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PEDAGOGICAL CATEGORIES OF PHYSICAL EXERCISES IN PHYSICAL EDUCATION CLASSES TAUGHT IN HIGHER EDUCATIONAL INSTITUTIONS

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ABSTRACT

The categorization of physical exercises into categories is their distribution into groups that are linked together according to their most important signs. The teacher will be able to determine the nature of physical exercises with the help of categories, consequently, relieve the choice of exercises, which will meet the requirements of the pedagogical task. As long as the discipline of physical education develops, it becomes rich continuously with new information, while categorization does not always remain the same.

KEYWORDS

Pedagogy, Physical Education, Higher Education, anatomical characters, Gymnastics, play, tourism, sports.

INTRODUCTION

Any exercise has not one, but several specific signs. That is why exactly the same exercise can be expressed in different categories. For example, tension is manifested both in categories by anatomical signs (exercises for the arms and muscles), and mainly in those that reflect the development of the qualities of movement (more strength). Consequently, a single

category suitable for any case cannot be created; in order to solve pedagogical tasks in the category, it is necessary to take into account the most significant characters.

Physical education systems are historically divided into categories of physical exercises (Gymnastics, games,

tourism, sports) by their constituent characters. In these categories, exercise is divided into five groups.

1. Gymnastic exercises that characterize the variety of movements in artificially created activities, the effectiveness of which affects the body, its structure, are also determined by the coordination complexity and harmony of all movements.

Game exercises composed of wellness types of movements (running, throwing, etc.) are performed in a variety of variants in coordination with changing game situations and are evaluated on the effectiveness of exposure to the organism as a whole and on the ultimate outcome of the action.

Physical activities on the trip include walking, running, jumping, overcoming obstacles, skiing, cycling, boating, etc.

In wellness conditions, walking, running, jumping, overcoming obstacles, skiing, cycling, paddling are added to form physical exercises for the traveler. Their effectiveness is assessed by the result of complex interaction with the body, overcoming obstacles and distance in places. Exercises in sports are the subject of specialization in order to achieve maximum sports results, and in coordination with single sports categories, the last group, artificially standardized, will be able to include the first three groups if the signs recorded on them apply (sports gymnastics, sports game training, sports travel training).

The conditionality of these categories is seen in the difference in signs that characterize this group of exercises. Therefore, for example, running, although expressed in different variants in all four groups, similar categories are given only in the general range of physical exercises.

2. The range of physical exercises given by the signs of muscle activity (by the signs that affect the development of the qualities of movement).

Speed-strength training requires the practitioner to make the maximum effort in a relatively short period of time (e.g.: short-distance running, jumps); physical activities that require the manifestation of endurance (e.g. long-distance running, skiing, etc.).

Physical exercises (games, one-on-one combat) that regularly replace the levels of exertion in accordance with changing conditions, require a complex of manifestations of driving qualities. The conditionality of this category allows, on the one hand, the selection of physical exercise. With its help, it is possible to effectively achieve the development of qualities of movement. On the second hand, knowing which necessary quality to successfully perform this or that characteristic exercise.

3. Categories of exercise on their importance for solving the task of science. The conditionality of these categories is that exercises aimed at the formation of movement skills, skills and the development of qualities of movement are artificially distinguished in it, at the same time both processes are inseparable. However, the practical meaning of such categorization does not disappear. It helps to choose to solve leading tasks at each stage of training the exercise, and to a large extent helps to solve them.

4. Basically, a series of physical exercises on the signs of the development of certain muscle groups: in the shoulder girdle is provided for the muscles of the arms, for the muscles of the neck and torso, and for the muscles of the waist and legs. Within this category, the exercise is divided into calf-for the heel muscle, for the knee muscle, etc.; exercises that are given for the development of physical qualities in exercises that are

performed standing, sitting, lying down, individually and in pairs, with objects and without objects.

5. Series of physical exercises in sports. Each type of sport has its own series of exercises. In addition to pedagogical categorization, it was accepted to divide into exercises performed in biomechanics (static, dynamic, cyclical, ascetic, combinastic and other physical exercises), and in Physiology-exercises performed with different forces (maximum, submaximal, large and moderate strength). The presence of several categories allows the teacher to choose from a wide variety of exercises that most correspond to the same laid issues.

CONCLUSION

Thus, in the achievements in sports, of course, our new Uzbekistan will further rise to high ratings. Uzbek women are very much serkirrali nafakat household chores child rearing they also do their favorite chores in addition to physical education and sports all women would have been healthy energetic. Some women are not able to rationally use the conditions from the opportunities given. Women who are able to use, on the other hand, develop into a person who has reached physical maturity, and healthy offspring are born from a physically healthy mother. A physically healthy person, on the other hand, has a healthy mind.

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