

Analysis Technologies Comparing the Physical Fitness of Athletes

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Abstract: The article describes the issues of Organization of physical education of students of higher educational institutions through modular technology.

Keywords: higher educational institution, physical education training, physical training, stratification, modular technology.



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INTRODUCTION

In the Republic of Uzbekistan, it is established to set priorities for the systematic reform of higher education, to qualitatively take the process of training highly qualified personnel with modern knowledge and high spiritual and moral qualities, thinking independently to a new level, to modernize higher education, to implement the development of social sphere and economic networks based on advanced educational technologies. In particular, the gradual transfer of the educational process in higher educational institutions to a credit-modular system; the introduction of advanced standards of higher education from international experience, including a gradual transition from education aimed at obtaining theoretical knowledge in educational programs to an educational system aimed at the formation of practical skills; the introduction of a qualitatively new level of higher education content.

MAIN PART

Comparison methods. The analysis of the study of scientific methodological literary sources on the theory and practice of Physical Education shows that the level of introduction of modern information communicative and pedagogical technolo-Gia into the processes of physical education is not yet sufficient. One of the reasons for this is the insufficiently developed theoretical and methodological foundations of educational technologies in pedagogical activity. Since teachers and coaches in the field of physical education cannot master the work with information communication technologies, it will not be possible to increase the level of physical education and sports education at the level of contemporary requirements.

At present, education is faced with a certain task: to provide the future specialist with basic information, to use it to solve practical tasks, to instill in the future specialist an idea of the need to independently receive new professional-specific information throughout the entire period of professional activity. In the conditions of modern activities of Higher Education, the process of physical education should be highly controlled and individual – oriented. Only by individual characteristics and, first of all, by taking into account the level of physical fitness from reality and

in practice, effective individualization of physical fitness, in particular physical education, is ensured. It will be possible to achieve this process on the basis of quick management. In turn, the speed and efficiency of control depends on the information about the state of the concerned, which comes in the current mode.

Such information can be viewed and obtained in the required volume through the module system. It is known that the modular teaching system is part of the main elements of the organization of the pedagogical process using educational-oriented technologies. The purpose of the modular system is to make basic management decisions in the educational process, to enter and receive the information necessary to make adjustments to the content of the educational process of physical education. In this case, the model of modular indicators of physical fitness should provide for special procedures for monitoring the features and direction of development of those involved.

Results. The implementation of the technology for optimizing the structure of physical training of future specialists who do not specialize in physical education on the basis of differentiated control of physical condition will be possible only if the following circumstances are met:

1. The expression of the goals, objectives and content of physical education should be built on the basis of the peculiarities of professional activity itself, and the process of physical education itself should be of a practical nature.
2. It is necessary to develop a multi-block structure of physical fitness, reflecting the different composition of the preparation.
3. In accordance with the developed physical fitness structure, programs are developed for the complex control of physical fitness and the differentiated control of its components.
4. To draw up an individual profile of physical fitness, comprehensive control of the physical condition of students is organized.
5. The process of physical education of students should be organized variably, on the basis of taking into account their individual characteristics and the purposeful development of professionally important action skills and psychophysiological characteristics of the individual.
6. The volatility of the process of physical education of students should be ensured at the expense of traditional physical education tools as well as additional ergogenic tools, which should be collected in a "Bank" of advanced physical exercises, differentiated the desired qualities of the future specialist.
7. Differentiated control of various aspects of preparation is provided, and on the basis of the observed results, the necessary corrective measures are carried out to eliminate deficiencies in the physical preparation process.
8. In the process of physical education of students, classes of various forms are used: compulsory physical education training, additional optional and sports classes, independent jimnastic training sessions, homework on physical condition correction.
9. In addition to the theoretical Department, which takes place from the program of the subject "physical education", students are also offered informative interdisciplinary courses aimed at the formation of healthy lifestyle qualifications. In this case, practical training is strengthened with theoretical material.
10. Physical education teachers must be methodically trained to organize events as part of the implementation of the proposed technology. To do this, it is necessary to develop methodological materials for physical education teachers who work with future specialist students who do not specialize in physical education.

11. The inventory, sports equipment and its material and technical base in a higher educational institution should correspond to the requirements of the educational process of physical education, aimed at shaping the structure of optimal physical fitness of students.
12. At all stages of implementation of the proposed technology, students and teachers of physical education will receive the current.

Based on the analysis of information in the literature and taking into account the requirements of the modern higher education system, as well as the results of a questionnaire survey of students and teachers of higher educational institutions that do not specialize in physical education, we can assume that if the physical downloads in the classes are subject to taking into account the individual characteristics of

Such information can be visualized through the inclusion of students' physical training in the modular system, which, in turn, is effective if its structure and organization ensure the implementation of the following:

- 1) it is necessary to carry out the diagnosis of physical fitness, physical development and functional state on a regular basis, in a dynamic mode;
- 2) assessment of physical fitness, based on changes in the indicators being analyzed. After the evaluation score is obtained, it is recommended to determine the growth dynamics of the results of each test and test in percentage terms, the sum of which will serve as the main indicators of the physical and functional state;
- 3) it is necessary to combine the analysis of indicators reflecting different aspects of physical qualities into certain modules. We propose to distinguish three modules: "physical fitness", "physical development" and "functional state";
- 4) it is advisable to carry out the assessment of the observed parameters by normalized sizes (bringing the indicators to a single scale), taking into account the influence of this parameter on the Integrative indicator of the body's physical and functional training;
- 5) the development and transmission of information about the results of the module indicators should be carried out in an automated mode with the possibility of access to it by all participants in the pedagogical process using computer technology.

It should be noted that the modular technology of development and monitoring of physical fitness, physical development and functional training is an important component of the technology for the differentiated development of physical qualities of students of higher educational institutions. This technology provides for the individualization and stratification of physical education training.

The modular technology of physical fitness, physical development and functional state level developed by us, in contrast to other systems, provides:

- diagnosis of physical qualities in Dynamic mode, bringing the observed indicators to a single scale (normalization) based on the changes in the indicators being analyzed, assessing the indicators of physical qualities;
- the assessment of individual indicators reflecting different aspects of physical fitness, both integrative and differentiated, by three content modules: "physical fitness", "physical development" and "functional state";
- development and transmission of information about the results of modular indicators of all participants in the pedagogical process with the possibility of access to it using information technology in automated mode.

Conclusion. As part of the development of the methodology of comparative physical fitness of students of higher educational institutions, modular technology of physical fitness, physical

development and functional training has been developed by us as its main component. The results of the module indicators carried out in it are the basis for the selection of criteria for normalizing physical load, as well as methods and tools for practicing physical activities.

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