

Conducting and Improving Pedagogical Practice in the Development of Physical Qualities

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Annotation: this article provides information on how necessary pedagogical practices are in the development, improvement and strengthening of physical education in the field of sports, the application of theoretical learned knowledge to physical practice, how important exercise is for physical education, the importance of body development exercises, measures for the development of physical qualities kuchaytirishga and other important practices in the field of pedagogical.

Keywords: physical education, physical education, pedagogy, skill, practice, physical quality, sports, training, knowledge, skills, qualification, skill, physical preparation.

Everyone needs to be regularly engaged in sports to be healthy. ” Sport is a guarantee of health,” it is not said in vain. But with any sport cannot be engaged in any case. Before starting to engage in some kind of sport, it is necessary to perform physical exercises that warm up the body. Physical exercises really train the body; prepare the body for the kind of sport in which you want to engage. Due to the performance of such exercises, the physical quality of the engaged person should be increased. To increase physical quality, however, special preparations are needed. Physical education is not only with exercise. To improve physical quality, pedagogical practice is considered very necessary. Before performing the exercises, work is carried out to be understood by the coach. It is impossible to switch directly to powerful exercises. Because suddenly the transition to such exercises causes the body to get tired quickly. The coach will familiarize himself with such important issues in the process of conducting pedagogical practices. Therefore, pedagogical practices are much more important to improve physical qualities before engaging in physical education. Pedagogical practice increases, improves, strengthens the physical quality. Provides instructions, instructions on the process of physical education. It is important in the process of doing sports that a person feels how cheerfully and energetically. It is not enough just to engage in the exercises itself, so that the body does not get tired, so as not to get tired. Pedagogical skills should also be present. This is done by giving theoretical knowledge, not in the process of operations. The idea that Sport is only with exercise is completely wrong. For the improvement of sports, explanatory work is carried out by the coach, theoretical knowledge is also very important.

Decree of the president of the Republic of Uzbekistan on measures to ensure more effective organization of the process of acquisition of rights over land parcels and other immovable property as part of the South Caucasus pipeline expansion project more ... One of the main goals of these decisions and decrees is to deepen theoretical and practical knowledge in the field of physical education, to further improve the attention to pedagogical practice in increasing physical quality , to develop an understanding of physical education skills and skills, as well as the correct formation of terms.

The adoption of the resolution of the president of the Republic of Uzbekistan Shavkat Mirziyoyev “ on measures for the further improvement and popularization of physical education and sports in the

Republic of Uzbekistan “ No. 5924 in Yanvar in 2020 became one of the important decisions for the sports sphere. In this decision, too, it is established that measures should be taken to develop the methodology of physical quality improvement and pedagogical practice. Thanks to this decision, various measures have been taken to improve physical quality. Experts also noted that the very first place in such measures is this – pedagogical practice.

- At a time when measures are being taken to develop sports all over the world, Uzbekistan has also not bypassed this issue. Even when viewed from the experience of countries around the world, in countries where sports stand in the highest places, first of all, there are issues of increasing physical quality. As a result of various tests, it was decided that the most effective way to increase physical quality is pedagogical practice. From this it follows that in the sport there is a great struggle for the responsibility of the coaches. Because how well the athlete absorbs sports depends on the skill of the coach, pedagogical practice, explanatory work. In the process of pedagogical practice, the more detailed explanatory work, the easier it will be to train, the more robust it will be to master a certain field of sports. Because the more knowledge and skills the trainer has about the sport in which he is engaged, the easier it will also be for him to learn that sport firmly.
- In the process of physical education and sports training, the purpose of pedagogical skill in improving physical quality will be aimed at teaching the training organism to the requirements of physical development and maintaining a healthy lifestyle. For everyone, however, it is very necessary to lead a healthy lifestyle and properly engage in sports. At the same time, pedagogical practice greatly contributes to the positive assimilation of specialized training in physical education and sports. At a time when the current globalisation processes are becoming increasingly strained, the attention paid directly to physical education teachers engaged in general and special physical training of young people is becoming more and more important today. One of the important tasks of educators is to increase the level of special physical training of young people and improve their physical qualities. In pedagogical practice, special attention should be paid to the following:
 - Excellent explanation of the system of knowledge on Physical Education;
 - Formation of skills and competency in full-fledged performance of physical exercises;
 - To reveal the spiritual image of the sport during the practice;
 - Mastering and improving the acquired knowledge;
 - Critical approach to knowledge;
 - To be able to correctly apply the acquired knowledge to practice;
 - To feel a sense of responsibility for his task.

Special attention should be paid to such tables. Because these are also great tools for mastering sports perfectly. And the founder of this tool, of course, is a pedagogue. The educator must be able to correctly and accurately deliver his knowledge, skill to the trainer. Only then will he be able to achieve the appearance of several skills in the physical quality improvement training. In increasing the physical quality, the educator should also pay special attention to the education of the intellectual and aesthetic quality. In the course of pedagogical practice, the trainer develops skills of immersion, persistence, discipline, public, friendly feelings, cultural behavior. These skills will greatly benefit the athlete in the process of training. In the athlete, along with strength, there must also be a mind. If you increase its mental capacity, it seems mainly in the process of pedagogical practice. During pedagogical practice, the trainer demonstrates his physical abilities. It is also

convenient for the educator to observe the behavior, namely, in the process of practice. During sports activities, the athlete's behavior is considered to be much more important. Before performing sports exercises, it is necessary to have general and special training on the basis of theoretical knowledge of the sport. In order for there to be no difficulty in the process of training, the physical skill of the trainer should be increased. And the increase in physical skills, together with the trainer himself, also depends on the teacher – trainer. Thus, theoretical knowledge, pedagogical practice is one of the main factors for the solid possession of the sports sphere. Therefore, special attention is paid to the place of pedagogical practice in increasing physical qualities, and this thing is controlled. Because sport is also the pride of our country. And athletes are a person who raises the name of the country to the highest level. And such personalities, of course, require a strong skill.

In conclusion, it is necessary to prepare for it before engaging in each type of sport. And the preparation should be special. And the perfect mastering of special preparations depends on the process of pedagogical practice. Pedagogical practice is the most important factor in improving physical quality, improving physical skills. For this reason, great attention is paid to educators and pedagogical practices.

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