



Methods of Determining the Level of Physical Development of Vocational College Students

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Abstract: *The level of physical development of vocational college students is very important for the development of young students into a well-rounded generation.*

Keywords: *college students, physical development, exercises, athletics, technique, methods.*

Today, our government is doing a number of positive things to help young students grow up healthy, especially the reforms being carried out by our President pay great attention to the issues of forming a mature generation, training reserve staff, and creating a healthy lifestyle in them. . The correct structure of training loads is one of the factors that determine the training efficiency of vocational college students. It consists of stimulating exercises that prepare the general physical fitness (UJT) tools. Preparatory exercises for shoulder girdle arm, shoulder and leg muscles are performed without equipment. These exercises are limited to a specific muscle group in the entire internal treatment. It is necessary to manage various types of jumps and throws, which are held in the training sessions of generalization exercises in gymnastic shells.

Special fitness equipment includes all types of running and walking. The training of runners and sprinters is understood as special equipment and exercises for quickness in the case of jumps close to running. Exercises for speed in the simulators, which are limited to the basic movement of the runner, are organized without bending. In addition to these, there are games and speed exercises, such as jumping over a bar with your feet, running with big steps forward, jumps and movement games. A specific speed load affects the musculoskeletal system of a runner.

The development of endurance accelerates the adaptation to long-term personal activities. In turn, the efficiency of movement mechanics during running helps to increase economy. The result of running sports depends on the ability to maintain the optimal length and shape throughout the entire distance. Strength determined the basic qualities of an athlete. Special strength training includes exercises that ensure an increase in strength without damaging the cardiovascular structure typical for competition. Also, an important factor that contributes to the growth of sports movement is the development of flexibility. The main attention should be paid to improving the mobility of the joints and the elasticity of the muscles of the legs. The development of strength qualities and flexibility creates conditions for the further development of technical training of middle and long distance runners and sprinters. For this purpose, during the preparatory period, the person's readiness and flexibility are taken into account before the transition to special endurance. In this, during the preparatory transition period, it is carried out in parallel with the



improvement and gradual increase of the total volume of training loads. It ensures the transition to a targeted increase, taking into account the training level of the employee.

Tools that develop readiness and flexibility are regularly used throughout the year. It also helps to solve tasks.

During long-term training, the dynamics of training and competition loads is described by a significant increase in the volume of long-distance runners from the stage of initial sports specialization to the stage of sports improvement. A high degree of stabilization of the size or changes in the size of loads is characteristic of oily sprt skills.

We got acquainted with the content and processes of the lessons taught by the teachers of the Vocational Vocational College, as a result, we were sure that the teachers were teaching in an orderly manner. It became known to us that they will give more sports games (volleyball, basketball, fud in the hall) and we made an offer to them. When we observed athletics classes in physical education classes based on the State Education Standard program in vocational colleges, we observed that old tools and methods are being used. 100m of athletics lessons in physical education classes conducted in vocational colleges. 200 m. 4x400m relay. 3000 m. Standing long jump, running high jump, grenade and nuclear throwing control tests were performed. It was observed that they were using outdated tools and methods during the preparation process, and after completing the preparatory parts of the lesson, the main parts were 30m. 60 m. 100 m. 200 m. and less frequently 400m sprints were performed at sub-maximal and maximal heart rate limits, while cross-country runs at distances up to 3000m were observed at mixed and maximal heart rate limits, which indicate that these distances are repeated and repeated during the training process. , that's not to say that running as hard as we can at high heart rate limits doesn't increase our speed or endurance, but that repetitive high heart rate runs can tire the body.

If we pay attention, there is such a term in the theory of athletics, if the exercises are carried out in a sequence, running, jumping and throwing techniques will be more effective. For this reason, we recommend the use of jumping, throwing, running, cross-country exercises and other exercises in athletics, and they are of great importance in their development and in the formation of muscle tissue.

The profession varies significantly depending on the training abilities, sports skills and training period of college students. Leading scientist of Russia V.B. In his research, Popov describes the distribution of training tools in the general first preparatory phase of the training period when planning the training of athletes of the I and II ranks as follows: UJT -65%, MJT -35%. In the special preparatory stage, UJT -60%, MJT -40%. But in order to determine the effectiveness of such distribution, the author did not show the results of theoretical tests aimed at determining the functional status of athletes. In Yakimov's opinion, the weekly cycle of the preparatory period should be structured as follows: 60% for UJT, 40% for MJT, when the training for teenagers involved in athletics is on March 3. when classes are held 4 times a week, the proportion of time allocated to physical training should be 62%, 38%. Distribution of training tools for teenagers: UJT and MJT 60%, 40%. According to the author, the distribution of training tools is not covered in the author's research. For a long time, the main directions of pedagogical research in youth sports have been the search for general laws of reserve training and the development of a reasonable method of conducting training classes for representatives of certain disciplines, taking into account one or another skill-age category. . It is the use of methods of increasing the effectiveness of training based on the use of various technical tools in solving these problems.

Today, all-round harmonic development of students is of great importance, and it is of special importance for them to become qualified workers in the future. Students educated in vocational



colleges are directed to various professions in the national economy, agriculture and other production organizations. It is necessary in professional training.

24 students from 12 groups of 14-15 groups and 14-16 groups were involved in this pedagogical experience. Pedagogical experiment was carried out, according to which height (cm) according to physical development. Weight (kg). Arm length (cm), Hand strength left, right (dynamometry). We focused on determining the chest width (cm). Before the study, attention was paid to determining the level of physical fitness according to the following indicators, according to which 100m distance (seconds), 3000m distance (min.seconds), standing and running long jump (in cm), 50m distance Attention was paid to the determination of running from foot to foot (in times), throwing a tennis ball (in cm). In this study conducted by us, the average height of the subjects belonging to the experimental group was 1.73 ± 0.05 cm, and in the control group it was equal to 1.71 ± 0.03 according to this study. In our research on weight determination, the average weight of the experimental group was 65.42 ± 0.05 kg, and the weight of the subjects in the control group was 65.42 ± 3.23 kg. In our next research on determining the waist length, the average waist length of the subjects of the experimental group was 1.73 ± 0.04 cm, and it was 1.71 ± 0.03 cm in the control group. The chest width of the experimental group was 90.72 ± 3.55 cm, in the control group this indicator was 89.06 ± 2.04 cm. In the experimental group, it was equal to 90.72 ± 3.55 cm at rest, while inhaling it was 94.17 ± 3.13 cm, and when exhaling, the chest width was equal to 88.36 ± 3.58 cm. In the research conducted in the control group according to this indicator, the average chest size of the subjects at rest was 89.06 ± 2.04 cm, and when breathing, this indicator was 93.22 ± 1.95 cm. was 88.36 ± 3.58 cm on average, while exhaling the control group. The results of the research on physical development are presented in the following tables.

According to the results of pedagogical experiments on physical development, we can see that the physical development of both groups is almost equal in terms of all indicators.

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