



Development and problems of physical training in higher education institutions.

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Abstract: In the article, the cadets (students) of higher education institutions mainly focus on regular physical exercises and the measures for the development of physical training in higher education institutions or in service activities with the positive indicators of physical stress in life were scientifically studied. The article explained the measures of physical exercise load based on the opinions and views of scientists and specialists who have conducted research on this topic.

Key words: cadet, student, theory, feeling, physical training, culture, education, work, activity, competition, gymnastics, distance, movement, speed.

One of the important problems in the theory of physical education, pedagogy and psychology is the mental education of cadets and students through the performance and enjoyment of physical exercises.

Our independence has a great positive impact on improving the social culture of the productive population. In particular, the logical scope of socio-cultural and educational processes such as work, living, leisure, thinking, intelligence and cultivation is constantly expanding. And this is to be healthy, to be physically active, to think deeply and to direct emotions only for the good.

No matter how much people endure difficulties in life or do hard physical work and exercises (sports), they feel some degree of pleasure (satisfaction, habit) from doing so. Here, our main goal is to describe some of the critical aspects of physical fitness that are the result of complex, challenging activities.

During production or during various physical works, especially during special physical exercises, a person feels a heavy load (Nagruzka). Anyone who works while sitting, especially creative people (publishing, art, painting, natural sciences, etc.), mentally perceives stress (levels of stress) and imagines it. This means he gets used to psychological stress. In both areas (physical and mental work), in addition to consciously feeling the weight and volume of the loads, he evaluates them positively or negatively, enjoys them or loathes them.

Professional workers in the field of physical culture (physical training and sports) feel the stress directly during their work, especially when performing various heavy exercises (wrestling,



weightlifting, swimming, long-distance running, pull-ups, etc.). After a certain amount of time (seconds, minutes or hours a day) they are enjoyed. There are two types of enjoyment. That is, he clearly feels and knows the productivity of work and the emergence of light, mobile and strong qualities in his body (organism) members.

People in other areas enjoy a semblance of freshness and happiness by engaging in physical activity (soccer, swimming, hiking, etc.).

These two categories of people improve their mood and health by directly practicing the practical aspects of physical culture. As a result, he enjoys his work and spends his life happily with his family and in the cocktail community. Therefore, strength, training and pleasure acquired through physical exercises are directly involved in determining family peace, effective work and longevity.

In humans, the levels of enjoyment become stronger through direct seeing, reflection (thinking, conscious perception, etc.) of this or that reality.

Example: Artists develop their creativity by going “into” nature or dramatic works, that is, creating them by sensing through thought. These aspects also apply to singers, artists, musicians, scientists and other creators.

In this way, in life, it is more common to watch sporting events, watch direct television or follow sports competitions, and enjoy physical exercises or those that perform them through emotions.

It is impossible to divide the audience or sports fans into a specific group. Because the joy of seeing this or that is very great among ordinary people, even small children. Some reasons (factors, sources) can be cited as examples, namely:

A). Anyone who looks at the sports of women's gymnastics, rhythmic gymnastics, synchronized swimming (underwater gymnastics), water swimming, diving, trampoline jumping is initially surprised by the technical skill methods, such as the extreme complexity and variety of the exercises, and the extremely skillful performance. At the same time, they enjoy elegant, delicate and attractive movements. But there is no shouting like in football. You can only clap for fun. For this reason, the observer, the audience, even the trainers, the leading experts are also spiritually satisfied by inner feelings. Another aspect is that the external structure of the women who perform the exercises, the beauty of the body as a result of the actions, especially the smiling looks and laughter of the performers, bring spiritual joy to all people. Not only the observers, judges, spectators, but also the organizers of the competition experience spiritual joy.

B). Fast running of men and women over short distances, high jumps, walking on hills, climbing and jumping over various obstacles and ditches, the attractive movements of men and women looking at the sky while looking at the Tabat, skillfully executed technical methods arouse interest to athletes and spiritual nourishment to ordinary spectators. Will be Such cases also occur in sports such as basketball, volleyball, handball and field hockey.

V). Technical and tactical football drills, players performing them in different ways, are known to captivate audiences. The behavior of taking the ball away from the opponent or not giving it to the opponent triggers positive and negative cheers from the audience. Especially when the ball is shot into the goal from a long distance or from a short distance, with a shot or a header, most fans are always frightened and jump up. It can be said that this is one of the most delicious moments of football fun.

G). Boxing, oriental individual fights (karate, taekwondo, kickboxing, etc.) are of interest to many.



There are also many fans who enjoy fighting, kicking, defensive exercises and various natural movements. No matter how difficult, complicated and even painful these exercises are, the athlete enjoys his work. Especially when he wins, he feels spiritual pleasure and works harder for future development and prospects. Spectators and fans will be psychologically happy after the victory.

D). Uzbek national wrestling (Bukhara and Fergana method) is an important factor in increasing the interest and interest of many people in official competitions, especially on holidays, weddings and spectacles. Lifting an opponent and throwing them to the ground, or using these techniques to avoid a fall, amuses or excites fans. And in wrestling, both situations are fun and the coaches are happy. Because these actions not only determine the winners of the competition, but also determine the way in which one can achieve wrestling in them.

E). The variety and performance of national folk games (action games, hurdling, stone lifting, arm wrestling, wrestling, horse games, goat jumping, racing, girls cheerleading, dismounting, horse jumping, playing, jumping over holes, etc.) is worthy of attention with its forms and methods of all peoples.

Walking on a rope, twisting, turning and various other methods, the participation of old people, small children, women who perform them, the communication of interested people who are in tune with them (clowns, jokers, jokes, etc.), The general audience even includes statesmen, academics, great writers and poets. It invites you to laugh and watch with pleasure.

Because their movements are delicate, attractive, delicate and logical, they embody a whole world of content. For this reason, all people are spiritually nourished, find joy and remember, remember and talk about them throughout their lives.

Based on the above considerations and personal opinions, morning physical culture. The implementation of hygienic gymnastics and various other consumer activities, a factor of physical development. For this reason, cadets (students) must first actively participate in classes and participate in some sports.

The most important thing is that they need to constantly repeat and improve the exercises they love. For a long time, some people, that is, people who have scientifically, theoretically and practically understood how to maintain their health, work and life skills over a long period of time, have been carrying out various practical activities in their free time in the morning. This also includes morning hygiene exercises (a phrase and legacy of the 20th century). Because in the rush to work, due to life circumstances and other reasons, it has become a habit to perform 6-8 gymnastic exercises in 5-10 minutes and then wash and wipe yourself. These aspects are still practiced in the past as a legacy of the past. However, through the continuous improvement of the social culture, the working and living environment, the study and teaching processes, the content, form and goals of morning hygiene exercises are becoming much more comprehensive and richer. That is, depending on the time, conditions and moods, there is an increasing interest in morning walks, running, physical exercises (gymnastics, athletics, boxing, wrestling, barbell, football, etc.), sports games, parts (elements) of these tours, as well as in leisure time. More and more people are engaged in physical exercises, various games, sports and gyms. One of their main reasons is that physical exercises, subsequent washing, relaxation and enjoying the feelings arise. Mood, freshness and joy of life increase. Based on the results of observations, dialogues, interviews, surveys, especially in the areas of pedagogy, psychology, theory and methodology of physical education, teaching cadets



(students) in physical education specialties (types), training cadets (students) in military units. Two types of human mental processes, such as pleasure, pleasure, rest, are prominent, namely, first, the situations in which one feels that the practical activities directly carried out by oneself lead to physical perfection, and second, the situations in which the family members have trained together, behavior, clothing, mutual relationships, communication, good wishes from colleagues, peers, neighbors, group mates and classmates provide spiritual nourishment and joy. Therefore, it will be not only natural, but also necessary to perform physical exercises, watch sports competitions (directly or on television), remember through meditation the best, subtlest and most attractive movements and mentally enjoy them in the way in which they are fully recognized. Look for them in literary sources. Because physical culture (physical education, sports, travel, national games, etc.) is one of the important resources (factor, source) of human development. It is the task of the generations of the 21st century to know, interpret and analyze them from a scientific, theoretical and practical point of view. And to enjoy them is to have the greatest blessing.