

Theoretical and Practical Increase in the Ability to Predict in Physical Education and Sports

Tashpulatov F. A.

Associate Professor of the Department of "Physical Culture and Sports Activities" of the Tashkent Financial Institute

Abstract: this article presents several factors and solutions aimed at the formation of skills for predicting the results of qualifying from the very beginning. It was noted that the ability to predict high results in mass sports is an important and relevant issue.

Keywords: selection, selection, pace in sports, athlete's psyche, prediction, adaptation.

The events held in our country are aimed at ensuring the formation of the physical and spiritual health of the younger generation, the development of mass sports for children and youth as an extremely important condition for striving for a healthy lifestyle and instilling a love for sports.

Today, at the initiative of President Sh. Mirziyoyev, all opportunities and conditions for physical culture or sports have been created in all regions of our Republic, even in remote rural areas. It is worth noting that volleyball is of unsurpassed importance in accelerating the work of healthcare throughout our country. Therefore, attracting young people to sports, covering students with various sports sections is one of our priorities.

Achieving high results in sports is mutually dependent on the state of the physical qualities of athletes and the ability to see their capabilities. In order to be able to predict in sports, it is important to be able to determine the volume of loads that a coach gives, to be proportionate to the physique of athletes, to deeply study their individual psychology, to be able to determine the direction of their temperament. The ability to balance begins primarily with the qualification process in sports. As you know, selection and selection for sports is carried out through several moral, physical and pedagogical standard tests.

Increasing the duration of observation due to the methods of morphological examination of training sessions is highly effective in ensuring the comprehensive preparedness of an athlete, the rational development of general training and special physical training, and the search for its means.

In the selection of young athletes, in the organization of training sessions with them, in the use of general physical training, one of the important points was a deeper approach to morphological studies, the use of scientific and methodological sources and the selection of consistent means. Problems. The accuracy of predictions in sports can be improved through the following multi-year processes:

Transparency of the selection process;

Transparency of the selection process;

The accuracy of the temperament of the athlete;

Correct assessment of individual psychofunctional states;

Definition of a sports zone in a residential area;

Given the genetic population;

In the practice of sports anthropometry, it is widely used in the selection of people capable of sports and in the creation of a standard of normative indicators characteristic of each sports specialty. When conducting a sports competition, it is important to take into account, on a scientific and objective basis, general and partial body indicators, body proportions, indicators of the components that make up the body mass, and, finally, determine the somatotype of an athlete. This is one of the most important factors in the selection and orientation of athletes using morphological examination methods. The shape of the human body is complex, so it is necessary to use certain methods when measuring its dimensions. Three measurement methods are widely used: projection, direct (through) and arc. With the help of these methods, the model of the athlete is determined.

The model of an athlete is a combination of various informative features that determine the suitability of an athlete for a chosen sport based on morphological, physiological, biochemical and psychological indicators and encourage him to achieve high results in this sport in the future.

In recent years, great importance has been attached to the methodology for monitoring the preparation of athletes. The trainer introduces the most necessary aspects of training into the control system, sometimes using special exercises for this. Different formation of the qualities of athletes in the process of training is considered to be inextricably linked with the talent and temperament of the athlete. Temperament presupposes an instinctive-affective layer of personality, and at the same time, a person's character is modeled by the interaction of mind and will. In turn, character and temperament determine our personality. Temperament is a person's character, manifestation of physical qualities, attitude or behavior. It is also a profession or skill that is demonstrated by someone in the arts, in sports, or in commerce for their ability to overcome adversity. Temperament is determined by the characteristics of the nervous system of people and depends on endocrine effects.

It should be noted that until the twentieth century, the study of temperaments in psychology played a key role in understanding the way of life and behavior of people. Temperament determines certain features of a person's reaction to surrounding events and feelings. Temperament does not reflect consciousness, memory, intelligence and abilities. That is why, among all temperaments, we find talented and mediocre, knowledgeable and uneducated, conscientious and unscrupulous people. There are 4 types of temperament: sanguine, phlegmatic, choleric and melancholic. Physical activity can be active or passive, depending on the person's temperament. Someone has strong speed, but low endurance, while someone has developed strength qualities and flexibility may be less. The coach must take these matters seriously and have a clear understanding of the physical qualities of each athlete.

Heredity and constitution are aspects influencing the occurrence and development of body diseases and innate instincts and abilities in the athlete's parents, that is, they act both as causes and as pathogenetic factors. These aspects are interrelated and are characterized by immutability (conservatism) and resistance to external influences. Heredity is a factor that transmits parental characteristics and aspects of development from generation to generation, which ensures the preservation and reproduction of genetic information, or in other words, all bodies are like parents, and are associated with metabolism. This is a unique aspect. which gives rise to structure and activity. Therefore, heredity plays an important role.

Heredity determines the adaptive characteristics of the human body, organs, tissues, and even cells, and ensures the unhindered transmission of these aspects from generation to generation. Sports children are born not only by parents-athletes, but also children are born whose physical qualities

are combined with the chromosome. Such athletes have an innate instinct, and the manifestation of physical qualities occurs earlier and more noticeably.

The problem of adaptation of the human body to physical exercises and stress in everyday life is the most urgent problem of modern sports morphology. There are no practical data on the impact of physical activity of various types, intensity and frequency on the body of people of different ages and genders (children, adolescents, middle-aged and elderly people). Much of this information focuses on the effects on the musculoskeletal system of intense muscle activity during various forms of exercise and sports, both in humans and in experiments.

It is known that the areas of distribution of sports have different indicators around the world, in some regions volleyball, handball are more popular than other sports, in others basketball and tennis. The fact that a certain sport has been practiced with great interest in schools and colleges for many years leads to a good command of these sports techniques among the inhabitants of this area. The genetic population is formed as a result of such a process, transmitted from generation to generation. Taking into account the high probability of genetic adaptation when selecting for major sports can lead to more accurate predictions. A coach can predict high results more accurately only when he chooses his athlete correctly and correctly assesses his capabilities. The full implementation of several of the long-term processes mentioned above can become a factor in the formation of the ability to assess the potential success and capabilities of each coach.

References

1. Ташпулатов Ф., Хамраева З. ФИЗИЧЕСКАЯ КУЛЬТУРА В ОБРАЗОВАТЕЛЬНЫХ УЧРЕЖДЕНИЯХ //Educational Research in Universal Sciences. – 2022. – Т. 1. – №. 4. – С. 10-17.
2. Farhad T., Khamraeva Z. B. PROBLEMS AND SOLUTIONS IN CHILDREN'S FOOTBALL //INTERNATIONAL CONFERENCES ON LEARNING AND TEACHING. – 2022. – Т. 1. – №. 1. – С. 45-51.
3. Tashpulatov F. A., Shermatov G. K. Wrestling–The Honor of Uzbek Nation //Eurasian Scientific Herald. – 2022. – Т. 8. – С. 205-208.
4. Alisherovich T. F. Sog'lom turmush tarzini shakillantirishda jismoniy madaniyatning inson hayotidagi roli //BARQARORLIK VA YETAKCHI TADQIQOTLAR ONLAYN ILMIY JURNALI. – 2022. – С. 187-190.
5. Khamraeva Z. B. Planning Annual Training for Runners Running Over Obstacles //Eurasian Scientific Herald. – 2022. – Т. 8. – С. 229-232.
6. Khamrayeva Z. B. Physical Education of Students in Modern Conditions //European Journal of Business Startups and Open Society. – 2022.
7. Shermatov G. K. Classification of Methods of Sports Wrestling, System //EUROPEAN JOURNAL OF BUSINESS STARTUPS AND OPEN SOCIETY. – 2022. – Т. 2. – №. 2. – С. 39-42.
8. Мухаметов А.М. (2021) Methodology for Normalizing Workload in Health Classes, european journal of life safety and stability, <http://www.ejlss.indexedresearch.org/>
9. Мухаметов А.М. (2021) Stages and Methods of Teaching Children to Play in Badminton International Journal of Development and Public Policy <http://www.openaccessjournals.eu/>

10. Шерматов F.К. (2021) DYNAMICS OF PHYSICAL DEVELOPMENT OF STUDENTS WITH ONE AND TWO TIME COMPULSORY LESSONS, World Economics & Finance Bulletin (WEFB) <https://www.scholarexpress.net/>
11. Мухамметов, А.М. (2022). Научно-методические основы нормирования нагрузок в физкультурно-спортивном здравоохранении. Евразийский научный вестник, 8, 194-197.
12. Khurramovich, K. F. (2022). DEVELOPING A SET OF WELLNESS EXERCISES FOR MIDDLE AGED MEN (45-60 YEARS OLD) ACCORDING TO PHYSICAL PREPARATION. *Academia Globe: Inderscience Research*, 3(04), 165-169.
13. Khurramovich, K. F. (2022). METHODOLOGY OF WEIGHTLIFTING WITH ATHLETES. *Web of Scientist: International Scientific Research Journal*, 3(4), 1228-1233.
14. Karimov, F. X. (2022). Scientific and Methodological Bases of Normalization of Loads in Physical Education and Mass Sports-Health Training. *EUROPEAN JOURNAL OF BUSINESS STARTUPS AND OPEN SOCIETY*, 2(2), 24-28.
15. Alisherovich, T. F., & Toshboyeva, M. B. Innovative Pedagogical Activity: Content and Structure.