



## ANALYSIS OF INDICATORS OF PHYSICAL DEVELOPMENT OF UNIVERSITY STUDENTS

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### **Abstract**

Playing sports provides an opportunity to develop the human movement apparatus, helps to form vital qualities such as agility, endurance, quickness of reaction, strengthens breathing, cardiovascular and muscular systems, and eliminates mental fatigue.

### **Keyword**

culture, sport, rise, connection, era, sports games, sports in higher education, body length and weight, chest circumference, lung capacity.

Improving the educational process in humanitarian institutions of higher education with the direction of training specialists in various fields for pre-school educational institutions, public education and secondary special educational institutions is considered an urgent pedagogical problem of the educational system. For this reason, it is important to study the physical condition of students of various fields studying at a higher humanitarian educational institution during the entire four-year educational cycle, and to develop scientific and methodical recommendations based on the comparative analysis of digital information obtained during experimental research, and to introduce them into the educational process in order to further improve the students' readiness for action. aroused interest.

It is known that in recent years, this problem has been studied by many researchers in connection with the phenomenon of acceleration of the physical development of schoolchildren. According to the research, the rapid development of the growing generation covers various ethnic groups and is not dependent on genetic factors, but is mainly related to the external environment. In order to conduct experimental research, the anthropometric characteristics of students studying at the faculty of military education before the draft were studied - body length and weight, chest circumference, the dynamics of changes in the vital capacity of the lungs, and dynamometric characteristics according to the years of education. The results of the experimental studies are given in Table 3.5.

An analysis of the height and weight indicators of university students by academic years reveals that they gradually increase until the fourth stage.

The analysis of anthropometric data of university students by years of study showed that, mainly at  $r > 0.001$ , there was an unreliable increase in indicators for all studied parameters, and at the same time, a slightly unreliable decrease in them in the second and third stages. This can be the basis for guessing about the shortcomings of the traditional system of physical education of students of higher educational institutions.

A modern school student spends 85% of his time sitting. As he moves from class to class, the activity of movement inevitably decreases. This has a negative impact on his health and physical development. In order to eliminate this deficiency, children should be regularly engaged in physical education and sports from a very young age.

Improving the work of the sports section from sports games will also serve as a tool to attract more school students to activities.

Sports games are widely developed in the world. Its popularity lies in the fact that it helps young

people and all working people to systematically engage in physical education and sports, to pass the "Alpomish" and "Barchinoy" test standards, and to have active recreation.

Participating in sports games provides an opportunity to develop the human movement apparatus, helps to form vital qualities such as agility, endurance, quickness of reaction, strengthens breathing, cardiovascular and muscular systems, and eliminates mental fatigue.

In terms of health and hygiene, sports games have a great impact on education and propaganda.

Sports wrestling is interesting not only for the participants, but also for the spectators. It cultivates such qualities as the desire to be strong, agility, courage, mental support for the team with one's actions.

It is necessary to organize a sports section in the school and organize a number of activities in the physical culture team in order to attract more participants to the training. After an evening with students or a general meeting, you can start by showing films or exhibitions about volleyball, football, basketball, handball, tennis, competitions (for example, the world championship). After that, it is necessary to organize a meeting with the well-known trainers of our country, region, city and district. They talk about sports games, interesting events in sports life, and tell stories about the wonderful aspects of playing sports. At night or at the end of the general meeting, it would be appropriate to hold an exhibition game between the strong teams of the city, district or BO'SM. All this creates a great interest in sports in the participants, and the practical training will strengthen this interest.

Organizing and equipping training groups often leads to success in teaching game skills. This should be taken seriously, and in any case, a simple division "by list" should not be allowed, at least the number of contents should be complete. If the team is not so big, that is, if the number of students is 15-20 students, it does not require much labor in terms of assembly. But if there is a large number of applicants, it is necessary to increase the participants into groups depending on their readiness and potential in acquiring sports skills. It is necessary to combine those with the best performance in one group, and the rest in another group. The selection takes into account the following parameters: level of physical fitness, ability to master game techniques, anthropometric data, level of mastery of game skills, etc.

In our conditions, sports games are very popular. At school, almost all students are interested in these games. To determine the level of physical fitness, it is appropriate to use control tests: vertical jump, long jump from a standing position, running along a triangle with sides of 10 and 5 m, throwing a 1 kg stuffed ball behind the head with two hands while standing and jumping, jumping a tennis ball through a volleyball net. throw at the target.

Vertical jump height can be determined in different ways. In this case, based on the height of the student being tested, the height of lifting the center of gravity of the body is taken into account. The main methods for determining jumping are: passing a centimeter tape from the base to the fixed device, reaching the attached tape, then the initial position of the palms is determined by the tips of the paws - this determines the end point of the upward jump; the status of the examinee is recorded on a white paper.

Long jump must be performed on soft support. For the running test, two equilateral triangles are drawn: one with a side of 10m and the other with a side of 5m. A filler ball is placed in each corner. At the signal, the student who is being tested runs 30m to the triangle (counter-clockwise) with his left side. In the second trial, he runs 15m to the left, then turns around and runs another 15m to the right towards the triangle (clockwise).

In the standing throw, the student is being tested with a dummy ball placed in front of him. Take the ball, lean back, hold the ball with two hands behind the head and throw it forward. Throwing the ball in a jump is also done from the same initial position.

Throwing a tennis ball through the net is done as follows: the student stands in 4 zones on the offensive line with the ball in hand. Then he runs, jumps up with both feet, and throws the ball over the net with one hand to the target standing in the 6 zone. In this case, the height of the chair should be suitable for the age and gender of the student.

In order to determine the ability to know the technique of the game, the student must perform the methods shown by the instructor or the student who is specially invited for examination under simplified or reduced conditions. Over-the-top passing and up-straight passing, passing and up-to-the-foot, attacking balls on the rubber (on a 5-point system) are performed.

Tactic skills are determined by watching games. Such observations help the learner to learn how to perform

what they have learned before and learn movement skills appropriately during play. Depending on the participation in the game, participants will be given information about the development of reaction speed, dexterity, thinking ability and tactical knowledge. These qualities are necessary for successful participation in sports. In addition, relays are used with different tasks: performing different movement methods from different initial states, i.e. turns in motion, overcoming obstacles, etc. And action games can also be used, in which the speed reaction can be combined with the speed of switching actions and other actions can be determined: "Day and night", "Call", "Hunters and ducks", "Defense the fortress", "To the ball catcher" , "Battle for the ball". At the end, a game will be held, and all the participants will be divided into teams of equal strength. Watching the games gives you an opportunity to see the skill level of the sport. In the mentioned tests, it seems that those who know the indicators well, usually perform technical techniques and tactical moves better than others and perform successfully in the game.

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