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EXPERIMENTAL STUDY OF THE INFLUENCE OF HUMANIZATION OF PROFESSIONAL-PRACTICAL PHYSICAL EDUCATION OF STUDENTS ON THE SUCCESS OF EDUCATIONAL ACTIVITIES

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ABSTRACT

In this article, the system of physical education, purposeful promotion of physical education in higher educational institutions, formation of a healthy lifestyle in teenagers and young people, support of physical and special qualities, professional-practical skills, physical qualities are revealed.

KEYWORDS

Physical education, emotional, experimental, methodology, physical education and sports, professionalization, technology, pedagogical skills.

INTRODUCTION

One of the main reasons why a person engages in active physical education and sports throughout his life is that this process is also significantly related to promotion. It is for this reason that in most countries targeted promotion of physical education is included in the main field of activity. Promotional activities that serve to form a sports lifestyle with the help of various means have a positive effect in achieving very effective results. In this sense, the increase of broadcasts in

sports publications, sports broadcasts and electronic media programs is important. World experience shows that today, the presence of specialized sports websites open to viewers through the Internet, television and radio broadcasting system open to a wide audience, significantly increases the attention and interest in physical education and strengthening of physical health of the society. They have a positive effect on children, teenagers and young people playing sports

and forming a healthy lifestyle. Of course, in this case, a socio-psychological barrier is formed against the emergence of harmful beliefs.

In addition, there is a serious need to deliver literature and scientific publications related to physical education and sports to the audience. But in some cases there are problems in this regard due to lack of sufficient financial resources. On the other hand, sports promotion itself should be organized effectively. Promotional activities should be aimed directly at specific groups, and should reliably demonstrate the priority of physical education and sports in educating the population, preventing diseases, prolonging active longevity, combating drug addiction, smoking, alcohol consumption, and other negative situations.

In general, the promotion of physical education should help:

1. Increasing people's interest in physical development, revealing the value of physical culture;
2. Popularization of independent work related to sports through wide use of natural factors;
3. Awareness of the vital necessity of physical, cultural and sports activities in public consciousness.

Sports and physical exercises that do not meet moral requirements and promote a culture of violence and brutality should not be encouraged. Thus, in order to increase the role of physical education and sports in the formation of a healthy lifestyle in the society, especially in teenagers and young people, special attention should be paid to propaganda work. It is important to use all organizational, structural, legal,

financial, scientific and methodical measures for this. At the same time, this promotion should be in line with today's economic, socio-political reality, state and society capabilities. It should be taken into account that a person's high potential, a healthy lifestyle is not a goal in itself, but a natural necessity. After all, on this basis, the power and security of the country will increase, and a spiritually and intellectually developed person will be formed, capable of high manifestation. A country with such individuals will be stronger and stronger. Because physical fitness is achieved through sports. The process of harmony of physical and spiritual qualities in every person engaged in physical education and sports always brings out a strong person.

The introduction of various additional special subjects and courses based on the unique culture, customs, traditions and customs of the Uzbek nation will be the only acceptable way to form a sense of national consciousness and moral dignity in the youth of the modern country. providing national education to young people. And if the plans of those courses and special subjects are drawn up taking into account the tasks mentioned above, we would say that the national educational work has been started. In fact, along with strengthening the educational content of general professional education subjects, mastering additional special subjects and courses aimed at education increases the interest of young people in education and science, develops their intellectual abilities, personal qualities, and helps them to achieve this goal.

In a word, the work of educating the younger generation is a universal work. Therefore, taking into account the lightness of the burden, it is better for all of us to be united in the way of educating today's young generation on the basis of national interests.

Especially if we create the content of national education in accordance with national interests and apply it to young people in every way on the basis of national culture and art, our work will not be wasted.

At this point, it should be noted that in order to effectively solve the tasks before physical education, exercises are used at the level of demand in accordance with the directions of support and development of physical and special qualities, professional and practical skills.

Physical qualities are the properties of an organism that provide movement. The main physical qualities of students are endurance, strength, agility and dexterity.

Endurance is the ability to perform work at a high level for a long time without reducing its effectiveness. Patience can be general or special. It is based on the physiological capabilities of the body. Stamina development tools include: speeding, overcoming obstacles, swimming, sports and action games.

Strength is the ability to overcome external resistance or resist them due to muscular forces. Strength development is achieved through exercises that increase the strength level of the muscles through different pulls. For this purpose, physical exercises for weight lifting and transportation, strength training on gymnastic shells and simulators, individual weight training are used.

Agility is the ability to perform motor actions in the shortest possible time. The development of agility is achieved through physical exercises that require quick movement reactions and high speed of movement. For this purpose, various speed and strength exercises (short-distance running, jumping, turning, etc.), as well as exercises describing basic and dynamic changes in

the situation (sports and action games, exercises over obstacles, etc.) are used.

Agility is the ability to coordinate actions, to coordinate them according to the purpose, to organize them as a whole, to direct the action taking into account the received action, or to reconnect them according to changing conditions.

Agility develops in two ways. The first is to systematically fill the student-youth experience with new forms of movement, and the second is to overcome coordination difficulties that arise in changing conditions. The first way is achieved in the process of learning new physical exercises, which requires the elimination of anomalies that occur in the initial stages of the formation of motor skills and coordination of movements. The second way is by introducing an unusual factor into routine physical activity that places additional demands on movement coordination. For this, physical exercises from gymnastics, hurdles, arm wrestling, sports and action games are used.

In the classes of sports and action games, agility, dexterity, general and fast endurance, spatial orientation, teamwork skills, stability, decision-making, initiative and resourcefulness, support of mental and physical activity, development of learning and struggle are aimed at suppressing emotional strength. Sports and action games are organized in the open air and in gyms. Preparation and final parts of the lesson are held as part of the line, the main part - as part of the line or in units (teams). Gymnastics and athletics are aimed at developing agility, strength and endurance, flexibility, spatial orientation, practical movement skills, courage and decision-making, personality and attractiveness. Gymnastics classes create conditions for qualitative

formation of methodological skills and competencies in students.

Summarizing the results of the research Alabalar encouraged to determine the dynamics of learning the humanization of physical education:

1. To study and clarify the characteristics of humanization of physical education of students through various activities, including physical education and sports.

2. Clarification of the main elements of the process of formation of humanitarian value directions as the most important component of a person's physical culture.

3. Ensuring the implementation of a set of pedagogical conditions that ensure the effectiveness of the process of humanizing physical education of students (the need to orient students engaged in physical culture to humanistic values; harmonizing physical education and pedagogical activities in preschool educational institutions).

A form of intersubjective communication aimed at mutual exchange between teacher and student and mutual enrichment of their value areas; actualization of the student's thinking in order to find ways and means of continuous individual self-improvement and self-development with the help of physical culture).

4. Development and testing of pedagogical technology aimed at increasing the level of physical culture of students and the humanitarian potential of their personality.

5. Development and testing of criteria and performance indicators of the proposed set of conditions.

6. Carrying out a formative experiment in the natural conditions of the higher educational institution.

7. Analyze and evaluate the results obtained in the experiment. aimed at increasing the level of physical culture of students and the humanitarian potential of their personality.

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Based on its objectives, the experimental work process included three stages - the development of the research concept, its implementation, and the implementation of the findings. The idea of scientific research is an innovation introduced into theory and practice as a result of study, an idea about ways to achieve this goal. Within the framework of the formulated hypothesis, we introduce a set of pedagogical conditions, basic ideas, educational

programs that ensure the effectiveness of the physical education process of students.

At this stage, we studied the research object, identified the topic, defined goals and objectives, developed research problems.

In order to check the effectiveness of the set of pedagogical conditions and the model of humanization of physical education of students, we conducted a detailed experiment in several stages.

As criteria and indicators of the effectiveness of the experimental methodology, the following were previously asked:

- the level of formation of students' knowledge (according to examples of mastering the humanistic nature of physical culture);
- the level of skills of applying health-giving methods, independent development of physical qualities;
- personal characteristics (level of physical education; changes in values and attitudes; health; intelligence; humanistic outlook).

The results of the identification stage showed that the traditional system of conducting physical culture classes is not effective enough. The degree of humanization of the process of physical education of students is clearly insufficient.

In order to increase the effectiveness of the studied process, an experimental program for humanizing the physical education of university students was developed and implemented, the basis of which was the technology of introducing a set of pedagogical conditions.

This technology is primarily aimed at changing the value-motivational sphere of the student's personality, forming a positive attitude to moral standards; changes in the field of self-regulation; for self-knowledge and self-improvement.

The development and implementation of experimental technology was carried out within the humanistic (phenomenological) paradigm, which considers teachers and students as equal subjects of the educational process.

The result of our research, study of pedagogical mechanisms of humanization of vocational-practical physical education of alaba, that is, improving national education is an urgent need

An important part of the experiment is the observation of training according to the theory and methodology of physical education. Before us in the implementation of personal moral and pedagogical role models, discussion and conversation, teaching and explaining, persuasion, conducting experimental questionnaires, studying and analyzing the world experience in order to develop the moral, physical and humanistic characteristics of the student, various lectures and practical activities, outside the audience he relied on methods such as organizing training.

The above-mentioned field training was mainly (in 72% of cases) carried out by qualified teachers with seniority, scientific degree and title. The content of the course is based on the principle of enriching educational, intellectual, artistic and aesthetic qualities by opening and closing important issues of science. In connection with the creative description of the researched fanpage, modern forms and pedagogical

technologies in an interactive, dialogic, eupistic direction were successfully used.

The following results were obtained from this study:

The results of the study increase the importance of using in the development of the pedagogical competence of physical education teachers, in the centers of training and retraining of sports teachers and faculties of additional education, as well as in the process of general secondary schools and sports schools.

Thus, in the process of research, clarifying experiment, educational documents of students in "Physical education and sports pedagogy", including their own work, pedagogical practice documents, intern's diaries and intern's personal reports; we got acquainted and studied the materials of scientific research conducted during this practice. We also used research methods such as observation, survey, question-and-answer, interview, and comparison.

How do you understand the concept of "competence, qualification"? to the question, 57% of the respondents understand it as "educated teacher", next 13% "highly educated teacher", and the remaining 30% say that this concept is "good understanding of their profession".

How do you understand the concept of "Pedagogical competence" of the questionnaire? No participant could answer the question correctly. After these questions, there is no correct answer to the question "Pedagogical competence of a physical education teacher is...". The next question of the survey was "Qualified determine the ability of the trainer", the ability received by 54% is "organizational", in second place is "pedagogical" - 47%, in second place is

"technical" - 42% and "practical". - 39%. The ability with the lowest score is "constructive".

The analysis of this survey shows that the future specialists could not distinguish the concepts of "competence", "qualification", "pedagogical competence" and could not give correct and clear answers.

Based on the indicators of the theoretical model, the conclusion of this survey is that the pedagogical competence of future specialists is insufficient and requires additional research in this direction. Therefore, we analyzed the standard of compulsory education in the specialty "Physical education and sports" in connection with research tasks. In the process of studying the regulatory documents, by applying the methods of theoretical analysis, synthesis and comparison, their direction and the possibilities of forming the professional and pedagogical competence of future sports teachers were differentiated.

CONCLUSION

in the experimental-experimental period of the research, the method of using person-oriented technologies was tested as a way to determine the level of pedagogical competence of 2-4 year students, sports coaches and physical education teachers and to form this professionally important person.

In the course of the formative experiment, the following experimental "products" were launched as a result of completing various projects aimed at competence during lessons in "Physical education and sports pedagogy" and special tasks in professional-pedagogical practice. The theoretical model was tested as a measure of specific tasks conducted during the formative experiment. As a result, it was proved

that the level of pedagogical skills of students in the experimental groups increased.

The analysis of scientific-pedagogical literature and pedagogical practice carried out in our research allows us to emphasize that the subject "Physical culture" has great potential in terms of the requirements of humanitarian education. In our opinion, the main directions of humanization of physical education in higher education should be:

- health care and creation of healthy environment in the educational system;
- providing conditions for maximum and comprehensive self-expression of students and teachers in constructive activities related to physical culture;
- to give the student the opportunity to choose different forms and means of health training in physical education classes.

We put forward the following as the main principles that help increase the effectiveness of the process of humanizing physical education of students:

- the principle of variability and variety of physical education means;
- the principle of individualization and differentiation;
- the principle of orientation towards health;
- the principle of anthroposynergism;
- the principle of democracy;
- convenience principle;
- principle of axiologisation;
- principle of pedagogical protection;
- the principle of cultural self-determination;
- the principle of reflection (activation of reflexive processes).

In order to humanize the physical education of students, we have included the following conditions in the set of pedagogical conditions developed by us:

- the need to guide students involved in physical education and sports to humanitarian values;
- harmonization of physical culture and pedagogical activities in the form of inter-subject dialogue aimed at mutual exchange between teacher and student and enrichment of their value areas;
- updating the student's thinking in order to find ways and means of continuous self-improvement and self-development of the individual with the help of physical culture.

The study developed a model of humanizing physical education of students and introduced it into the educational process, which enriches learning because it:

- enables successful technologicalization of the physical education process on the basis of humanization;
- ensures the integrity and direction of the process;
- places the humanization process on time;
- combines the main components of the humanization process;
- shows the specific features of the physical education process of students.

In the experimental part of the research, we made the position that the process of humanizing physical education of students is an important factor in their personal and professional development, introducing them to the values of culture, healthy lifestyle, and helps them grow. aimed at self-improvement and self-

development with the help of efficiency, stress resistance and physical culture.

In our opinion, based on the specific characteristics of higher educational institutions and taking into account the changing socio-economic reality, the further development of the content of educational programs and pedagogical technologies for the humanization of physical education of students remains a promising direction of scientific work.

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