

METHODS OF DEVELOPING SPORTS ACTIVITIES BASED ON INTERNATIONAL TRENDS IN ORGANIZING THE EDUCATIONAL PROCESS IN HIGHER EDUCATION

Aminov Botir Umidovich

Kokand State Pedagogical Institute

Annotation. This article analyzes the methods of developing sports exercises in the organization of the educational process in higher education based on international trends.

Keywords: high quality, physical, mental, technique, personality, sport, result, education, goal.

The tasks of sports training are: strengthening health and the requirements of spiritual education, comprehensive harmonic development of the personality; mastering sports techniques and tactics; the development of physical, mental and volitional qualities characteristic of the chosen sport, the acquisition of practical and theoretical knowledge in the field of sports hygiene and self-control. During sports training, the tasks of strengthening health, developing their physical qualities, acquiring the necessary vital necessary skills for serunum labor and protection are solved, without acquiring only high skills.

To achieve high results, all means of physical education are used: physical exercises, hygienic factors and health-improving forces of nature, as well as a widely developed system of means during training. L.P. Matveev divides sports into 5 groups as a means of training, depending on the achievements of athletes.

All tools are divided into competition and training exercises, training exercises in turn include special training and general training exercises.

Competitive exercises are a holistic movement activity that is characteristic of a sport and is performed exactly according to the requirements of a particular sport. Many competing exercises will have a limited and short direction in terms of movement structure; these are monostructural exercises. This includes exercises that require speed strength (jumps, throws, lifting weights, sprints) and sciatica (running, swimming, and other)movements that are performed with submaximal, large, and moderate exertion that require endurance.

The complex of competitive exercises consists of two fights and all – around, which have a constant content. One type of all-around includes a skating rink, a mountain skiing rink, while many types of wrestling include the Athletics all-around, the modern all-around, the ski two-wrestling, the Alpomish and all-around.

In training, competitive exercises take the main place, because with their help, a set of special requirements defined by sports classification is created. However, it is rarely used in complex training. Because they quickly tire the body, cause the adoption of stereotypes that are not always effective, etc.

Competition exercises should be characterized by great variety in training. Special training exercises include movements similar in form and character to competition movements.

For example, in track and field athletes, it includes running on separate parts of a certain distance, performing elements and parts of a competition combination or imitation exercises. Exercises can only be at the level of special preparation exercises if they have some integrity with the selected competition exercise. The listed means of sports training are not only physical means, but also a means of technical, tactical and voluntary training of the athlete.

All tools aimed at achieving high sports skills are part of sports training methods. The methods of teaching movement activity are known to us from the general principles of the theory and methodology of physical education. Here it is necessary to clarify them in relation to sports activities. The main purpose of the methods is aimed at improving movement skills and training physical qualities. Different variants of strictly regulated training methods are used in sports training according to the defined tasks. In the process of improving movement skills in training sessions, standard and alternate training methods are widely used.

In order to improve movement qualities and functions of the body, a set of exercises selected for the purpose, interval training method (resting at a fixed time between successive exercises), continuous training (a set of exercises is performed continuously without rest) and various methods mentioned above are used. One method can serve as a basis for solving a wide range of tasks and training an athlete, for example, training endurance at the same time with the help of a variable training method in running, improving running technique, tactical options for power distribution over the distance. It is possible to train, etc., that is, it is possible to implement the physical, technical and tactical preparation of an athlete through one method. In addition to strictly regulated methods, competition and game methods, as well as circular training methods, are widely used in sports training. The basis of the competition method is not only a test of strength with an opponent, but also exercises of competition with oneself. At the same time, with the help of the game methods included in the training, a high level of morale is achieved, the ability to think, to achieve the set goal, will and determination are developed.

Circular training is aimed at improving the complex manifestation of physical qualities as a form of the organizational method of using physical exercises.

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