

MECHANISM OF ORGANIZING PHYSICAL EDUCATION AND PSYCHOLOGICAL SERVICES IN HIGHER EDUCATION INSTITUTIONS

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Abstract

In this article, on the basis of the mathematical measurements of the three main components, based on the level of cognitive, psycho-emotional and stereotyping, moral, mental, aesthetic education and labor education among students of higher educational institutions are the basis for achieving high results in the process of physical education.

Keywords: psychological analysis, sports psychology, the role of sports psychology, sports training and physical training.

Mental psychological analysis - the mental state of physical education and sports participants during trainings and competitions, the factors determining sports results of human temperament, the emotional and mental states of athletes, the influence of the personality of coaches and trainers and the activities and skills of managing the educational process on the educational process . Another essence of psychological analysis is that it plans sports results in accordance with the personal characteristics and abilities of the athletes and, on the contrary, identifies those who are incapable and incapable of sports. Also, the process of psychological analysis forms the basis of activities for selecting and directing children to sports. Because the main content of the classes of elementary sports training groups is the acquisition of the first forms of sports activities by children through free movements. Currently, many new methods of scientific research are used in physical education and sports, the purpose and task of these methods is to increase the efficiency of the physical education and sports process.

Physical education is the values, norms and values created and used by society for the purpose of physical education, physical development and physical training of a person, improving his abilities and movement activity, forming healthy lifestyle skills, and social adjustment. the part consisting of the sum of knowledge [1].

The science of sports psychology also has its own role in training physical education teachers and sports coaches to become fully mature individuals. The study of human activity in physical education and sports, that is, a person as a social, conscious, practical, perceptive, generalizing, creating, changing, exciting, controlling himself and other people and, where possible, the conditions of activity. The activity of study is based on the principles of consciousness and activity integrity, personal approach, and the principles of historicity and development. According to these principles, a person's living conditions, general and specific conditions of his activity (in this case, physical education and sports), his psyche develops, improves, changes, the social historical process in which a person's mental breakdown is created, a person develops as an active manifestation of social development. zi is regarded as the subject of a participatory process.

As a science, the task of psychology, including sports psychology, is to study the main laws of the mental life of a person (an active athlete (student, child). Every physical education teacher and sports coach should know these laws [2].

The study of sports psychology helps the physical education teacher and sports coach to understand people other than themselves, that is, the practicing athlete (students, children), to take into account their mental states, to work with the practicing athlete. It helps (student, child) to be able to see the positive and negative characteristics, why and why they appear in their individual aspects, to establish relationships with other people around them.

Anyone who begins to study this science seriously will be able to see both their strengths and weaknesses, have opportunities to work on themselves, learn to improve their positive qualities and overcome their shortcomings. .

Sports psychology is a component of psychological education of future physical education teachers, sports coaches, and organizers of physical education activities.

The strict consistency, smoothness of the athlete's character, and its opposite quality, the perceived hardness or changeability of the character, are sharply different from each other in terms of how easily and quickly they adapt to external impressions [3].

It is also one of the compulsory subjects in the training of specialists in physical education and sports, as well as in the faculties, courses and seminars of professional development. The importance of sports psychology, first of all, is that it, together with general psychology and social sciences, helps students to form a humanitarian worldview, spirituality, trust, loyalty to the country, and to form their professional and pedagogical directions. It is also related to the acquisition of the fundamental skills of physical education teachers, teachers of sports schools, coaches, physical education and sports organizers in their future professional schools. Acquiring knowledge in the field of sports psychology, students learn to observe participants in the process of physical education and sports training, to determine their individual psychological characteristics, the implementation of this individual approach is very important, especially in sports.

Students acquire the skills of scientific and practical research, which is especially important for a pedagogue in the field of physical education and sports, because his work requires him to be a researcher. Finally, being armed with knowledge of physical education and sports psychology is a necessary condition for the successful work of future coaches in the order of complex scientific groups serving national teams in various sports. Also, the acquisition of psychological knowledge helps in service and educational activities, that is, it reveals the conditions for better understanding, remembering, attention, and thinking.

Psychology is of great importance in the study of literature, language, history and other social sciences that reflect the spiritual life of a person. Information from the science of "Physical education and sports psychology" is widely used in all disciplines of sports pedagogy, that is, in the disciplines of "Theory of sports training", "Theory and methodology of physical education". Without knowing the psychological characteristics of an active athlete (students and children), it is impossible to properly train and educate them. Briefly, the goal of sports psychology is to facilitate and improve the work of a physical education teacher and sports coach. Organization and conduct of sports training and physical training sessions as per the brochure ensures the formation of good-willed qualities in physical education and sports activities.

Also, the formation of such qualities depends on the condition of the athlete (students and children) and discipline in teams.

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