

Management of Students' Physical Development

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Annotation: This article provides a summary of the management system for the physical development of students.

Keywords: Physical development, pedagogic, system, healthy, student, person, character, element, experiment.

Management of the pedagogical health system is a complex and multifaceted process. Controlling physical development and making corrections if necessary, as well as comparing the proportionality of student personality characteristics with normative indicators are its main elements.

Management is considered as a specially organized, purposeful, regular activity for the physical development of the forms and functions of the student body. In general, management is a closed cycle of closely related characters on the control of pedagogical influence.

According to the results of conducted natural experiments, in order to effectively manage the physical development of a person, it is necessary to regularly receive and process information about the student's comprehensive readiness (taking into account typological characteristics), physical condition with the help of pedagogical control.

Pedagogical effects should be selected based on the development of research results, decisions should be made on the use of various forms, methods and tools of valeological education. The pedagogue plays a leading role in this activity. In the process of physical development, management implies a series of actions by the pedagogue.

The first step is to get initial comprehensive information about the comprehensive readiness of the student; identify its strengths and weaknesses; The second action is to get acquainted with the normative indicators that ensure the achievement of the goal. Orientation to the indicators that the student must pass is explained by the need to achieve physical maturity. Therefore, the effect of physical development is determined by comparing the obtained data of the indicators of normative requirements. Physical development that is not based on the efficiency factor loses its purpose, accuracy, and effectiveness.

The third action - (the most important in terms of essence in the management system) envisages a valeological education system that ensures that students achieve the planned indicators. For this reason, issues of planning physical development, choosing the most rational form, tools and methods are of primary importance.

The teacher's activity in creating a program of theoretical and practical training is directly related to the choice of ways to implement these programs. It is necessary not only to develop a program of physical training, but also to be able to apply it to life in order to achieve physical maturity.

The fourth action is to evaluate the effectiveness of the selected direction of the specially organized regular activities of the pedagogue. Determining indicators of comprehensive readiness, comparing

them with the initial data and setting appropriate measures for them is carried out with the help of pedagogical control.

The fifth action is to analyze the results, draw conclusions and set the next goal. Thus, the management system of the student's physical development envisages scientifically based methodical recommendations for departments. They include the following: - Information-controlled pedagogical system "student-teacher-student"; - Evaluation of the initial physical condition of the student; - Normative indicators of physical development; - Rational arrangement of organized, purposeful, regular activity (physical training) that helps to achieve physical maturity. - Pedagogical complex control system that implements the decisions made. - Carrying out educational work with students taking into account the typological characteristics of their personality.

Thus, the technology of physical development depends on the assessment and control of the dynamics of the student's physical appearance, the detailed account of the performed physical exercises and the analysis of the interaction between them. In this case, the following regulations should be followed. 1. Comprehensive assessment of physical development and body structure should be carried out using anthropometric measurements. Physical and functional readiness is determined using control tests (pedagogical tests). 2. Control of physical development is effective only if it is carried out in the form of regular monitoring of the dynamics of the student's condition. In this case: a) it is necessary to conduct a test 1-2 times a month; b) during the test, the student should not be bored and should not take a lot of his time and energy; c) it is necessary to pay attention to the constancy of the test conditions so that its results are not affected by any random factors. 3. Management requires a comparison of real and assigned characteristics of physical maturity. If there is any imbalance between them, it is necessary to carefully analyze the situation, determine the reasons for such an imbalance, determine ways to get out of this situation, and make corrections to the physical exercise program.

Management technology allows the teacher to collect rare material for enriching the theory and methodology of healthy physical education. Purposeful pedagogical activity allows to increase the weight of methodical experience and professional erudition necessary for the scientific-practical pedagogical process of physical development.

From the pedagogical point of view, physical training is divided into general and specific physical training. General physical training (UJT) is the basis for special physical training, solving the above-mentioned issues. As the main means of general physical training, the football player uses general development gymnastic exercises performed with and without objects, training in pairs with regularly changing the intensity of the performed movements, dynamic and sports games, relays, cross-country. The physical ability of a football player or his ability to move can be determined by the qualities of strength, quickness, and agility. The basis of improvement of physical qualities lies in the ability of the organism to withstand repeated excess of physical load.

From a complex of tools aimed at acquiring all-round physical training, strengthening health and harmonious development, acquiring various skills and competencies, and teaching the basic principles of football game techniques and tactics at the initial stage of training for working with football players. use is appropriate.

The task of physical training at this time is primarily to form the movement functions of football players (strength, speed, endurance, agility and dexterity, as well as the ability to control their movements in time, in the air and according to the level of muscle exertion are the main components of the movement function). will be

Great attention should be paid to training speed of movements, because in childhood and adolescence there are ample opportunities for training this most important physical quality.

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