

TO THE QUESTIONS OF INNOVATIVE APPROACH TO THE PROCESS OF PHYSICAL EDUCATION IN UNIVERSITY

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ANNOTATION

The article analyzes innovative methods of teaching physical culture at the university. Most students do not see interest in the subject "physical culture". Therefore, it becomes relevant for university teachers to introduce new methods and technologies for conducting classes in order to interest students. The paper considers the relevance and role of the search for new methods and technologies of teaching physical education, as well as the importance of the motivational mechanism. Examples of health-saving, personality-oriented, information and communication technologies are given.

Keywords: Physical culture, teaching, university, education, innovations, sport, activity, student.

Relevance

Physical education of students is an inseparable part of higher education in the humanities, the result of a complex pedagogical impact on the personality of a future specialist in the process of forming his professional competence.

Today, it is indisputable that innovative approaches to eliminate the main causes that give rise to a deformed attitude to the universal values of physical culture should become important aspects of updating the system of physical education, namely, it is necessary to build new relationships between teachers and students on the basis of commonwealth and trust, to use the variability of educational - training process, creativity and initiative of teachers and students.

The purpose of the study is to substantiate effective approaches to the organization of students' physical culture activities at the university at the present stage of Russia's development.

Material and Methods of Research:

Theoretical and methodological analysis, study of literary sources.

The purpose of the work is to substantiate effective approaches to the organization of physical culture activities of students at the university at the present stage of development of Uzbekistan.

Results of the Study and their Discussion

As the results of theoretical and methodological analysis and their own empirical studies of the practice of physical education in the universities of the Republic of Uzbekistan show, many students are not able to properly manage their genetic potential in order to maintain optimal health, a high level of physical performance and, above all, due to insufficiency they have relevant knowledge and methodological and practical skills.

The educational activity of a student is associated with intense intellectual activity, a significant strain of attention and vision. All this against the backdrop of low physical activity leads to a deterioration in their health and a decrease in efficiency. These circumstances require the formation of skills to apply innovative health technologies based on sufficient knowledge gained in the process of studying at a

university. At the same time, it is necessary to form in students the need to constantly use this knowledge about physical culture and health-improving activities throughout the entire period of study at the university.

The physical culture of a student's personality as a systemic education is a unity of three interrelated components aimed at optimal implementation in various types of pedagogical activity:

- physical culture outlook and emotional comfort during physical culture activity, which corresponds to the motivational and emotional component of the individual's physical culture;
- physical, mental and functional development, which causes active component of physical culture of a student's personality;
- physical culture and health-improving competence and behavioral indicator in the context of knowledge and understanding of the individual's physical culture component.

Formation of students' needs for physical activity at the university associated with social and pedagogical conditions. We include the need for:

- increasing the prestige and importance of physical activity through the promotion of physical culture and sports;
- improvement of the material and technical base;
- expansion of knowledge about the possibilities of health-improving technologies using the means of physical culture;
- search for innovative approaches in the content of the organization of sports activities at the university and methods of their implementation;
- taking into account individual interests in mastering the values of physical culture.

In the course of pedagogical research, we came to the conclusion that, depending on the target setting, organizational forms, and means used, the types of motor activity in the system of physical education can be divided into the following main groups: outdoor games, competitive sports, recreational sports, recreational motor activity, professional oriented physical activity, household physical activity.

Our studies have shown that the predominant use of funds belonging to a particular group can be determined by many factors - the age and gender characteristics of those involved, their interests, material and technical capabilities, health and physical fitness, etc. However, regardless of all these factors the optimal mode of motor activity should ensure the maintenance of the normal functioning of the body, the strengthening of its vital organs and functional systems, the prevention of diseases, that is, to contribute to everything that provides the student with a full physical development.

We also came to the conclusion that the optimal mode of specially organized, in addition to everyday, physical activity for various categories of people involved, regardless of age, gender, interests, conditions, etc. should include three groups of funds:

- a) aerobic exercises that help to increase and maintain a high level of functional capabilities of the cardiovascular and respiratory systems;
- b) strength-oriented exercises that help strengthen the motor apparatus - the muscular system, the skeletal system, connective tissue - ligaments, tendons;
- c) exercises aimed at developing flexibility, contributing to the improvement of the condition of muscle, connective and bone tissues, and the prevention of diseases of the musculoskeletal system.

We believe that one of the directions of the modern education system is the orientation towards the inclusion of female students in independent creative activity. In physical education, this form of

activity is physical self-education. The inclusion of student youth in independent physical education classes involves the joint active work of a teacher and a student.

Theoretical analysis of special literature, questioning of female students allowed us to develop organizational and methodological conditions for the implementation of self-control of female students' physical fitness as a factor in increasing motivation for physical self-improvement. We include among them:

- communication of the necessary information in different training sessions;
- development of guidelines for the use of self-control methods;
- practical mastering of self-control methods in physical education classes;
- development of an individual self-control card "professional-applied physical fitness of a student";
- development of a rating assessment of female students' functional readiness;
- self-filling of an individual self-control card throughout the year, calculation of indexes and grading of progress in physical education according to the progress of one's own achievements;
- providing visual information about the progress of the student's achievements throughout the year.

In our opinion, the fundamental provisions of these models of physical education are:

- organization of physical education in the conditions of strict regulation in the 1st year and partial regulation in the 2nd year;
- coordination at the first stage of the content of training sessions and sports;
- introduction of a model for the formation of the need for physical exercises among female students, which provides for the implementation of the cognitive and motivational components in the learning process;
- individualization of the process and differentiation of the content, forms and methods of pedagogical influence.

In the process of female students' physical education, we recommend including: motivational factors, means and methods of control, physical fitness standards corresponding to a "stable" level of health, ways of developing training programs.

Summarizing the data of our pedagogical research, we can state that the situation is further aggravated by the fact that the majority of female students with poor health have no interest in physical culture. As a rule, such female students are unable to perform elementary exercises and avoid physical education. In this regard, the task of increasing their motor activity remains important.

One of the promising directions for improving the systems of physical education of female students is the development of modern information and methodological systems that would allow female students to activate internal reserves, manifested in independent and creative activities, turning over time into self-education and self-education.

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