



Conditions for Effective Improvement of the Level of Physical Fitness of Students

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Annotation: The article discusses the conditions for effective improvement of physical fitness of university students based on the introduction of a sportized approach, orientation to the values of physical culture and sports, expansion of the physical culture and sports environment.

Key words: physical fitness, students, sportized approach, educational physical culture and sports environment, orientation to the values of physical culture and sports.

The results of physical fitness testing at various faculties of the Bukhara State Pedagogical Institute show a decrease in the indicators of endurance, strength, speed by the second year in the majority of students (more than 60%).

Students demonstrate a low level of physical education (knowledge of means and methods of improving physical fitness), the ability to work independently.

It is impossible to solve the problem of improving the physical fitness of students in accordance with the program without methodological and practical knowledge and skills, systematic independent work.

On the basis of special physical education knowledge, a conscious need for systematic physical education and sports should be formed.

The process of physical education of university students should be aimed at mastering the values of physical culture and sports to ensure optimal motor activity, the creation of adaptive reserves of the body.

The research notes that it is necessary to introduce health-forming technologies at the university, based on the training effect of adaptation mechanisms of students engaged in physical education and sports to optimize their psychophysical state.

Currently, the integration process of traditional and innovative means of physical culture is taking place in the university system of physical education.

Fitness technologies are increasingly being used, which provide a high motor density of training sessions, a significant increase in physical fitness, contribute to the formation of students' needs for self-improvement, motivation as a driving force of conscious active behavior.

A program of sports-oriented physical education based on fitness aerobics has been introduced, which contributes to the formation of students' sports culture.

The sportised approach increases motivation for active studies both during academic and extracurricular time.

Physical activity, as a socially significant creative element, contributes to the formation of students' motor culture.



At sports classes, teachers emphasize the maximum effectiveness of each student on the basis of an individual approach; a "motivation for success" is formed, which increases the level of claims.

The introduction of sports-oriented fitness technologies into the training process, such as fitness aerobics, functional training, allowed most students to significantly increase endurance (strength, static and dynamic) and flexibility: from the "below average" level to the "above average" level.

When introducing sportization into the curricula, teachers of the Department of Physical Culture gradually solve the tasks of improving the physical fitness of students based on orientation to sports, participation in competitive activities.

The competitive method is used as an element of the organization of physical culture and sports activities, sports training, competitions of various levels, as well as for the effective solution of tasks of training, education, development and psychological preparation.

Extracurricular physical culture and sports activities, as a continuation and addition to the curriculum, play an important role in the orientation of students to the values of physical culture and sports, their purposeful preparation for competitions.

The development and self-development of students' motivational and value orientations in selected sports, the growth of their social physical culture and sports activity create prerequisites for the realization of personal potential in the socio-cultural space of the university.

The use of the features of the socio-cultural educational space makes it possible to form the readiness of students to carry out active physical culture and sports activities at the institute level.

In order to realize the socio-cultural potential of physical culture and sports activities, the Department of Physical Culture is working to expand the physical culture and sports environment by increasing sports areas and sections, sports competitions and holidays, fitness days, the formation of teams of groups, faculties, institutes for various sports, the transformation of the system of sports competitions.

The use of the opportunities of the socio-cultural potential of physical culture and sports activities contributes to the achievement of optimal physical readiness of students.

Crucial importance for achieving the main goals of physical education is attached by us to the pedagogical influence of teachers of the theory and methodology of physical culture on students as a result of systematic personal contacts in the educational physical culture and sports environment.

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