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## SPORTS LESSON-TIME REQUIREMENT

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## SPORTS LESSON-TIME REQUIREMENT

Cover Page Footnote

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Erratum

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**SPORTS LESSON-TIME REQUIREMENT**

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**Abstract:** *This article highlights issues related to the physical and sports education of an individual. The author provides conclusions and recommendations on the topic under study.*

**Keywords:** *sport: physical education, physical education, students, healthy lifestyle*

**ЗАНЯТИЕ СПОРТОМ–ТРЕБОВАНИЕ ВРЕМЕНИ**

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**Аннотация:** *В этой статье освещаются вопросы, связанные с физическим и спортивным воспитанием человека. Автор приводит выводы и рекомендации по изучаемой теме.*

**СПОРТ БИЛАН ШУҒУЛЛАНИШ–ДАВР ТАЛАБИ**

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**Аннотация:** *Ушбу мақолада инсоннинг жисмоний ва спорт тарбияси масалалари атрофлича ёритилган. Ўрганилаётган мавзу юзасидан муаллиф томонидан хулоса ва таклифлар келтирилган*

In our modern dynamically developing time, when the Internet and nano-technologies prevail in the life of people, in some cases the physical education of a person goes into the background. In our firm conviction, a person should develop comprehensively, both physically and spiritually. In a healthy body healthy mind. A person involved in sports, physically healthy, leads a correct lifestyle and, as a rule, is far from bad habits. The scourge of the late 20th and early 21st centuries is drug addiction, alcoholism, AIDS and others.

Therefore, the hobby of youth in sports is especially relevant today. At present, it is impossible not to recognize the crucial role of a person's lifestyle in maintaining and strengthening health, where physical culture occupies a leading place. In the age development of a person, a very important role belongs to physical education.

This applies not only to promoting the normal physical development of the growing organism and its improvement, strengthening health, but also the formation of the spiritual qualities of the individual. All this becomes possible and real with the correct formulation of physical education, its implementation in organic connection with other types of education: mental, moral, labor, aesthetic.

Parenting is the purposeful formation of a personality in order to prepare it for participation in social and cultural life in accordance with sociocultural normative models. The goals of upbringing are the expected changes in a person made under the influence of specially prepared and systematically conducted upbringing actions and actions.

Physical education is a person's activity aimed at promoting health and developing physical abilities. It develops the body harmoniously and maintains excellent physical condition for many years. Physical education is part of the general culture of man, as well as part of the culture of society and is a combination of values, knowledge and norms that are used by society to develop the physical and intellectual abilities of a person.

Physical education is a pedagogical process aimed at improving the form and functions of the human body, the formation of motor skills, skills, related knowledge and the development of physical qualities.

Physical culture is an important means of "educating a new person, harmoniously combining spiritual wealth, moral purity and physical perfection." It helps to increase the social and labor activity of people, the economic efficiency of production. Physical education satisfies social needs in communication, game, entertainment, in some forms of self-expression of a person through socially active useful activity. [4]

The purpose of physical education of students is the formation of a physical culture of the individual and the ability to use various means of physical culture, sports and tourism to preserve and strengthen health, psychophysical training and self-training for future professional activities.

The upbringing of physical qualities is based on a constant desire to make super-possible for oneself, to surprise others with their capabilities. But for this, from the time of birth, it is necessary to constantly and regularly follow the rules of proper physical education. The main stage in the upbringing of these qualities is the educational period in a person's life (7–25 years), during which the necessary training material is fixed for its further application in life (highly productive work).

Means of physical education

The main means of physical education are physical exercises.

Physical exercise is a motor action specially organized to solve the problems of physical education. The content of a physical exercise is comprised of the actions included in it and those basic processes that occur in the body during the course of the exercise, determining the magnitude of its impact.

The environmental health and hygiene factors are also a means of physical education.

Natural factors such as solar radiation, the properties of the air and water environment, serve as a means of improving health, hardening and improving human performance.

The improving forces of nature are used in the process of physical education in two directions:

- as related conditions (outdoor activities, in mountain climates), enhancing the effects of physical exercise;
- when organizing special dosage procedures (hardening sessions, air, sun and water baths).

Physical exercises in combination with natural hardening factors help to increase the overall resistance of the body to a number of adverse environmental influences.

Compliance with hygiene rules in the process of physical education enhances the positive effect of physical exercise. Hygiene requirements for the regime of loads and rest, nutrition and the external conditions of the classes (cleanliness, lighting, ventilation of the training places) contribute to the effectiveness of the physical exercises. [1]

Physical education methods

In the process of physical education, both general educational methods and specific methods are used, based on active motor activity:

- the method of regulated exercise provides:
- firmly prescribed program of movements (predetermined composition of movements, repetition order);
- the creation or use of external conditions that would facilitate the management of the activities of those involved (the use of auxiliary shells, simulators, urgent monitoring of the impact of the load).

This method in physical culture and sports practice has many options for a common, common, purpose: to provide optimal conditions for the assimilation of new motor skills, or targeted influence on the development of certain physical qualities, abilities.

-game method can be applied on the basis of any physical exercises and is not necessarily associated with any games - football, volleyball, etc.

-competitive method is used both in relatively elementary forms and in an independent form as a control-test or official sports competition. The main feature of the competitive method is the comparison of the forces involved in the conditions of orderly rivalry for primacy or high achievement.

- verbal and sensory methods involve the widespread use of words and sensory information.

Thanks to the word, you can communicate the necessary knowledge, activate and deepen perception, set the task and formulate the attitude of students towards it, you can manage the implementation process, analyze and evaluate the results, and adjust the behavior of students.

Physical qualities are called the functional properties of the body, which determine the motor capabilities of a person. In the domestic sports theory, it is customary to distinguish five physical qualities: strength, speed, endurance, flexibility, dexterity. Their manifestation depends on the capabilities of the functional systems of the body, on their preparedness for motor actions. [2]

Nurturing strength. Strength (or strength abilities) in physical education is the person's ability to overcome external resistance or to resist it through muscle tension.

The education of speed. Under the speed understand the complex of functional properties of a person, which directly and mainly determine the speed characteristics of movements, as well as motor response.

Education of endurance Endurance as a physical quality is associated with fatigue, so in the most general sense it can be defined as: endurance is the ability to resist fatigue.

Education of dexterity (coordination abilities). Agility adopted the ability to quickly, accurately, expediently, economically solve motor tasks. Dexterity is expressed in the ability to quickly master new movements, accurately differentiate various characteristics of movements and control them, improvise in the process of motor activity in accordance with a changing environment.

Nurturing flexibility. Flexibility is the ability to perform movements with large amplitude. The presence of flexibility is associated with the factor of heredity, but it is not affected by both age and regular exercise. Different sports have different effects on fostering flexibility.

Sport is an integral part of physical culture, a means and method of physical education, based on the use of competitive activity and preparation for it, during which the potential capabilities of a person are compared and evaluated.

Sport has a huge impact on the physical and spiritual development of man. Moreover, active sports contribute to a healthy lifestyle for young people. So, most students involved in sports express a negative attitude to drugs and smoking. In addition, young athletes occasionally drink alcohol. That is why in all universities of the country it is advisable to strengthen the promotion of sports style, healthy lifestyle.

Unfortunately, at present, not all students understand the importance of a sporting lifestyle. Proceeding from this, teachers of physical culture of universities in the classroom are obliged to persistently explain to students the theoretical provisions of a healthy lifestyle and encourage them to include its main provisions in everyday life.

During the period of study at a higher educational institution, where the personality of a future specialist is becoming established, students are convinced of the need for constant work on themselves, studying the characteristics of the body, rational nutrition, optimal use of their physical potential, and maintaining a healthy lifestyle. A study of the factors of a healthy lifestyle showed that the dynamics of relations towards it are steadily creeping down; this decline is due to changes in the social environment and a general decline in living standards. [3]

The tasks of sports in the physical education of the student are aimed at:

- preferential and special development of physical qualities, especially important for this professional activity;
- the formation and improvement of motor skills that help to successfully master professional activities;
- preparation for work in specific working conditions characteristic of the future activities of students;
- contribute to increasing the productivity of workers;
- contribute to accelerated learning of the profession and preparing a person for highly productive work;
- create conditions for active recreation of workers, ensure the prevention of occupational injuries and combat industrial fatigue of workers with physical culture and sports.

Thus, the skills of sports in the process of physical education pursue tasks that are to form and bring to a certain degree of perfection the necessary motor skills, skills and related knowledge.

Sport in the student's physical education is one of the main directions of the physical education system, which should form applied knowledge, physical and special qualities, skills that contribute to achieving a person's readiness for successful activity.

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