

IMPROVING THE PROCESS OF PRACTICAL PHYSICAL TRAINING OF PHYSICAL CULTURE AND SPORTS SPECIALISTS

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ABSTRACT

The article presents the results of scientific research conducted on the importance of systematic performance of volleyball sports exercises by students during the years of study in increasing the level of professional-practical physical fitness of students of Islamic culture.

Keywords: technology, questionnaire, curriculum, tool, exercise, practical physical training, sports science, professional activity.

Taking into account the progressive changes in the science of pedagogy, with the introduction of innovative technologies into the theory and practice of the pedagogical team of general educational institutions, the professional skills of a physical culture teacher can be divided into such parts as worldview, moral, exchange of ideas, volitional, intellectual and movement qualities. Of course, practical physical training for students of the Faculty of Physical Culture, who are considered to be future experts in the field of physical culture and sports, is in the main place.

Questionnaires were conducted to determine the level of professional-practical physical fitness of students of physical culture. The following questions were included in the questionnaires and the answers were received:

In the process of sociological research, 104 students of the faculty of physical culture took part in the analysis, they were equally distributed among four educational levels (Table 1).

As a result of the questionnaire survey, it was found that the process of practical physical training of students of the Faculty of Physical Culture can be improved by increasing the practical direction of physical training in the existing system of student youth movement training. In this case, it is necessary to pay attention to physical training with volleyball training.

Table 1

The composition of the professors - teachers and test students who participated in the questionnaire survey

Groups under review				
Stage 1	Stage 2	Stage 3	Step 4	Professors and teachers
29	25	25	25	32

81.3% of the professors and 84.7% of the students recognized the importance of training in this direction in sports sciences.

The survey materials of specialist teachers who implement the educational process at the faculty express their attitude to traditional means of physical education (Table 2).

Table 2

The results of a sociological survey of faculty members on the importance of sports in the curriculum

Types of applied science taught	Interest rates %
Sports games and teaching methods	30.5
Athletics and its teaching methodology	23.4
Gymnastics and its teaching methodology	21.3
Swimming and teaching methods	16.7
Improving sports skills	4.8
Fighting and teaching methods	3.3
Total	100

The results of sociological research made it possible to determine the following:

1. In the opinion of professors-teachers, practical physical training of students of the field of physical culture is of urgent importance in the stage of preparation for future professional activities in the system of educational institutions, 94.8% of teachers indicated that special hours should be allocated to this section. passed and 5.2% struggled to answer.

2. The majority of the surveyed respondents included the elements of practical physical fitness in the educational process, depending on the stage of education, as well as the physical load of professors and teachers, as well as mandatory practical training in sports disciplines provided for in the state curriculum. they believe that it is necessary to introduce it under the condition that they control it.

3. All the professors and teachers who were asked showed the effectiveness of the professional-practical physical training program of the students studying at the faculty through the sport of volleyball.

The analysis of the results of the survey on the importance of some physical exercises of the sports disciplines included in the curriculum of the respondents showed that the greatest efficiency is the introduction of the discipline "Sports and movement games teaching methodology", which involves the development of all physical qualities. (30.5%), followed by "Athletics and its teaching methodology" exercises related to speed-strength qualities (23.4%), "Gymnastics and its teaching methodology" (21.3%), "Swimming and its teaching methodology

(16.7%), "Sports skill development" science (4.8%), cross country focused on endurance development (6.8%), "Wrestling and its "Teaching methodology" subject (3.3%) stated that it would be acceptable.

Such questions were also asked to students studying at the Faculty of Physical Culture, and the results are presented in Table 3.

Based on the results of the student survey, it was found that 28.3% of them preferred volleyball. Because of this, it can be shown that many official volleyball competitions are held in the volleyball hall of the university sports rehabilitation complex and students are watching these competitions, as the university "Yoshlik" volleyball team participates in the Uzbekistan Super League and Cup competitions. 20.6% of respondents consider athletics important for students' professional activities, sports games for developing coordination skills in professional training: football (18.5%), basketball (3.2%), handball (3.1%), the respondent preferred table tennis and gymnastics (12.7%).

There was a decline in interest in wrestling (3.1%) and students preferred swimming (9.2%). This, in our opinion, is due to the lack of sports wrestling halls in the place where the future professional activities of students will take place.

The analysis of the questionnaires showed that as a result of the establishment of the "Yoshlik" volleyball team at the university, the volleyball championship and cup competitions of Uzbekistan were held in the city of Fergana, in the volleyball hall of the university's sports and health complex. had a positive effect on their interests.

Table 3

Results of a sociological survey of students studying in different fields about the importance of sports in the curriculum (n=104)

Sports	Interest rates %
Volleyball	28.3 (29 people)
Athletics	20.6 (21 people)
Football	18.5 (19 people)
Gymnastics	12.7 (13 people)
Swimming	9.2 (10 people)
Basketball	3.2 (4 people)
Handball	3.1 (3 people)
Struggle	3.1 (3 people)
Table tennis	1.3 (2 people)

Respondents studying physical culture expressed their attitude to the form of training at the university. In their opinion, it is necessary to conduct theoretical, methodical and practical training in the sport of volleyball. Most of the surveyed students prefer volleyball lessons conducted on the basis of an individual plan under the general guidance of the teacher of the sports department ($x=7.92\pm 1.93$; $V=19.1\%$).

Because students are engaged in volleyball sport only for 2 semesters in 4 years of study. It was proved that the majority of students prefer volleyball classes for physical training ($x=8.05\pm 2.16$; $V=23.41\%$).

Systematic performance of volleyball exercises by a student during 4 years of study is important in improving his practical physical fitness. Taking into account the presence of volleyball fields in almost all secondary schools, volleyball plays an important role in the future activities of students in the field of physical culture and sports. Volleyball is second only to football in popularity.

Studies have shown that students of the Faculty of Physical Education have a very high interest in doing physical fitness. Among the students, there are those who regularly practice independently, but they are a minority. Therefore, the sports club should take measures to increase the knowledge of sports for permanent students at the faculty, expand the scope of work on practical physical training, regularly involve students in traditional volleyball competitions and keep their reports, and give sports grades. should be taken.

Regular participation in the sport of volleyball is important in the formation of students as individuals and practical physical training necessary for their future professional activities. Therefore, in the process of training specialists in the field of physical culture and sports, it is necessary to achieve regular holding of various forms of volleyball training and competitions.

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