

Some Recommendations to Improve Individual Independent Activities of Students

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Abstract: The value of self-study to ensure the harmonious physical development of student youth is enormous, as it is associated with comprehensive preparedness, the creation of a solid foundation for achieving high results in the future. nprofessional activity.

Keywords: Self-study, physical exercises acquired skills and abilities.

At present, in order to become a worthy member of modern society, today you need to be a competent, professionally trained specialist with good, strong health, understanding the future socio-economic development of the country, and in particular the development of higher and secondary specialized education. One of the urgent problems in this process is to instill in future specialists the skills and abilities of independent studies of both mental and psychophysical activities. It has been proven that independent creative labor activity is not easy. specific work, in which feelings of responsibility, desire and getting satisfaction from the work performed. It is known that self-study, as one of the forms of education, requires a modern student to be aware of the need for a tireless struggle for the quality of the knowledge received, for one's future formation in professional activity.

How to organize the process of self-study so that every future "specialist" from the first days of classes at the university acquired the skills of creative independence, developed a desire for continuous self-education, led an active lifestyle? These and other questions of active search forms and methods of teaching were considered and discussed at one of the meetings of the department "Physical education and sports" of the faculty "Taekwondo and sports activities" of the National University of Uzbekistan named after Mirzo Ulugbek. At present, we already have some experience and can talk about this direction, and we can say with confidence that the problem of improving the student's independent activity remains relevant, since it is voluminous and multifaceted, and designed for a long period. What exactly did we do to solve the problem under consideration?

1. New educational work programs and plans have been introduced, providing for an increase in independent work by 50% in order to expand and intensify students' independent work.
2. The volume of available educational and methodological literature, located in the university library, has been revised and updated, and it is also planned to prepare new educational and methodological material to meet the needs of students studying independently.
3. Teachers of the department are invited to intensify work with students in their free time from studies and strengthen control over independent studies.
4. Responsible teachers were asked to revise the content of the lecture material, taking into account its stimulating effect on self-study (excitement of interest in the problem, the

availability of specific recommendations on the methodology for further work, questions requiring students to search for independent solutions and answers).

5. When compiling the final control, it is recommended to formulate questions and tasks in such a way that students in the course of passing the final control can demonstrate acquired knowledge, skills, skills obtained on independent classes.
6. Special educational and methodological recommendations have been developed aimed at self-discipline, independence and commitment, to acquire the ability to use extracurricular time with the greatest efficiency. In the process of organizing and developing independent physical exercises, a number of significant shortcomings have been eliminated:
 - a) educational and methodological material has been prepared on the types and forms of independent classes;
 - b) Proposed educational and methodological material on self-control in self-study (keeping a diary of self-control, using various tests and samples for determining the functional state).

The faculty of the department, in order to activate independent physical exercises by students, focused serious attention to ensure that each student who studies independently masters the methods of thinking (analysis, synthesis, comparison, generalization), as well as the necessary skills and skills:

- find and assimilate the necessary information with the least amount of time;
- deal with complex discussion issues;
- Build independent work with a perspective on the ultimate goal.

When organizing and conducting independent physical exercises or sports among students, it is necessary to pay great attention to that they take place creatively, regularly throughout the school year, self-control over the psychophysical state under the guidance of the teaching staff. To solve issues and tasks of self-study by students we have developed a number of recommendations that contribute to the development of psychophysical qualities, creative abilities, strengthening the need for continuous self-education, maintaining a healthy lifestyle, the correct assessment of vital qualities such as organization, independence, commitment. Summing up the results of many years of pedagogical observations of students studying independently, it was possible to get answers to a number of important questions related to with the problem of improving physical qualities under the influence of systematic independent physical exercise. The received data was confirmed the great importance of self-study to ensure harmonic physical development, comprehensive preparedness, creation of a solid base for achieving high results in future professional activities. Recommendations for students involved in physical exercise or sports on one's own:

1. Rationally allocate free time from academic studies and to use it most effectively, it only requires two things: organization and self-discipline.
2. When organizing individual self-study, it is necessary: exactly determine its purpose; focus on the essentials; draw up a schedule of classes and adhere to it firmly; take time for active recreation; develop a habit use a self-control diary; to relieve fatigue, switch to another activity.
3. Acquire knowledge that arouses interest in the problem, containing specific recommendations on the method of conducting self-study.
4. Conduct, using logical methods of thinking, analysis, synthesis, comparison, generalization.
5. Strive to understand the prospects, the effectiveness of independent activity and strive to improve physical performance.

6. Actively lead a healthy lifestyle in a free from various forms activity time. The recommendations we have proposed, of course, are not comprehensive, the main thing is to teach students the ability to independently replenish their knowledge, navigate in a rapidly the flow of information and knowledge received. It is to achieve these lofty goals that activities of the teaching staff of the department "Physical education and sports.

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