in providing educational institutions with the necessary textbooks and literature a number of things are being done, such as training and improving the qualifications of pedagogues in leading educational institutions in developed countries.

President of the Republic of Uzbekistan I.A. In his speech at the first session of the Oliy Majlis of the Republic of Uzbekistan in February 1995, Karimov said, "The ultimate goal of all our reforms in the economic and political spheres is to create decent living conditions for all citizens living in our country. That is why it is one of the most important tasks of our state to bring up a spiritually well-developed person, raise education and raise a new generation that will realize the idea of national renaissance.

Today, the interest and attention to using interactive methods, innovative technologies, pedagogical and information technologies in the educational process is increasing day by day, one of the reasons for this is that until now, in traditional education, students were taught to acquire only ready-made knowledge. teaches them to find, study and analyze independently, and even draw their own conclusions. In this process, the teacher creates conditions for the development, formation, learning and upbringing of the individual, and at the same time performs the function of management and orientation. In the educational process, the student becomes the main figure [1,2,3,4,5,6,7,8,9,10].

In modern pedagogy, general forms of teaching (collective, group, individual) and forms of educational process organization (class, science, technical circles, students' scientific associations, excursions) are distinguished.

Forms of educational organization are a historically existing, stable and logically completed view of the organization of the pedagogical process, which is characterized by regularity and integrity, self-development, individuality and active character, and a certain procedure for transferring the composition of participants to permanence.

Learning activities: demand, motivation, learning activities, self-control and self-evaluation.

It is implemented in the framework of a multifaceted single system of organizing the forms and methods of the teaching process in educational institutions. The sum of the forms and methods of teaching constitutes a single didactic complex determined by the objective laws of the educational process.

The classification of forms and methods of teaching in an educational institution is based on two interconnected and mutually conditioned activities:

- activities of teachers in managing and organizing the educational process;
- students study and to know activity;

Modern educational technologies are complex integrative systems, which reflect an ordered set of operations and actions aimed at the acquisition by students of professional skills, competencies and personality traits determined by educational goals. This includes the determination of educational goals (for whom and why?), the selection and implementation of content (what?), the organization of educational processes (how?), the determination of educational methods and tools (using what?), as well as the level of teachers' qualifications (who?) and the method of evaluating the achieved results (how?) should be based. The collective application of the mentioned criteria determines the essence of the educational process and its technology.

Innovation (English Innovation) means innovation. Innovative technologies are introducing innovations and changes to the pedagogical process and teacher's and student's activities, and mainly interactive methods are fully used in its implementation. Interactive methods are called group thinking, that is, methods of pedagogical influence, which are considered a component of the educational content. That is, it is carried out through the joint activity of the pedagogue and teacher-students [11,12,13,14,15,16,17,18,19].

The creation of electronic information educational resources of an educational institution is not a purely technical issue, but for this it is required to use the scientific-methodical, organizational and pedagogical capabilities of the institution based on a systematic approach.

The concept of "electronic educational resources" can be defined as a set of software, information-technical, educational-methodical systems that provide a specific goal-oriented educational process. E-learning resources are characterized by the following symbols:

1. At what level, an electronic educational resource is a complex structured object with a systematic nature.
2. The integrity of the electronic educational resource is the same as the concept of achieving systematicity, meaning their harmony, it embodies the goals of education and training in the implementation of the personal and professional model of the graduate of the educational institution.
3. E-learning resource is a factor affecting the effectiveness of education and training, as well as its tool.

In addition, there are several different views on the definition of information-educational resources, including:

- a systemically organized complex of information, technical, educational and methodical support that is integrally connected with the person and the educational environment as a subject;
- traditional and electronic information carriers. virtual libraries, information bases, a single information educational environment built on the basis of the integration of computer, information and communication technologies embodying educational-methodical complexes.

An educational institution should adopt a systematic approach to the creation and management of educational information resources, especially if it is intended for students with disabilities. At the initial stage of this approach, the purpose of the information-educational environment of the educational institution is determined in accordance with the content of modern education. In pedagogical activity, the educational goal performs a systematizing task [20,21,22,23,24,25,26,27,28,29,30,31]. It is the defined goal that serves as the basis for choosing the content, purpose and organizational forms of education. The goal of modern education is the formation of a system of knowledge, skills and abilities that is formed in accordance with the requirements of the professional model, and it is reflected in the relevant educational standards. In addition, according to the requirements of the national model of personnel training of our republic, the student becomes not only the object of the pedagogical process, but also its subject. In these cases, the importance of the student's independent education increases, and the formation of the following skills and qualifications is required:

1. Independent education to receive planning skill and Qualifications:

- independent activity of keeping personal the plan make up;
according to the plan purposeful activity conduct;
- own activities control to him _ necessary corrections by entering to go

2. The Internet is scientific and study from the information use get skill and Qualifications:

- scientific and study information independent to determine
- new information independent analysis to do and evaluate get _
- solution to be done must has been problem point of view in terms of from the Internet information sources search and to find
- being taken information in the content new and promising the news according to get

3. Electronic education resources on work skill and Qualifications:

- electronic manuals and from catalogs systematic respectively use
- From the Internet received scientific, educational and another literature list bibliography rules based on walk get

4. Modern information technologies tools through present done lectures appropriation skill and Qualifications:

- lectures topic and plan, literature the list set get
- present done information correct to do
- main problem, idea and conclusions separate get
- main content own words with briefly writing get

- present done information again work, save and their content educational purposes supporting to go

5. Electronic textbook with work skill and Qualifications:

- electronic textbook with common in case dating, his author, content, summary, illustrations and annotations to know

- of the electronic textbook makes sense structure separate get

- under study the subject complete understand get for addition manuals: animation, dictionary, encyclopedia, references use get

- received information theses, abstracts in the form of note reached to go

E- learning resources the following three main tasks does:

1) to external resource entities modern information technologies using education of the institution information-education resources about imagination harvest to do to help.

2) education institution employees mutually cooperation increase and mutual information-education resources exchange environment surface bring.

3) education in the institution information and educational resources through efficient information exchange organize reach and management.

Determining the purpose of the information-educational environment in an educational institution is carried out taking into account the periodic sequence of three processes:

- the first period information resource analysis to do results is studied;

- second in the period - appropriate respectively done to be increased events set is taken;

- the third period directly education of the institution information-education of resources purpose work will be released [32,33,34,35,36,37,38,39,40,41,42,43,44,45].

The purpose of e-learning resources is developed in direct connection with the requirements of the learner. In particular, in the formation of the learner's personality, special attention is paid to the formation of qualities aimed at continuous self-development during work after graduation from the educational institution. At this point, it should be noted that the educational reforms implemented in our republic require a new interpretation of the concept of "profession".

According to the requirements of the national model of personnel training, a modern professional is characterized not by the possession of a set of ready-made professional knowledge, but by the possession of abilities that serve professional development, the ability to analyze his professional level, and the readiness to acquire new knowledge in accordance with the changing requirements of society and production. Based on the listed qualities, a development process aimed at the implementation of continuous professional training through the acquisition of new knowledge throughout life is organized.

The degree of improvement of the educational content of modern information technology resources is one of the important conditions for educating a specialist who can meet such requirements. In the information society, the content of education is understood as the scientific knowledge, practical skills and qualifications required to be acquired, as well as the system of educational ideas aimed at forming a worldview, and the following factors influence its composition:

- society needs;
- field of scientists modern methodological views;
- scientific and technical development (modern information and communication technologies tools and systems);
- education system in itself surface coming, education quality, modernity and the public to provide directed needs.

Modern information technologies based on education content the following criteria based on is formed:

- education content advances in modern science level suitability;
- study material complexity level knowledge of recipients valid opportunities are being used information technologies with compatibility;
- content of size his appropriation for separated time to the amount compatibility;
- international of experiences in consideration received;
- future professional in action and the technique used software tools, information and telecommunication technologies assimilation _

The teaching process is based on the principles of mutual cooperation of the learner, for the improvement of which it is necessary to master modern pedagogical and information technologies at a perfect level. In addition, modern information technologies require the engineer to perform a number of important tasks - now the engineer should know not only in the field of his specialty, but also the existing teaching concepts, advanced directions in the field of methodology, psychological characteristics of cognition, and the possibilities of modern information technologies in teaching. In order to successfully implement this task, it is necessary to continuously work on the effective functioning of the training system, the implementation of advanced educational methods and forms in the field [46,47,48,49,50,51,52,53,54,55,56,57,58,59].

Improvement of electronic information-educational resources of the educational institution in accordance with the changing requirements of the information society is an objective necessity of today. The improvement of information educational resources requires the following management tasks:

- set received to goals suitable respectively priority directions set get
- selected goal and education in the institution of processes mutually compatibility provide

Management of the implementation of any goal is required to be clarified at the level of development of the action program. On the basis of the developed goals, a program for the development of systems of information and educational resources of the institution is formed and their realization necessary conditions are created for the effective training of specialists based on the requirements of a person-oriented approach [61,62,63,64,65].

The development of new teaching technologies aimed at improving the quality of training of students is also the main direction in the modernization of modern training institutions in the rapidly changing information society.

Not long ago, it was thought that computer technologies could be used mainly in organizations, banks or research institutes. At the same time, there are different views and proposals for the concept of "informational education system". Internet education for him federation to the materials based on the following the definition to give can Education in the institution informed environment - education process efficiency to increase directed information of technologies system integration provider special organize done components is complex.

Electronic educational resources are a systematized educational-methodological complex placed in electronic storage devices that allow the implementation and mastering of educational programs using modern information and communication tools.

The structure and content of electronic educational resources intended for students with disabilities should meet the requirements of the state educational standard, include all types of classroom training and educational and methodological support for independent education, and should be oriented to the acquisition of knowledge by students [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].

E- learning resources organizational - methodical, informative-educational and control from didactic functional blocks organize finds Pedagogical -psychological resources duties study materials in a hypermedia environment present, students with teachers didactic communication between and education tools through done is increased.

Electronic learning resources include an introduction, study modules, each of which is a complete description of the relevant subject areas (topics), control questions, self-control tests, course control tasks (supervision work, course or project work, independent work or abstract) consists of options, a conclusion, a dictionary and a list of literature on basic concepts.

Electronic educational resources are didactic, software and technical interactive resources of teaching in the environment of modern information technologies, and they are a resource that allows the creation, systematization, storage, processing and use of educational materials based on computer technologies and audio-video tools.

Electronic educational resources enable the individualization and differentiation of the educational process, self-control and proper direction of the educational activities of the learner, saving educational time due to the use of computer computing capabilities, visualization of educational materials, modeling of studied events and processes, their simulation, and the ability to make optimal decisions in various pedagogical situations. provides opportunities such as formation, development of a specific form of thinking (visual-figurative, theoretical), formation of a culture of cognitive activity.

As a result of the study and their analysis, we came to the conclusion that the process of preparing students with disabilities for study, work and profession, as well as the creation of electronic educational resources for them based on modern innovative pedagogical technologies, is a very complex, multifaceted socio-pedagogical problem that requires a systematic approach.

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FORMATION OF PHYSICAL SKILLS THAT INFLUENCE THE MOVEMENT SYSTEM
IN THE GROWTH AND DEVELOPMENT OF THE CHILDREN'S ORGANISM.

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"If you were to exercise regularly, there would be no need to take medicine"

Abu Ali Ibn Sina

Abstract: The formation of physical competence in school-age children consists in paying attention to the ontogenesis of the bone system, while establishing proper nutrition, and setting up timed physical norms for the daily routine.

Key words: physical activity, sports training, osteoblasts, microelements, school period, preschool period, balance, flexibility, embryonic development.

Our children are healthy, energetic, fit, cheerful, kind, proactive, able to manage their own behavior well, love physical education and sports, and are independent in their environment. a person of a child who can act, who is capable of studying at school and active creative activities in the future formation, physical education is the basis of all-round development of the individual. It allows to ensure the level of physical preparation necessary for children to study at school. summarizes the tasks of education in a complex way. Children who attract the attention of the educator in various forms of physical education organization , act consciously according to their age capabilities, successfully acquire movement skills, can find targets in the environment, and actively deal with the difficulties encountered Focusing on raising a child who is able to solve problems in a creative way will give one of the best results. Children are enriched by the new knowledge obtained as a result of research covering various aspects of child education through the continuous development of physical activities. This helps the development of the entire educational process. Our children spend a lot of time in kindergarten and schools. Thus, the theory of physical education of preschool children helps to improve the entire system of physical education. it consists of training the organism, proper organization of education and training.

Health care tasks of preschool children are aimed at strengthening their health through physical activities, protecting themselves by exercising their bodies, and increasing their resistance to various diseases. Since the development of the children's organism has its own characteristics, in order to express its tasks in a more precise form, it is focused on the formation of the curvatures of the spine, the improvement of the surface of the heel, and the improvement of the joint condition. to help in proper development, bone growth and weight regulation; it is necessary to pay special attention to the development of all muscle groups, paws, fingers, heel, neck, eyes, internal organs - cardiovascular, breathing, and especially weakly developed flexor muscles. to the alternation of the processes of excitation and inhibition, their mobility, as well as a movement analyzer, it helps to improve the sense

organs. Paying attention to the growth and physical activity of the child, even during the mother's pregnancy, the correct development of the bone system is contagious and paying attention to the birth of a healthy child from the genetic point of view has a positive effect on the physiology of the body [1,2,3,4,5,6,7,8,9,10,11,12,13,14,15].

Influencing the physical activity of preschool children has a positive effect on the effectiveness of the educational process. Because it is important to develop movement skills and abilities, develop agility, quickness, flexibility, balance, eye sight, proper posture, education of hygiene skills, assimilation of knowledge about body balance. will be makchi. Movement skills with the external environment it facilitates communication and helps to know it. If we give importance to the development and changes during the mother's pregnancy in the development of the child, during the development of the fetus, the bone tissue is formed later than other tissues, in the middle of the second month of life in the mother's womb, it is formed from individual cells-osteoblasts that arise from the mesenchyme. will be These osteoblasts produce intermediate bone material that acts as a scaffold. Bones do not develop uniformly during development. Some of them transform from connective tissue to bone or go through two stages. These are called primary bones. Other bones develop from the arch, or are called secondary bones, which pass through three stages in the development of the membrane, arch, and bone. The process of ossification is divided into four types: Legs appear at the end of the 4th week of fetal life in the form of side bones formed at the border of the ventral and dorsal parts of the fetus. At the beginning of the 6th week, the tips of these buds expand, and primary signs of fingers appear on their surface. As the bud grows to the height, first the stalk, then the thigh marks appear. At the end of the 6th week, the mesenchymal layers of the bones of the soles of the feet, shins, hips, and pelvis are clearly visible in the leg buds. In the 8th week of fetal life, this mesenchymal tissue hardens and turns into an uncle. All bones of the foot go through three stages of development. epiphyses and apophyses are ossified after the birth of a child. The growth of these bones is at the expense of one epiphysis. A newborn baby's legs will also have a hip belt and loose parts of the leg. Their structure will have its own characteristics in different young people. A newborn baby's legs are relatively short. Their feet are long and their hips are short. Depending on age, parts of the foot grow at different rates. During adulthood, the thigh grows 4.5 times, the calf grows 3.7 times, and the foot grows 3 times compared to a newborn child . Movement skills formed in children under the age of 7 serve as a basis for their further improvement at school and allow to achieve high results in sports in the future. In children, it is necessary to prevent diseases related to the bone system in time. One of such common and increased diseases is flat feet. Disturbance of the movement system is caused by a violation of the position of the foot and palm. causes related diseases [16,17,18,19,20,21,22,23,24,25,26,27,28,29,30].

In the process of formation of movement skills in children the ability to easily master slightly more complex movements and various activities involving these movements is formed. The benefits of exercise when children are young about the importance of physical exercises and their techniques it is important to give rules about the method of conducting, active games and physical exercises, and proper nutrition . They should know the names of inventories, the rules for their storage, the correct use and care of clothes and shoes. The acquired knowledge allows children to engage in physical exercises very consciously and fully, to independently use the means of physical education in preschool educational institutions and in the family. Physical in the process of doing exercises, it is necessary to strengthen knowledge about natural phenomena, social life, animals, birds, insects [31,32,33,34,35,36,37,38,39,40,41,42,43,44].

When the embryo is 2 months old, points of ossification begin to form in the diaphysis of the bone. After the child is born, the secondary bone turning points begin to form. After that, the ossification process accelerates. Children's bones differ in size, proportion and composition from adult bones. Bones develop in 2 ways. If the ossification points are formed from mesenchymal tissue, from which proper bone develops, it is called *primary ossification*. For example, this is how some bones of the braincase develop. Some bones develop from stem cells, which is called *secondary ossification*. For example, the diaphysis of long tubular bones begins to develop from the cells of the bone at the base of the bone. In this case, the bone grows at the expense of osteoblast cells. During fetal development, bone tissue is formed later than other tissues, in the middle of the second month of life in the mother's womb, from individual cells-osteoblasts that arise from mesenchyme. These osteoblasts produce intermediate bone material that acts as a scaffold. Bones do not develop uniformly during development. Some of them (the bones of the roof of the skull and the face) turn from connective tissue into bone or go through two stages. These are called primary bones. Other bones progress from the arch or go through three stages (membrane, arch, bone) and are called secondary bones. The process of ossification is divided into four types [45,46,47,48,49,50,51,52,53,54,55,56]:

Legs appear at the end of the 4th week of fetal life in the form of side branches (buds) formed at the border of the ventral and dorsal parts of the fetus. At the beginning of the 6th week, the tips of these buds expand, and primary signs of fingers appear on their surface. As the bud grows to the height, first the stalk, then the thigh marks appear. At the end of the 6th week, the mesenchymal layers of the bones of the soles of the feet, shins, hips, and pelvis are clearly visible in the leg buds. In the 8th week of fetal life, this mesenchymal tissue hardens and turns into an uncle. All bones of the foot go through three stages of development. The diaphyses of these bones are ossified during the period in the mother's womb, and the epiphyses and apophyses are ossified after the birth of the child. The growth of these bones is at the expense of one epiphysis. A newborn baby's legs will also have a hip belt and loose parts of the leg. Their structure will have its own characteristics in different young people. A newborn baby's legs are relatively short. Their feet are long and their hips are short. Depending on age, parts of the foot grow at different rates. During adulthood, the thigh grows 4.5 times, the calf grows 3.7 times, and the foot grows 3 times compared to a newborn child. The weight of the skeleton is 5-6 kg, and it makes up 10% of the total body weight in men and 8.5% in women. The skeleton performs musculoskeletal, protective and biological functions [57,58,59,60,61,62,63,64,65].

In conclusion, we can say that we can see the correct development from the ontogenesis of the basic movement organs.

- Although flat feet (ploskostopia) in children does not seem like a serious disease, various complications arise. When he grows up, he cannot walk for long, gets tired quickly, and feels severe pain in his calves.

- In order to prevent flat feet in children, it is necessary to start the treatment from the first days of the child's birth. It is necessary to exercise the muscles of the child's feet and massage them lightly [66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,89,90,91,92].

-Do physical exercises every two hours and don't forget to take a small break after every 45 minutes of work in front of the computer.

Even if you play sports outside of work, don't avoid office fitness. A simple 15-minute workout in the morning after you get to work will keep you going throughout the day. It also makes your movements easier. It also improves the activity of all members of the movement and increases their work capacity.

Exercise improves blood flow to the brain by delivering oxygen and nutrients to brain cells.

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Use of species belonging to the Cossinellidae family and carnivorous beetles against pests.

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Abstract. The article provides information on the biology, ecology, food spectrum, breeding and wintering phases of the khanqizi beetles and some other predatory beetles. Also, many other primary parasites and carnivorous arthropods are represented in each field biocenosis, and their systematic family names are mentioned.

Key words: Hardwings, aphid, cicada, comstock kurti, phytonomus, moth, integration, objects, biocenotic, agrotechnical, entomophagous, acariphagous, microbiological, biolaboratory, trichogramma, apantels, bracon, coccinellid, tunnel, mechanization.

Enter. Coccinellids are insects belonging to the Sossinelliidae family of the Soleoptera family. Representatives belonging to the coccinellid family are widespread, and they are of great importance in eliminating dangerous pests on crops. Aphids, mites, worms, scale insects, phytonomus worms are among such dangerous pests.

The body of the beetle is round, the top is domed, the lower shoulder and the upper part of the wing are clearly domed. Eggs are yellow, somewhat large and elongated.

Coccinella beetles lay their eggs in clusters on various parts of plants near aphid colonies. Larvae hatched from predatory eggs and feed on sap. The newly hatched larvae sit in the eggshells (tightly pressed together) for some time, and as soon as they find nectar, they begin to eat it [1,2,3,4,5,6,7,8,9,10,11].

Young worms are not as mobile. As it gets older, it becomes very mobile and moves from ball to ball of sap. Larvae live four years. When it's time to pupate, the larvae cling to something with the back of their body.

Humps are less mobile, but when disturbed, they raise the front part of their body from the top and stand in a perpendicular position. The places where the mushrooms are grown can be different. Fungi are often located on the leaves or branches of plants on which the larvae feed. The beetle that emerges from the mushrooms forcefully gnaws the sap and begins to mate after 10-12 days, after a day or two it begins to lay eggs. Females do not lay eggs regularly. [12,13,14,15,16].

The maximum number of eggs (38-42 per day) is laid only 10-15 days after starting to lay eggs. The egg-laying period of females lasts up to 45 days. One female can lay 250 to 2900 eggs. Coccinellid beetles winter in mountains of different altitudes.

In the spring, it leaves the countryside much earlier. In the spring, they fly out of the countryside much more. The temperature and humidity of the air in rural areas are among the main conditions that cause beetles to become active.

The beetles that have left the village appear at the beginning of April or in the middle of April, that is, when the average overnight temperature reaches 12-15 °C. Depending on the quantity and quality of food and weather conditions, their additional feeding lasts 10-22 days. Then they begin to mate and lay eggs.

7-spotted beetles are the most omnivorous among carnivores. Each beetle eats 50 to 100 aphids a night, and the larvae are particularly nasty. As a result of a sharp decrease in the number of aphids in all places, in late July and early August, most of the beetles fly to the mountainous regions to hibernate.

Seven-spotted and variable *khanqizi* beetles are collected in Oktash, Khojakent, Khumson, Suvkok in the Tashkent region, i.e. at an altitude of 800-2500 meters above sea level. They are often singly, sometimes in groups of 15-20.

As soon as the autumn frosts fall, the beetles fly from their hiding places to the windiest places near the dams and to the mountains, where they gather in their thousands. Some of the balls collected in the village are located close to each other.

They usually overwinter in the same places every year, which allows the location of overwintering balls to be mapped. The most effective species of coccinellids in Uzbekistan include: 7-spot *khanqizi*, variable five-spot, 2-spot *semiadalia* and *brumus*. Other varieties are rare.

Wild shackles. Cockroaches belong to the Hemiptera family, which are incompletely developed. There are 7 families of *kandals* that live at the expense of other arthropods. *Orius albidepennis* Reut and *Orius niger* Wolff, belonging to the Antocoridae family, are especially important to this family [17,18,19,20,21,22].

These spiders, which are widespread and powerful, benefit by sucking the eggs and larvae of the spider mite. Each of these can feed on more than 100 eggs and larvae in a day. Apart from these, we can mention *nabius* - family Nabidae, and *mirids* - family Miridae. In addition to spider webs, predatory caterpillars feed on aphids, thrips, and small worms. Predatory caterpillars can even reduce cotton bollworm eggs by up to 50%.

In the form of a mature breed, predatory *kandals* hibernate under the remains of various plants and lead an active life from March to October. During this period, it gives 4-5 joints and significantly reduces the influence of many harmful insects and spider mites.

Cane-eating thrips. This incompletely developed insect belonging to the Thripidae family of the family of thrips or thrips is widespread in Central Asia and is one of the most effective predators that reduce the number of spider mites.

Adult female thrips are pale yellow in color with bulging black eyes. The tips of the eight-jointed whiskers are dark. Three dark gray spots on the front wings are characteristic of this predator. The front part of the head and chest is flat. The wings reach the end of the abdomen. The body length

of the female reaches 1.16 mm. The insect has egg, larval (2-year-old) pronymph and adult forms. It develops by giving 9-10 joints in one year. It is a specialized combination of a spider mite, and when the ratio to the pest is up to 1:20, it is noted to be effective in reducing its number by 81-98%. [23,24,25,26,27,28,29,30,31,32,33,34,35].

The most sensitive part of this insect is wintering. The insect is resistant to cold, usually most of it (except the pronymph) dies during the winter. The rest begins to develop together with the spider mite in spring (March-April) and regains its influence by autumn. This is helped by his extreme mobility and the fact that he is a coward. In one day, one thrips eats up to 50 forms of prey.

The Stetorus beetle is another effective specialized predator of the spider mite, belonging to the Coleoptera family of beetles. Grown-up beetles hibernate in the cotton fields in the surface layer of the soil up to 5 cm deep, under thick bushes, under the fallen leaves on the banks of ditches, in the crevices of fields and tree bark. In the spring, when the average ten-day air temperature is about 140 degrees, the peasants start to leave the village. This corresponds to the end of March and the beginning of April. Female beetles will need additional nutrition. Female beetles begin to lay eggs 10-15 days after hatching. They can lay up to 150 eggs individually in spider mite nests on leaves. The total required effective temperature for each joint of the stetorus is 360 0.

During the season, stetorus develops up to five joints. This beast is very greedy. The beetle and its larvae feed on spider mites. At the same time, first-instar larvae feed mainly on eggs, and adults feed on eggs and mature mites. One larva eats up to 800-1100 mites during its lifetime. In the spring, young larvae eat up to 50 mites a day, and in the summer up to 200 mites. Stetorus beetles will retaliate by feeding on spider mite eggs. They are much worse than larvae. An adult beetle lives for about two months and eats 8-9 thousand spider mites during this time. Experiments show that two larvae and three adult beetles can destroy more than 3,000 eggs and mites in five days. The most widespread period of stetorus in cotton is mid-summer (end of June - beginning of July). [36,37,38,39,40,41,42,43,44,45].

Predatory mites. Predatory mites are also important in reducing the number of harmful arthropods. Mites belong to 2 families of the arachnid class. 43 local species of predatory mites belonging to 11 families and 27 genera have been identified in Uzbekistan. Most of these species are mainly found in garden biotopes where insecticides are rarely used, and in grasses around field crops.

Predatory mites appear in nature at the end of April - beginning of May and attack the eggs, larvae and adults of herbivorous mites. 30-35 eggs and more than 20 spider mite life forms can be lost in one predator life. Predatory mites develop faster than spider mites and give more than 20 generations per year. The effectiveness is especially high when it is 1:8-10 against harmful mites.

Predatory flies. Belongs to two-winged or flies (Diptera). These insects are of great importance in agricultural entomology. Among the predatory flies, syrphids, syrphids, and silvery flying flies (serebryanki) are important in killing harmful organisms of crops. In addition to these, tachina flies, whose larvae enter the bodies of various insects and parasitize them, have a special place.

Wasps or flower flies are large, brightly colored flies that look like wasps or bees. We often see these insects flying or landing on plant flowers. We put up to 500 eggs of mature breeds in aphid colonies. Legless, pear-shaped larvae feed voraciously on plant sap.

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The size is 6-20 mm, the body narrows towards the front, the color is yellow, green, reddish, etc., it moves slowly and clumsily. During its life, each larva can attack about 200 aphids by molting twice. After maturity, the larva cocoons in its place inside a false pupa and starts a new instar after 2-3 weeks. In a year, different species develop from one to several joints.

Due to their rapid reproduction and abundant feeding, syrphid flies can be included among the ranks of very effective entomophages. Therefore, in the following years, research is being carried out on the artificial reproduction of these insects in biolaboratories and their use in greenhouses. [46,47,48,49,50,51,52,53,54,55,56].

Gallitsa. Small (2mm) these flies resemble mosquitoes. In the conditions of Uzbekistan, predatory gallica aphidomiza is widespread. Mature breeds of this insect appear in April-May, they hardly feed, they lay eggs singly or in small balls in aphid colonies. Eggs can develop only in the presence of high humidity. If the air humidity drops below 45% during the summer, larvae will not develop in the eggs. Therefore, these insects develop well in the mountainous regions of Central Asia and in the spring and autumn seasons, as well as in greenhouses.

Larvae (2.2 mm) are thinner, reddish-yellow in color, and can build 40-80 larvae in their lifetime. After completing development, it falls to the ground and becomes a mushroom at a depth of 4-5 cm. After 2 weeks, the new joint flies will begin to fly. In one year, it feeds on various juices and produces 8-10 generations. A method has been created to artificially breed these flies and use them against aphids in greenhouses.

Silvery hoverflies. There are more than 100 types of these. Species belonging to the Levokpis genus are especially important. The flies are small (1.5-2.5 mm), beautiful, with dark stripes on the upper side of the chest, and two spots on the middle of the abdomen. Mature breeds begin to fly in May-June. During the hot hours of the day, they are especially active and begin to lay eggs.

Females lay 50-70 eggs in an aphid colony. In 2-4 days, larvae emerge from them and begin to feed on aphids, "daydi" larvae of turtles and other small soft-bodied animals. Larvae move in a unique, wave-like way like walking worms. It ripens in 4-5 days and grows on the plant itself or in the soil. After developing for 10 days in a barrel-shaped, reddish false cocoon, it starts a new joint. It grows 3-4 times a year. *Tahina flies*. Because the flies belonging to this family are large and stiff, they are also called "yejemukhi" or hedgehog flies. Most of the taxina live as parasites on various insects. Fly eggs laid on leaves are eaten by worms along with leaf flesh. The larva of the fly hatched from such an egg eats the worm's body and becomes an adult.

Also, in each field biocenosis, there are many other primary parasites and carnivorous arthropods, of course, we cannot describe them all in detail, but we will mention their systematic family names: jujilices, braconids, aphidiids. , ichneumonids, ants, spiders, etc. Many of these together contribute to maintaining the balance of the natural environment. [57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,89,90,91,92].

Summary. The use of entomopathogenic microorganisms (bacteria, fungi, viruses, the simplest organisms) is of particular importance among the biological means used to eliminate harmful organisms. Several different biopreparations are produced by the microbiological industry.

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It is permissible to use other methods, including chemical control methods, in situations where specialized biological methods are not actively used to control sucking pests of cotton, such as spider mite, plant aphid, spider mite, and spider mite. Therefore, both methods should be combined and complement each other and serve the common goal of saving the crop with the effective use of natural populations of entomophages.

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**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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NATIONAL SPORTS GAMES

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Abstract : In this article, national sports games and development of national sports, which is considered one of the urgent tasks, and its importance are revealed. In it, the revival of the national sports games inherited from our ancestors for centuries, their development among the young generation, and the importance of holding competitions of various scales in the education of the mature generation will be widely explained.

Key words: national games, Olympiad, tournament, competition, national values, national traditions, result, skill, sports games.

It is known that the idea of a perfect human being has been a great dream of our people since time immemorial. For this reason, in our society today, great attention is paid to raising a healthy generation and bringing up well-rounded people.

As stated in the "Strategy of Actions" of the Republic of Uzbekistan for 2017-2021, the necessary measures should be established to create all opportunities for the young generation growing up in our country to grow up in all aspects, to become worthy successors who can take the future of the Motherland into their own hands. The role of national sports and games in the education of today's students is incomparable in the implementation of this great and honorable work [1,2,3,4,5,6,7,8,9,10,11].

From time immemorial, the world-famous wrestlers of our country have amazed everyone, the horsemen and women of the country have been spreading the word. Our scientists and philosophers, starting with our great grandfather Alisher Navoi, created wonderful and immortal works, wrote epics, and sang songs about them. Alisher Navoi's incomparably powerful image of Farhad, which is included in the treasure of world literature, is enough, or remembering the heroes of folklore masterpieces, Gorogli, Alpomish, Avazkhanu and Sherali, shows that the land of Turan has been a land of sheryurak and sherby . In recent years, the historical heritage of the Uzbek people - the national sport "Kurash" (hereinafter referred to as wrestling) and the national folk games, which have been revered for centuries as a symbol of courage, tolerance, nobility and honesty, have developed and become important in the education of the young generation . is coming Founded on September 6, 1998, the international association "Wrestling" today unites 129 national federations on five continents of the planet. In 2010, the international association "Kurash" received the recognition of the World Anti-Doping Agency, which is considered an important requirement for ordering inclusion in the program of the Olympic Games. At the 36th General Assembly of the Olympic Council of Asia held in Ashgabat on September 20, 2017, the national sport "Wrestling" was officially included in the program of the XVIII Summer Asian Games for the first time in history. The international association "Wrestling" and Uzbekistan are taking active measures to include wrestling in the program of international sports competitions and tournaments, and in the future, in the program of the Olympic

Games. Republican and international wrestling competitions and tournaments are held on a permanent basis. [12,13,14,15,16,17,18,19,20,21,22,23,24,25]

After Uzbekistan gained its independence, physical education and sports, like all other fields, were formed in the direction of a completely new status and are flying towards a higher peak. Sports games his own universality , frugality , beauty game content , big and small attention captivating _ _ h attack and h symbol combinations with our country in cities-villages , neighborhoods , weddings and on holidays , competition , health _ physical and spiritual perfection tool as service by doing is coming.

Last years inside our country h areas , even long village and in districts too more and more modern sports facilities set up done and the same today they are our children , our people in service activity showing is coming Day after day physical education and sports, including national sports _ and national mobile games national values as x appreciation , especially student - youth _ daily ha yo tiy either way _ _ is going Highlight preferably physical _ education and mass sports _ development with one in line , sports position to raise too priority importance is being directed . Year after year In our republic international and the world on the scale authoritative competitions transfer traditional events from the composition place is taking Uzbek athletes of Asia and the world and in Olympic competitions high to the results achieved , our country fame the world community in front of my praise reached is coming [26,27,28,29,30,31,32,34,35,36,37,38,39,40].

Struggle - from time immemorial nobility , bravery and honesty the symbol of our people one how many century to history have national - cultural of inheritance one part and priceless wealth is considered About the struggle first data Surkhan and Zarafshon oases , Ferghana valley , Sarmishsay in the gorges determined descriptive art samples reflection reached in artifacts-antiques , rocks and in the caves occurs . That's it to emphasize should be national sports equipment citizens , especially students _ young people and students between public color is taking Today's to the day until of the world many in countries struggle on more than 500 international tournaments was conducted . Our compatriots among 300 people more athletes struggle according to world , Asia championships and international of tournaments winner and prize winners was.

Our country directly support as a result "Wrestling" as an international sport wide confession done _ Like "fight " , " honest " , " bow " , " stop " and " side " . Uzbek in the language word and terms esa , international sports dictionary as in competitions referees by used it happened Uzbekistan Republic president Sh.M. Mirziyoev initiative with September 6 - National Day of Wrestling " as marked [41,42,43,44,45,46,47,48,49,50].

Today's in the day to us put task perfect a person in education too of national sports equipment place incomparable , yes as national sports _ _ in the younger generation through national pride and patriotism feeling consolidation as well in society healthy marriage style promote to do and on world sports fields high to the results in reaching family , neighborhood , education institutions , public information tools , it protection doer organizations , pedagogical personnel solidarity with work take positive if possible to achievements reach possible [51,52]. National people of games each in one our people culture , traditions _ _ and values special has been qualities own expression finds _ For example , " rope in the pull » game mutually collectiveness , harmony ; struggle regarding honesty , bravery ; riding in the competition dexterity , dexterity ; in the " hide and seek " game ingenuity , vigilance like traits is brought up . That's why for too teacher and coaches in training people games right choose them _ education - educational in terms of efficient organize to do necessary _ The game right choose and to the goal according to in the transfer is very important to the meaning have _ [53,54,55,56] Indeed , the people games the killers physically just make sure first of all , to them high moral education to give feature with too is characterized . Especially collective in the games of

participants « one person all for , everyone for one person » principle based on movement to do in students difficult in the situation mutually to each other help to show desire , each other shortcoming filling , tolerance , harmony and stickiness criteria decision finds _ « White poplar-blue poplar " , " Geese and swans » , « Strong and agile " , " Rope such as " pull " , " Kuvashmachok " . the games mother so games in turn input can _ "Durra", " Olib running away " , " Trinity ball stone " , " Hakkalakam condition " , " Two stones " , " Rooster battle " , " Kopkari " , " Donkey " Mindi " , " Beshtosh " games while students between mutually compromise , agreement , good goal around merger characteristics educates . In general during training _ people from the games use to the bottom the results showing :

1. Students to life has been interests is increasing .
2. In them creativity , to create relatively incentive is getting stronger .
3. Peers , friends respect do to them difficult in the situation help to give desire is waking up .
4. Pupils fair , honest , honest people to be getting used to it .
5. Regular with sports _ engage in not only lesson in training , but also in the family people from the games to use diary to training is turning [57,58,59,60,61,62,63].
6. Pupils between mutually friendly , kind , relationship environment surface to adults _ relatively respect to the little ones relatively honor with in relation to be skills is forming .
7. Own ancestors , national _ values of our people great the past and courage with to be proud feelings is forming . [64,65,67]

Of this for :

- family in the environment our children national people to the games prepared let 's go to them this of games useful sides our explanation necessary ;
- at school training , class except at events teacher and coaches by national people games to play high level attention focus need _
- national people games different forms of students _ desires and to their research according to without organize to be done it is necessary

In this, the first in turn, theirs spiritual to maturity big attention is being directed . After all, it is not a secret that it is spiritual and enlightened only human a person value knowledge , national and universal values essence realize to reach , freely and free in society living independently _ of our country the world in the community to himself worthy place take over always healthy for to be , dedication with fight take enable gives [68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,89,90,91,92].

Summary by doing so to speak , in our country grow up of the next generation each bilaterally perfect adult their arrival _ Homeland perspective own into his hand take who knows worthy successors to be for all opportunities not created and them harmful from habits save current matter is considered Also healthy _ generation in education people from the games high level use their different appearances education to the process deep app to do expected pedagogical results gives _

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FORMATION OF MOTOR CULTURE OF STUDENTS IN THE LESSONS OF RHYTHMIC
GYMNASTICS

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Annotation. The article shows the theoretical substantiation and practical development of the pedagogical system for the formation of students' motor culture by means of rhythmic gymnastics.

Keywords: Physical abilities , physical exercises , physical development , *motor culture* , emphasis .

The theory of physical culture is a relatively young, not yet fully formed area of knowledge. In this regard, an interdisciplinary study of the interrelated concepts of "culture", "physical culture", "movement", "motor activity", "motor culture" in the context of the professional and personal development of students was carried out in the work.

In modern society, culture becomes a central, fundamental concept, since culture is a social phenomenon unique in its complexity, forming a single whole with the most important social events and processes most important for a person.

The original concept of "culture" was associated with the purposeful impact of man on nature, primarily with agriculture. Later, they began to designate the results of the upbringing and education of the person himself. In the modern sense, the concept of "culture" began to be used in the XVIII - XIX centuries.

Although physical culture has as long a history as society, the term appeared only at the end of the 19th century. and, like the more general concept of "culture", is far from unambiguous. In various sources, the phrases "physical abilities", "gymnastics", "physical education", "physical training", "physical education", "physical exercises" were used. Based on the characteristic of the XIX century. understanding of culture as a whole as a process associated with the cultivation of something or the education of someone, the expression "physical culture" appeared in the USA and England [1,2,3,4,5,6,7,8,9,10].

In Uzbekistan, the emergence of the term and the formation of the concept has gone from the concepts of "physical development", "body culture, beauty and strength" to the concept of "physical culture". Now physical culture is understood as a kind of culture, which is a specific process and result of human activity, a means and a way of physical improvement of a person to fulfill social duties.

Physical culture performs a number of important functions in the life of society: developing, educational, educational, health - hygienic and general cultural.

Depending on the development of general culture, physical culture, as one of the areas of culture of society and a person, takes certain forms and is filled with appropriate content. At the same time, the cultural and historical reality is such that, despite the differences in physical cultures, peoples and generations are constant , they cultivate (develop and improve), store (in oral, written and other forms), transmit (sometimes directly by inheritance) a variety of knowledge and skills accumulated by them, "patterns" of movements and motor actions created by them, which include the technique of performing movements , posture, expressiveness, dynamism, tempo, rhythm of movements, plasticity , elegance, lightness [11,12,13,14,15,16,17,18,19,20,21,22,23,24,25].

Physical exercises are a universal means of restoring lost motor skills and strengthening the physical condition of a person. In this regard, the role of physical education as a process of improving motor skills, as well as the formation of a healthy lifestyle of the younger generation in Uzbekistan is of particular importance. Sufficient physical activity is a necessary condition for the harmonious development of personality.

Physical culture and the process of forming a healthy lifestyle among students is currently going through a very important period. Optimal physical development and preparedness, good health and working capacity form the basis of a creative attitude to mastering the professional skills of future specialists.

Systematic rhythmic gymnastics included in the mandatory educational process of physical education at the university, increase the level of physical fitness, emotional state, development of skills to move easily and beautifully [26,27,28,29,30,31,32,33,34,35,36,37,38,39,40].

The purpose of physical education in the university is to promote the training of harmoniously developed, highly qualified specialists. Physical education in higher educational institutions is carried out throughout the entire period of students' education and is carried out in various forms that are interconnected, complement each other and represent a single process of students' physical education.

Now we will consider the vocabulary - semantic aspects of training sessions, which perform various functions at different stages of training. The speech impact of a teacher on his students is a subtle and complex system of contact. With the help of the word, the teacher performs many functions that make up his constructive, organizational and other aspects of activity, and also establishes relationships with students, communicates with them [41,42,43,44,45,46,47,48,49,50,51,52,53,54,55]. The word activates the entire learning process, as it contributes to the formation of more complete and distinct ideas, helps to comprehend more deeply, more actively perceive the educational task. Through the word, the student receives new knowledge in the field of physical culture, concepts and their terminological definition, which largely determines his attitude to physical education in general and to the studied movements in particular. First of all, we see the following schematic series of pedagogical statements [56,57,58,59,60]:

1. General organizational management appeals.
2. Messages about the content and tasks of the lesson.
3. Commands to perform certain exercises.
4. Emphasizing a specific requirement for the performance of physical exercises (technical, expressive, and others).
5. Indications for mistakes made by those involved .
6. Discussion of the aesthetic side of the performance of motor actions.
7. Encouragement of students' attention to the details of movements, to their expressive potential.
8. Commenting on the integrity of the complex of exercises, the unity of execution and an indication of the costs involved in this regard.
9. Recommendations for the preparation for the competitions.
10. Councils for behavioral appearance, appearance.
11. Discussion of new movements, elements, creative development of the complex.

12. Warnings about avoiding injuries, offering practical advice and recommendations for healing injuries.
13. Recommendations for the regime of the day, nutrition.
14. Selection of musical accompaniment, discussion of its compliance.
15. Encouragement of an analytical approach to the implementation of exercises, activation of independence.
16. Recommendations of the "homework" type.

An analysis of modern pedagogical literature and research in the field of education and training allows us to speak about the urgent need for an innovative update of the educational process in physical education [61,62,63,64,65,67,68,69,70,71]. One of the ways to improve the educational process at the university in order to form the motor culture of students is to include rhythmic gymnastics complexes in the system of their physical training, which are related to aesthetically rich exercises, to technical - aesthetic sports, where the beauty of movements (elegance, grace, harmony) serves to determine the levels of the formed culture of movement.

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TEACHING ATTACK TACTICS TO FOOTBALL PLAYERS

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Abstract. This article covers information on training players in attacking tactics and related technical-tactical training.

Keywords: attack, movement without the ball, receiving the ball, carrying the ball, movements with the ball, passing.

Attack tactics means organizing the actions of the team in possession of the ball to conquer the opponent's goal. The diversity of the structure of the attack, the change of the pace of the attack, the change of the direction of the main breakthrough, finally, the one-on-one fight, the variety of technical methods - all this puts the defenders in an extremely difficult situation trying to destroy the attack.

Attack actions are divided into individual actions, group actions and command actions.

Individual tactics

Individual tactics in attack are actions of a player with a specific goal in mind, his ability to choose the most appropriate of several opportunities available in this game situation, when the ball is in his team, the player's ability to avoid the attention of the opponent, to find space to play for himself and his partners, and to appear it means that he can do it, and if necessary, he will win the fight with the defender.

Moves without the ball

Actions without the ball consist of: opening, distracting the opponent and creating a surplus of players in some part of the field [1,2,3,4,5,6,7,8,9,10,11,12].

Opening is a change of position of the player in order to create favorable conditions to receive the ball from his partners. In order to open skillfully, the attacker must be able to judge very well how comfortable this or that situation is. Getting to the most favorable position in time may depend on the quickness of the attacker and the defender playing against him, the movement of partners and other factors. Success depends to a large extent on how quickly the attacker can get to the receiving position and how he moves after receiving the ball.

Attackers mainly maneuver around the field and move without the ball. Maneuvering is a repeated change of position by a player aimed at opening up and distracting the opponent. The result of all the actions, how the game ends, depends on how many players choose the right position, and how many of their partners "offer" themselves to the player, not neglecting the ball [13,14,15,16,17,18,19,20,21,22,23,24,25,26].

In all cases, the player must follow the following when choosing a position:

1. Opening rival for unexpectedly and cat at a speed of t a execution to be done need _ This from the defender moving away , the ball get for known level from time swallow enable gives _

2. Opening yet the ball untouched partners movement making it difficult not to put it is necessary

3. The ball occupied to the player excess approaching to go recommendation is not possible - this attack development slowing down puts

4. « From the game out very careful not to stay to be necessary The opponent distraction is individual action to partners for comfortable conditions by creating to give of the player in goal d movement. The guardian following leave in order to known to the zone fake move go, or the player who has the ball, or to the gate directly risk put for comfortable in position standing partner's easily movement to do providing to give is a good maneuver. The ball is on the 8th player, the 9th and 7th forwards are left towards moving and guards following they go, 2nd wing protector to attack easily the addition of for the zone open they laugh. This at the time of the field the gate conquest reach the most comfortable has been to the part the ball transmission very good for chance surface will come The more actively the players of the team controlling the ball maneuver, the more different combination options can be used in the development of the attack, and the successful completion of exactly one attack will be more certain. How tactically literate an individual player is, as well as the team as a whole, can be said by looking at his maneuvering.

Actions with the ball

The main options for the actions of the ball-handling player are carrying the ball, passing, shooting, passing and stopping.

All technical actions of the players are analyzed in detail in the "Game Techniques" chapter. Here we will limit ourselves to giving some recommendations about which move is better to use in different game situations [27,28,29,30,31,32,33,34,35,36,37,38,39,40].

Carrying the ball. This tactic is best used when the ball's partners are blocked by the opponents and it is not possible to pass the ball. In such a situation, the player must start moving the ball lengthwise or crosswise on the court for the following purposes:

a) to create an opportunity for his partners to open, as well as for one of them to pass into the attack zone. In this case, the movement should not be fast so that there is enough time for partners to move to new positions;

b) creating conditions for oneself to directly threaten the opponent's goal. In this case, the ball is carried at maximum speed to make it difficult to see clearly. In addition, in order to immediately take advantage of the convenience of the position of the partners, the player controlling the ball must carefully monitor their movements.

It should always be remembered that the player without the ball runs faster than the player with the ball: therefore, it is better to carry the ball only if there is no possibility to pass it. Holding the ball too much slows down the progress of the attack and makes it difficult for the partners, because they are forced to change positions again after getting into the ball position and not receiving the ball.

Go around. Passing, that is, the actions of the ball-handling player to win the fight with the opponent, is an important means of individual transition from the defense. The more diverse and effective the circumvention methods are, the more dangerous the attack becomes.

There are the following types of bypassing: bypassing by changing the speed of movement; go around by changing the direction of movement; acts of deception (feints) [41,42,43,44,45,46,47,48,49,50,51,52,53,54,55].

feints is the most effective way to fight in the relatively fast conditions of the playing field. There are following types of feints:

1. Feint by striking. The player with the ball, approaching the defender, 4 pulls his leg back as if he is going to kick the ball to the opponent. The opponent is so focused on the shot that the

player usually misses it quickly. This trick is only used when there is space next to the defender. Otherwise, the attacker faces the defender next to the defender who is fighting him.

2. Feint by running away. The attacker with the ball goes straight to the defender. When the 2nd 3 distance is reached, the attacker moves as if to go to the left, and then tries to go around the right side of the defender at maximum speed. This type of pass can be successfully used anywhere on the field and in different game situations.

3. Feint while stopping the ball. The player with the ball slows down a bit when he sees that the following defender is catching up. With 1.5 2 distance remaining, the attacker stops the ball, and then resumes movement at maximum speed in the same direction as before [56,57,58,59,60,61,62,63].

Feint turning around of transition common principles. Around transition two from action - fake and true actions consists of will be This is a fake act protector at the speed » execution , that is feint the opponent must " see " , otherwise it is fake to action attention giving , mostly according to can't make it . However , the striker opponent fake in the direction resistance to show forced to reach , therefore , by turning to pass continue carry on for necessary direction release to receive intended movement does _

A feint is possible as long as natural to be is necessary , that's all protector in progress of action really that it is believes _

From the defender turning around win received after the ball body with blocking take, opponent the ball take can't get to the situation transition it is necessary.

Around from passing goal him demonstration just doing it consists of not to be need _ Around transition everyone time blow give, ball transmission, of the field some in the part amount superiority harvest to do and etc for comfortable conditions create enable giving tool being stay it is necessary.

Around to pass opponents' penalty area and to him near in places used ok _ of the field medium in the part and especially in his own penalty area turning around to pass less apply recommendation will be done, because in this placed each how the ball own gate for dangerous being remains [64,65,6,7,68,69,70,71].

D wife intended blow to give This all attack actions done increase the most main tool is considered These " ultimate " actions are tactical skillfully if not used , of the team win to exit directed all attempts zoe goes

The gate intended blow to give of tactics common basics:

1. A blow to give before of the goalkeeper position skillfully evaluation and his good saw actions know (he ball which from the side iladi - from the left or from the right or from the ground? or from the air - good need to know)

2. Concrete game to the situation looking blow to give method right choose it is necessary

3. Execution character (strength , accuracy , distortion , reduction and etc.) in terms of in this very situation laugh has been from the blow use necessary _ The shot should be as unexpected as possible for the goalkeeper (the shot is given without preparation, without pre-adjustment, towards the most difficult place to hang the goal, etc.).

4. It is better to pass the ball to a partner who is in a grayer position to score a goal.

5. Player different in methods blow to give to know need _ The gate aimed head shot to give to know extremely important because _ the ball referring when transmitted the attack to complete for it's quite a lake will come

Summary hanging that's it to say OK, the ball transmission two of the player one to the second one the ball directing mutually cooperation become _ _ this individual and in football group actions between _ intermediate link _ will be To whom , when and how by doing the ball passing on to give

the issue solution doing as well as this the goal done increasing player 's individual skills demonstration does _ At the same time the ball transmission two or three of an athlete together actions done increase tool is considered.

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Means and methods of forming a positive attitude among students to physical exercises

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Annotation. The article shows the importance of forming a positive attitude towards physical culture among students, but by no means by force, but by educating their cognitive interest and convincing them of the need for physical exercises.

Key words: physical culture, physical exercises, method, means, learning process.

The main means of physical education is *physical exercise* . - *this is a motor action, specially organized to solve the problems of physical education in accordance with its laws.*

Exercise means the repetition of an action in order to influence the physical and mental properties of a person, so physical exercise can be considered as a specific action and as a process of repeated repetition. Not every movement is a physical exercise. You can often come across an erroneous opinion when the motor load when cleaning the house, in the garden, in the garden is considered as a substitute for physical exercises. Therefore, it is necessary to point out the distinguishing features of physical exercises from labor or other motor actions.

Firstly, when performing physical exercises, a pedagogical task is solved, aimed at the physical improvement of a person, and a labor motor action solves a production task aimed at the subject of production activity.

Secondly, physical exercises are performed in accordance with the laws of physical education, and labor motor action in accordance with the laws of production [1,2,3,4,5,6,7,8,9,10,11,12,13,14].

Thirdly, labor motor actions can positively influence the physical development of a person, but only complexes of physical exercises create opportunities for the development of all organs and systems of the body in an optimal ratio.

As additional funds natural _ factors (sun, air and water, their hardening effect) and hygiene factors (personal and public hygiene - daily routine, sleep hygiene, diet, mode of work, body hygiene, sportswear, shoes, places of work).

The greatest health-improving and developing effect is provided by their complex interaction.

In physical education, two groups of methods are used: general pedagogical and specific.

1. General pedagogical methods include:

- Methods of using the word: story, explanation, conversation, analysis, task, assessment, indication, command.

- Methods of visual perception: personal demonstration of the coach; demonstration of posters, cinematographs , drawings, films; light signaling; sound signaling (for correction of tempo, rhythm, amplitude of movements).

2. Specific methods of physical education (practical methods of application of exercises, used only in the classes of physical culture):

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- Methods of strictly regulated exercise.

They provide optimal conditions for learning motor actions and developing physical qualities and include:

- a) a firmly prescribed program of movements (composition of movements, the order of their repetition, connections with each other);
- b) the exact dosage of the load (in terms of volume and intensity) and rest;
- c) the creation or use of external conditions that facilitate the management of the actions of those involved.

- Methods of partially regulated exercise. The main ones here are *game and competitive methods* [15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30].

The game method in physical education is realized mainly through outdoor games and sports games. Sports games are the highest level of outdoor games. Signs of the game method:

- pronounced elements of rivalry and emotionality;
- high requirements for creative initiative in movements;
- lack of strict regulation in the nature of movements and their load;
- a complex manifestation of various motor skills and qualities;
- variability of conditions of wrestling and conditions of performance of movements.

The main defining feature of competitive method - a *comparison of forces in conditions of rivalry, struggle for superiority or high achievement*. The competitive method can act as an independent form of organizing a lesson (official competitions, control and credit standards) and as a way to stimulate interest in classes when performing individual exercises - Who is higher? Who is stronger? Who quickly?

The competitive environment leads to a significant change in *the functional state of a person* - there is an adjustment to a new, higher level of motor activity, a greater mobilization of the body's resources. At the same time, objective indicators change: heart rate increases *to 130 - 140 beats . / m in.*; at 2 - 2.5 times the oxygen consumption increases; increased body temperature and blood pressure; increased sweating [31,32,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49].

All this enhances the effect of exercise. Therefore, the impact of the same physical exercise will be different, depending on where it is performed - in training or in competition.

There are three stages in movement training:

1. Initial learning involves familiarization with the movement, the creation of a semantic and visual representation of it and the method of its implementation, the holistic execution of the movement at the level of the initial skill, the correction of gross errors.
2. In-depth learning involves clarifying the details of the movement technique, performing an action while controlling its spatial, temporal and dynamic characteristics, and eliminating minor errors.
3. Improving the movement involves bringing the skill to the level of skill.

A motor skill is understood as such a degree of mastery of the technique of movement, in which the control of movements occurs automatically, without control by the human mind, and is characterized by high reliability of performance in changing and becoming more complex situations.

At the same time, in the process of teaching technical skills and abilities, the method of learning the exercise in parts and the method of learning the exercise as a whole are used.

The method of learning by parts provides for the initial study of individual parts of a motor action with their subsequent combination into the necessary whole.

The ability to break down an exercise is a necessary feature of the piecemeal method.

The method of learning an exercise as a whole provides for the study of a motor action in the form in which it should be as the ultimate task of training.

When choosing a teaching method, one should proceed from the rule: "Integral - if possible, with dissection - if necessary." That is, if the exercise is coordinatively not difficult or difficult, but it cannot be divided into parts (for example, a jump into the water), then it is learned in its entirety. If the exercise is complex and it is possible to break it into parts, then here it is necessary to use a method of learning an exercise in parts with subsequent connection into its holistic implementation [50,51,52,5,3,54,55,56,57,58,59,60,61,62,63,64,6,5,67,68,69,70,71].

Physical exercise has a beneficial effect on the current functional state of the body, normalizes it and thereby contributes to the creation of a functional "background" of life. They should be considered as a component of a healthy lifestyle.

Owning and actively using a variety of physical exercises, a person improves his physical condition and fitness, improves physically. Physical perfection reflects such a degree of a person's physical capabilities that allow him to realize his strengths to the fullest extent, to successfully participate in the social and labor activities necessary for society and desirable for her.

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THEORETICAL FUNDAMENTALS OF SPORTS EXERCISES

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Abstract: In this article , the main goal of the reforms being carried out in Uzbekistan is to create a healthy and well-educated generation in our country with high spiritual and moral qualities. Because physical education and sports play an important role in the growth and healthy development of young people. A healthy person develops self-confidence, perseverance, skills and qualities of being able to finish what he has started. The article examines sports activities.

Key words: wellness, training, mature generation, physical education, sport, human health, physical training, sports psychology.

In the development of sports, a coach in sports activities should have an understanding of the theory . It is known that the theory of ustanovka was elaborated by the Georgian scientist D.N. Uznadze . According to its definition , ustanovka is the subject's readiness to perceive an upcoming event and perform an action in a certain direction, which is the basis of activity chosen for the purpose. There must be 2 elementary conditions for the origin of Ustanovka : that is, the need arises in the subject and the situation occurs to satisfy this need. Thus, the condition of coming together of the need and the situation leads to the formation of an institution in the subject. At the same time, it gathers the necessary mental processes and directs the activities performed by a person (including some actions).

Ustanovka includes a future action algorithm that predetermines the behavior of a person to be performed. Ustanovka is not the state of individual organs of a person, but the mental state of a whole person. The content of this mental state consists of certain knowledge about how to act in the situation [1,2,3,4,5,6,7,8,9,10].

physical education and sports in our republic, to attract all layers of the population, especially young people, to regularly engage in physical education and sports, the Republic of Uzbekistan "On the wide promotion of a healthy lifestyle in Uzbekistan and the involvement of the population in physical education and mass sports" Decision No. 65 of the Cabinet of Ministers was adopted. This is to constantly take care of the health of the nation - the healthy worldview, physical and spiritual-intellectual health of the population of all ages, to contribute to their well-being and health, to train them with sports, to incorporate physical education and sports into their daily lifestyle [11,12,13,14,15,16,17,18,].

As a result of fitness training, not only the strength of the body increases, but also the possibilities of its thinking expand. Physical and mental maturity is infinite and limitless, and slow or fast pace depends on everyone's aspiration, hard work, patience, and will. "There are processes that are considered important for the comprehensive development of sports training and for popularizing the important aspects of training. The main focus on sport and its popularization is being formed on the basis of humanity's responsibility to society. At the same time, special importance is attached to physical culture and "Peace of mind", which is one of its important stages. The fact that the main task

of young athletes begins with paying attention to peace of mind is a vivid expression of this" [19,20,21,22,23,24,25,26,27,28]. Sports training is a pedagogical phenomenon, aimed directly at achieving high sports results with the help of a system of training methods, and is a specialized process of physical education. It is important to note that sport is not a single goal from the point of view of pedagogy, it is a means of education, health and preparation for life. "It is clear from the world experience that in the teaching of theoretical knowledge of any field, in the formation of practical skills and qualifications, the level of scientific development of the concepts and terms of this field and their appropriate and understandable use directly depends on the level of knowledge and literacy of the population in this field. The field of physical culture is no exception. Because physical culture is also very rich in its own concepts and terms. L. B. Bankevich stated that sport is one of the complex conversational topics in terms of its specific terms and their abundance " [1, D. N. Uznadze's teaching is based on the illusion of perception, that is, by applying balls of different sizes to the examinee's two hands up to 15 times, and then to balls of the same weight If it is replaced, it has been noted in the studies that the examinee has a violation of the perception of spheres, that is, an illusion. D.N. Uznadze called this phenomenon ustanovka and qualified this phenomenon as an unconscious mental process . It has been proven that such a phenomenon (ustanovka phenomenon) is manifested in various other conditions . According to A.S. Prangishvili, ustanovka appears as a generalized structure, which means ustanovka's internal structure, dependence, sequence of behavior, stability of individual activity [29,30,31,32,34,35, 36,37,38,39,40,41].

Ustanovka is an integral part of the structure of the target movement, without which it is impossible to manage the activity at all. In the studies of D.N. Uznadze and his students L.S. Prangishvili, V.G. Norikidze, I.T. Bjalava and others, the phenomenon of ustanovka is not only in perception, but also in other mental processes, thinking, imagination, personal relationships, in the behavior of a person, i.e. the environment it has been determined that it appears in the environment, under similar conditions.

against the background of the origin of various illusions of weight, colors, motion and various other illusions. I. T. Bjalava using the electroencephalography method, T. D. Djavlishvili and A. M. Avalishvili confirmed in experimental studies that the illusion originates from the central nervous system during the study of the biocurrents of the muscles during the illusion.

Sh.A.Nodirashvili, A.V.Chhaidze, G.M.Merabishvili and M.V.Tomeishvili found in their studies that without any fixation, every goal-directed movement is subject to the effect of ustanovka as a result of reversal [42,43,44,45,46,47,48, 49,50,51,52,53,54,55,56,57].

I. T. Bjalava came to the following conclusion as a result of studying the law of voluntary actions by the myographic method. When a specific motor action is established, then the sensorimotor activity of a person is performed based on this assumption. According to Sh.N. Chkhartishvili, all kinds of different institutions are included in one category according to their important features. These include the following:

1. demonstrate a ready-made reaction system through experiment;
2. to be in the form of disposition;
3. activation under the influence of created situations or similar situations;
4. the influence of its content on the direction of consciousness in this situation.

Ustanovka is an integral part of the target movement structure, without which it is impossible to manage the activity at all. In the new device, the explosive movement leads to the formation of ustanovka in the athlete as a result of the development of the ability. Based on the theory of Ustanovka, the exercises performed during training should be performed only precisely. Because every action is based on right or wrong action. Therefore, when similar conditions appear during the

competition, the athlete may make a wrong move [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].

Taking into account the above, during our experimental examination, explosive movement ability is formed as a result of training, and explosive movement in training and competition conditions finds its place in situations of manifestation. "As a result of the development of explosive ability, it leads to the formation of ustanovka in the athlete. Based on the theory of Ustanovka, the exercises during training should be performed only precisely. Because every action is based on a right or wrong action". Therefore, when similar conditions appear during the competition, an athlete's wrong action also appears.

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Pedagogical technology in professional-practical physical training of students of the faculty of military education

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Summary: The article examines the issues of introducing pedagogical technologies for professional-practical physical training into the educational process in the training of specialists in military education before conscripts in the faculties of military education of higher humanitarian educational institutions.

Key words and phrases: pedagogical technology, innovation, tool, modular teaching, military skills, professional education, motivation, dynamics, program, block.

The fundamental task of the higher education system is to fundamentally improve the higher education system, to fundamentally revise the content of personnel training based on the priority tasks of the country's socio-economic development.

One of the urgent problems of pedagogy at the modern stage of the development of public education of the Republic of Uzbekistan is the training of highly qualified scientific and pedagogical personnel for all levels of the educational system. It assigns responsibility to the pedagogical team of specialized faculties for the formation of deep knowledge and practical skills in students for their future professional activities, and sets great demands on specialists in military education.

According to many authors, the monitoring of the maturity of the professional-pedagogical skill of a military education specialist before the next call-up has shown that he reaches the necessary level of improvement after 7-8 years of pedagogical activity in educational institutions.

Progressive changes taking place in society advance various components of professional education, its structure is improved, new innovative teaching technologies, methods and forms of educational content implementation are introduced. Undoubtedly, special order higher educational institutions are tasked with developing effective methods of training in the educational process that lead to the improvement of the quality of professional knowledge, qualifications and skills of military education specialists during the specified study periods until the next call [1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18].

In professional-practical sports, including in the military profession, the effect of an integral emphasis on the development of movement and closely related abilities is clearly visible. If the

subject of sports specialization has a significant commonality with professional activity, both in terms of the quick composition of movements and in terms of the nature of demonstrated abilities, then the intended sports improvement can have a correspondingly positive effect on professional activity. It is this professional-practical sports that is the determining factor.

A full range of information is necessary for a teacher of military education, because he needs to organize his professional activity on the basis of theoretical and political knowledge in the field of military technology, military doctrine and informatics, and show high creativity in various areas of professional activity determined by the knowledge and information reserve.

The professional-pedagogical orientation of the teacher unites his ideals, interests, material self-interest and demonstrates his professional level based on the real possibilities of matching the personal qualities of the teacher, the requirements of the educational process.

The practical activity of the pre-service military education teacher in training teenagers to serve in the Armed Forces relies more on the study of the general states of the theory of cognition and the movement of people around them. In studying the advanced experience of practical work with pre-conscription age, based on the theoretical foundations of pre-conscription military training, the general conditions of training and upbringing, psychological preparation are formed, and the effective model, algorithm and technology of the upcoming military service are described.

It is known that the subject of "Military education before the draft" forms and develops high will-psychological, intellectual, physical and combat qualities, military skills, which are necessary for training and education, the laws of psychological training, and high combat readiness [19,20,21,22,23,24,25,26,27,28,29,30,31,32,34,35,36,37].

The main pedagogical tasks in the training of specialists in military education before the draft include:

- to study the essence, laws and features of the pedagogical process;
- taking into account the changes in the life of society and the Armed Forces, creating an effective concept of educating students of the specialized faculty;
- development of teaching and training processes, forecasting of voluntary and psychological provision of daily and combat activities in the future;
- to justify the content, methodology and laws of self-improvement of students and to create conditions for their motivation and interest;
- development of the theory and practice of formation of the pedagogical culture of a military education specialist before the next call.

The methodological basis of pre-draft military education is the regulation on the role of the will-psychological factor in the Armed Forces and the essence of training.

In the process of training specialists in military education before the draft, the main tasks are distinguished:

- creating conditions for self-realization (showing) of students in terms of physical training;
- introduction of innovative technologies of education and upbringing into the educational process.

It was determined that the nature of the future profession largely determines the content of professional-practical physical training of students. In order to correctly select and use professional-practical physical training tools, the specialist needs knowledge about the level of physical load in the process of his upcoming work. It is important to recognize that the model program requires sufficient emphasis on professional physical training of students.

Based on the requirements for the modern pedagogical technology of teaching, it is recommended to introduce additional sections of health-oriented physical improvement, sports-health and practical movement improvement into the pre-draft military education program.

We would be wrong if we believe that only exercises that are similar in form of professional activities serve as suitable tools. As a means of professional-practical physical training, they need to have a deep understanding of its essence in an attempt to bring physical culture closer to labor practices through simple imitation of physical exercises [38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55].

The reasons and circumstances necessary for the introduction and further improvement of vocational-practical physical training in the vocational education system are as follows:

1. The time required to master a professional skill depends to a large extent on the level of functional capabilities of the organism and the level of development of physical abilities, the variety and improvement of movement skills and skills acquired by them.
2. Stability of the physical condition, without it, health and effective formation of the human body cannot be realized, therefore, the high efficiency of any professional activity remains an important part of the stability of the physical condition.
3. Social and scientific-technical growth forces the specialist to constantly develop professional skills and abilities, which are considered an integral part of his physical improvement.

According to the results of the comparative pedagogical experience obtained during our research, it is appropriate to conduct training in the form of two annual cycles based on the professional-practical physical training program developed and introduced into the educational process.

Scientifically based professional-practical physical training program, its goals and tasks ensure the correct choice of methods and means of physical improvement of students during their studies. In accordance with the requirements of the physical training program, during the training of the students of the faculty of military education, the department of professional-practical physical training is divided into two separate annual cycles. Here, general physical training aimed at increasing movement readiness is carried out in the first phase, and in the second phase, the cycle consists of 4 blocks. The first block is focused on the development of general endurance.

The first block is focused on the development of general endurance. Modular training implies a methodical management of various activities of professional activity and a process of pedagogical technology that includes information and teaches the ability to work independently with the proposed program.

The second block is focused on the development of strength and power endurance, and the time allocated to this block is 70% of the total volume. Duration - 1 month or 4-week microcycle.

The third block is focused on the development of quickness and speed qualities, and the hour allocated to this block is 80% of the total time. The duration is 1.5 months or 8 weeks microcycle.

The fourth block is focused on the development of movement coordination and agility and is 70% of the total time allocated to this block. The duration is 1.5 months or 6 weeks microcycle.

For students of the III and IV stages of the Faculty of Military Education, sports-practical physical training was mainly used. It is based not on deep specialization in one sport, but on comprehensive sports training, which ensures the formation of comprehensive professional-practical skills and competencies, as well as comprehensive physical fitness.

Among the modern technologies, the technology of modular-targeted approach to the organization of sports-practical training is of particular note. Such an approach implies the creation of different teaching models according to the level.

The purpose of physical training is to form young men's physical and psychological readiness for successful implementation and use of physical capabilities, fighting methods, and to ensure high work ability during military service [56,57,58,59,60,61,62,63,64,65,66].

Based on the dynamics of student training indicators, model descriptions of training in basic sports disciplines were developed in the III and IV stages. Then, the appropriate growth sizes of the load, the structure, content, methods, forms of KAJT, that is, the model of the KAJT process, were determined. This model ensures the realization of the goal. The main composition of the general and special preparations was regulated and the dynamics of their effect was modeled according to the periods and stages of microcycles.

According to the structure of the educational process, two preparatory microcycles were divided. They corresponded to academic semesters in duration. Each microcycle consists of three blocks - mesocycles with a strong training effect lasting 6-8 weeks.

The first block-mesocycle (supplementary, special-training) is directed to the development of basic qualities (aerobic endurance and maximum strength), mastering the basic elements of the technique.

The second block - mesocycle (modifying, special training) is aimed at developing students' strength endurance and increasing the level of technical and tactical training.

The third block - mesocycle (executive) is intended for the improvement of special work ability and demonstration in the conditions of direct structural - combat training, training - combat practice [67,68,69,70,71].

The optimal ratio in the development of these qualities ensures high performance in various military activities. The clear duration and consistency of block mesocycles implies a smooth transition from priority use of one load to intensive use of another .

In the first and second stages, a block-module system consisting of four blocks aimed at developing general resilience was introduced, and in the third and fourth stages, a block system consisting of three blocks (supplementing, transforming and implementing mesocycles) was introduced, and it was tested during pedagogical experience and its high efficiency was proven. At the same time, the performance indicators of the students of the experimental groups at all stages improved reliably: the improvement of the results by stages in the 100 m run was 2.2-5.7%, in the long jump - 4.20-16.7%, and in the horizontal bar - 19.2 33 3000 M_ ,4-37.5%, 20.8-25.6% in pull-ups on the horizontal bar, 4.2-12.9% in the 10x10 m shuttle run, 9.1-21.2% in hanging legs on the horizontal bar formed

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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 .

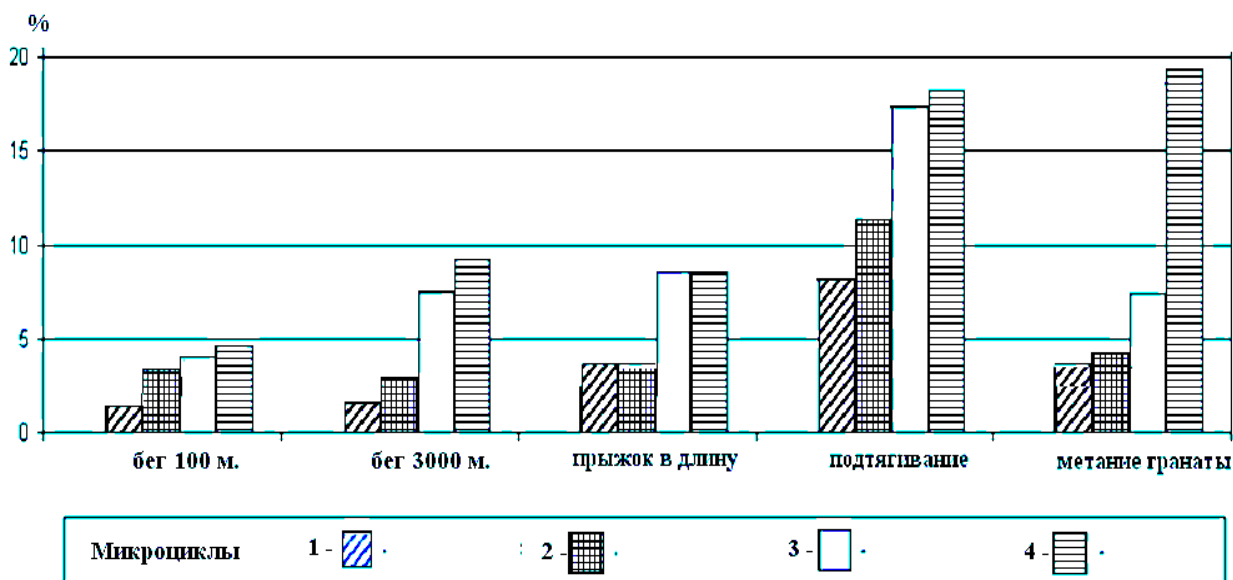
The purpose of this study was to experimentally substantiate the methodology of physical education classes with an emphasis on the development of professionally necessary motor qualities in students during short-term summer field training camps lasting one month and conditionally divided by us into four 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 ± 0.7 seconds, the control distance in 13.4 ± 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 ± 0.6 sec. (3.0%), ($p < 0.05$), with subsequent improvement to 12.9 ± 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 ± 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 ± 1.5 minutes, in the control - 13.0 ± 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 ± 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 ± 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 ± 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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QUICK ATTACK AND DEFENSE TACTICS IN FOOTBALL PLAYERS

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Abstract: Football game during surface of upcoming tactical tasks most of them combinations by means of solution will be done . Combination is a specific tactical task solution doing two or one how many player ing actions is the whole game combinations and to him against actions from the chain consists of Combinations in this in advance trainings in time prepared placed and prepared not put , that is of the game himself during surface .

Each team consists of links, i.e. tactical units, which together solve some task at certain times of the game. It is quite clear that the combination can be successful only if all the participants act in harmony with each other. That is why mutual understanding or, as it is sometimes said, "a sense of partnership" is of particular importance in choosing and implementing a particular combination. Only athletes who understand the game in the same way can solve the task in a single plan and choose the right combination and successfully implement it.

Team tactics

Team tactics is the organization of the entire team's actions in solving tasks that arise in certain game conditions. If the offensive and defensive actions of the whole team are not clearly organized, the game will be chaotic and chaotic, in which it will not be possible to distribute tasks between the players. In such cases, players try to grab the ball and try to get it into the goal.

Over the course of more than a hundred years of football history, many tactical systems have been created that provide precise positioning of players and precise distribution of tasks between them. We will consider the tactics of the team in the attack, that is, the basic principles of organizing the collective actions of the whole team in solving the tasks that arise in certain game conditions.

In any tactical system, command tactics are implemented by means of two types of actions, i.e. quick attack and gradual attack [1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18].

Quick attack

Quick attack command is the most effective method of attack actions. Its essence is that in one to three passes, an attack or a counter-attack is organized that puts one of the players in a good position to score the goal. Attack is the organization of actions of the team aimed at conquering the opponent's goal. The advantage of a quick attack is that the opponents do not have time to reorganize their defensive forces. All the actions of the attackers are full of elements of surprise and are performed at high speed. Players maneuver a lot on the field and pass the ball to create an opportunity to get one of their partners into a shooting position in the shortest possible time. The quick attack is most effective during counterattacks, that is, when organizing the actions of the team that has the ball during the episode of the game.

In modern football, once a team has possession of the ball, there are three phases of attack during an episode of play.

The first phase is the "transition", that is, preparatory actions for transitioning from defense to attack in a fast attack method. These actions include passing the ball quickly to the player in front and the offensive players involved in the defense returning to their positions in the attack line.

The second phase is the "offensive", that is, breaking through the defenses of the opponents before they have time to strengthen and organize their efforts to prevent and eliminate the attack [19,20,21,22,23,24,25,26,27,28,29,30,31,32,34,35,36,37,38,39].

Player 3, a right-side center back, wins the ball uphill and advances the ball to Player 8. He immediately passes to the unguarded No. 11 forward, while he rushes forward himself, creating a numerical advantage in the front line. Player 11's next move is two options: one is to use a distracting maneuver from his teammates to get into a shooting position, and the other is to go forward and pass the ball to his teammate who is free to shoot at goal after attracting one of the defenders.

Quick attack to organize has been main requirements :

1. Rival attackers to the defense back lack of time for cut them off in order to put » the ball fast forward , of course send _ Ball to player 11 passing on from being sent after 10th, 2nd, 8th and 6th players of the opponents are cut the rest is visible is standing Of course , these each one to the defense possible to return as soon as possible movement does , but of the attackers from time won and they from that skill with using the gate conquest reach a real possibility for harvest to do possible sure apparently is standing.

2. The players second and the third in phase actions playing to the top delivered , high at speed executable combinations based on to be need _

3. Speed with crack transition maneuver wing across , in the center and the entire width of the field across done increase can _ In this main the target is a hit to give position exit the most short the way to find The attack if there is little in development too laziness to do rival by it was " cut " before of the players to the defense back to get possibility to give , therefore , to attack making it difficult always remember to put catch need.

4. Attack previous row players individually struggle art good occupied to be , that is alone without opponent overcame exit they know need _ A blow to give position exit for short from the roads using , initial chance appear that it was immediately the gate intended blow to give or the gate conquest reach for to partners conditions by creating to give it is necessary

5. In command from defense initial away passing on to give waiting known one player to be a must

Partners the most less time inside to him the ball delivery to give for this player good saw position of course they know need _ Command actions unexpected being output the ball of the attack previous to the line mother so maximum at speed passing to be given depend _ Most of the time initial away in transmission the ball command to the dispatcher will be directed . He is in the game the conditions another to partners faster than and more precisely assessor that it was for , intense the attack from everyone according to better continue seven takes _

6. If you attack quickly as in the heart without going out , opponents defense organized if they get it , then medium row players maximum at speed opponents to the penalty area approach and attack second echelon to create need [40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59].

2.4. Methods of teaching protection tactics

Defensive tactics involve organizing the actions of the team that is not in control of the ball in such a way as to neutralize the opponent's attack.

In defense to play in general style private, zone and mixed to be can. However sleeve n if too another style from the elements without using only one in style keep playing error. Because this case protection tactics simplifying puts. In defense to play styles individual characteristics of defenders and opportunities account take choose need.

In defense the tactical art of playing opponent when own to the case without putting chase to reach, when from partners to one giving to send and when in the zone to play from knowing consists of

Defense of the actions of the team all attack those who do to the movement answer as are rivals. of tactics features looking is organized. Defense good organized to the team attack actions too successful perform enable gives.

In defense to play diverse and a lot planned the gate defense to do, the ball to the hand input for active to fight and attack to organize directed will be. In defense game too on the attack such as individual, group and command actions consists of

Individual tactics [60,61,62,63,64,65,67,68,69,70,71].

Defensive success depends not only on the correct alignment of a group of players, their interchangeability and their coordinated movements, but also on the ability of defenders to move individually against a player with and without the ball, that is, how well a defender chooses the right position in a given situation in relation to a player in his "sponsor" league. depends. Choose a reasonable position in defense successful movement of doing basis is considered.

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