

**O‘zbekiston Respublikasi oliy ta’lim, fan va
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Guliston davlat universiteti**



САМАРСКИЙ
ПОЛИТЕХНИЧЕСКИЙ
УНИВЕРСИТЕТ



**“SIRDARYO VILOYATINI INNOVATSION
HUDUDGA
AYLANTIRISH: MUAMMO, YECHIM VA
XALQARO TAJRIBA”**

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ilmiy-amaliy anjuman ishtirokchisi**



**“TRANSFORMING SIRDARYA REGION INTO
INNOVATION REGION:
PROBLEM, SOLUTION AND INTERNATIONAL
EXPERIENCE”**

**participant of the scientific-practical conference
in the format of the international website**

Guliston-2023

WAYS TO DEVELOP STUDENTS' INTEREST IN PHYSICAL CULTURE

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Annotation: Nowadays, sport has taken a place in the life of society that has no analogies in history. His problems have become the subject of close study by physicians and educators, philosophers and historians, economists and sociologists. His influence is taken into account by politicians. The impact of sports on people's moods and lifestyle is increasing. In this article, we can discuss information about some benefits of doing sport and physical activities in education system.

Keywords: sports, education systems, physical activities, upsides of sports, students' lifestyle, mental health.

Sports training and academic training are interrelated. Both are two sides of the same coin. Sport in education is an integral part of the curriculum. It helps to form a person's personality and contributes to his holistic development. In a way, this subject is a demonstration of all the disciplines that a person studied at school. Each sport is based on mathematics and physics. Although many subjects are taught in the classroom, sports and physical education give students the opportunity to do outdoor sports, as well as acquire a wide range of skills.

Improving health. Outdoor sports are great for kids and can help with your fitness. Regular exercise will help strengthen the heart, bones and lungs. It also helps prevent chronic diseases. Sports can help treat diabetes, lose weight, improve blood circulation and reduce stress. The combination of mental and physical development allows you to strengthen and tone bones and muscles through sports.

Thanks to sports, students will learn how important it is to lead a healthy lifestyle. Sports can help prevent obesity and promote a healthy diet. Sports encourage young people to eat more vegetables and fruits. They are less likely than their peers to be obese and more likely to grow up as active adults. Prevention of both infectious and non-communicable diseases is possible through physical activity and sports. Thus, sport is a cost-effective strategy for improving the health of the general population in both developed and developing countries. Sport is not just about winning. Rather, it's about achieving goals and working in a team. Friendly competition is what most sports strive for. Physical education teachers should use the natural competitiveness and joy of sports to help students have fun and learn to play calmly and gain confidence.

Sport is useful to everyone. Sports strengthen health, harden, develop endurance, teach discipline and the ability to really assess your strength, be brave, strong-minded and responsible. All athletes are characterized by self-control, willpower and the ability to achieve their goals. Only a strong spirit can regularly overcome natural laziness and attend training. And in training, repeat sets of exercises and gradually achieve results. Classes in the sports section help to expand the circle of acquaintances and make new friends. Athletes learn to adapt to each other and find a common language. They know exactly what support is and how important it is in the pursuit of victory.

Sport teaches the best to act by the rules. The rules are very strict, and they are not discussed. But even in adult life, we often have to accept rules invented by other people. Sport promotes intellectual, moral and aesthetic education, strengthening and development of interpersonal communication not only in small groups, but also on the scale of international relations.

Morally, sports can contribute to the development of such valuable personality traits as sociability, sociability, independence in decision-making, the desire for creativity. The joy of victories and the bitterness of defeats, the ability to learn from this and thereby create prerequisites for self-improvement, participation and empathy, a heightened sense of duty and responsibility to the team and the whole society, awareness of their honor and dignity, conscientiousness in the conduct of wrestling - these are the qualities that are formed in young people in the process of sports. Moral development in the process of sports is aimed at the formation of socially valuable qualities in a person, which determine his attitude to other people, to society, to himself and collectively represent what is commonly called moral education. This characteristic is pivotal in the definition of personality. Its content is conditioned by the norms of morality prevailing in society.

Professional sports do not mean that education should be neglected. Although the workload created by training, trips and competitions can be great, it is quite possible to successfully combine sports and study. According to Megan Fritch, athletes who find a way to achieve their educational goals in parallel with their sports career find that this provides many advantages. Combining studies and sports seems to be a good practice necessary for the comprehensive development of an athlete. Thanks to this, athletes manage to lead a richer life and develop relationships outside of sports.

Sports are developed against the background of communication, in a team, under the guidance of a coach. It is communication that is the most powerful factor in the formation of the moral qualities of those involved, from the very beginning of sports they begin to realize their involvement in the team and, in accordance with the rules and regulations, learn to manage their actions, correlate them with the actions of others. This way the will is strengthened, discipline is developed, the habit of observing the norms of moral behavior is formed.

From an intellectual point of view, sports, sports activity seems to be a wide field of creative search in mastering techniques, tactics, managing one's emotions and physical condition. In the process of sports exercises, motor cognitive situations continuously arise, the solution of which requires significant mental stress. Already a simple solution to motor tasks: how to make movement faster, more precisely, what needs to be done to correct a mistake, etc. – is a chain of mental operations, including observation, generalization, decision-making. The specificity of mental activity in the process of doing sports lies in the close interaction between body movements and mental operations: those involved continuously check the program of movements with its actual implementation.

As a result, conscious connections between muscle sensations, a motor task and a way to solve it are consolidated. Movements become a way of learning and mastering the surrounding world. All this contributes to the development of such distinctive features of a harmoniously developed person as breadth, depth, criticality, flexibility of thinking and cognitive activity, which is greatly facilitated by the international nature and multi-contact communication in the field of sports. Also, sports are often used as a means to relieve mental stress and stimulate intellectual activity.

Aesthetically, the main thing in sports is the knowledge of the beauty of the physique and movement, the demonstration of this beauty, the inexhaustible spiritual and physical capabilities of a person.

Volitionally, productive activities in any kind of sport are unthinkable without actively overcoming a whole complex of objective and subjective difficulties, without the highest degree of tension. This supreme tension of will in the daily hourly struggle with oneself creates objective conditions for the formation of vital volitional qualities of a person – purposefulness, perseverance, courage and determination, self-discipline and initiative. Almost all sports can serve as a positive means of educating a person, given the possibility of their impact on morality, intelligence, aesthetics, will.

Modern sport as a social phenomenon is multifaceted. He appears in many guises: as a means of recovery, and as a means of psychophysical improvement, and as an effective means of rest and recovery of working capacity, and as a spectacle, and as professional work. Sport is a compressed model of life. In it, thanks to the extreme conditions, you can find all the richness of human nature manifestations. It, more than other types of activity, forms a person's versatile adaptive capabilities, is associated with the opening of human reserves, the identification of maximum human capabilities. That is why sport has deservedly taken one of the leading places in the education of young people, in the formation of moral values among the younger generation. And yet, playing sports increases the number of positive people on the planet. After all, during physical exertion, the human body produces "hormones of happiness". And, as a result, those who do sports are less prone to despondency and depression.

The aspect of sport that is associated with failures is underestimated. You have to be disciplined and persistent to succeed in life. Athletics is one way to do this. The fundamental nature of a sport with clearly defined losers and winners leads to natural highs. This is what young athletes should be ready for in later life.

In conclusion. Sports are a great way to show that hard work pays off. To succeed in any endeavor, you will need perseverance and an uncompromising attitude. Through sports, your child will see the importance of perseverance to achieve their goals. Sports classes teach discipline that can be useful in all spheres of life. Through sports, students learn tactical, mental and physical training. Students

can focus better and have a clearer vision. These qualities are necessary for academic success. Students who engage in sports and physical exercises can achieve academic success.

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ФИЗИОЛОГИЧЕСКОЕ ОБОСНОВАНИЕ (ФАКТОРЫ РАЗВИТИЯ), СРЕДСТВА И МЕТОДЫ РАЗВИТИЯ ПРЫГУЧЕСТИ

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ANNOTATION

The development of physical qualities needed for volleyball Abstract. This article discusses the impact of exercise in the form of volleyball on the physical development of schoolchildren and University students.

The purpose of the article is the consideration of the exercise, the implementation of which helps in preparing for the game of volleyball, thereby affecting the physical quality of students.

Keywords: volleyball, physical qualities

Физические качества и двигательные навыки, полученные в результате физических занятий, могут быть легко перенесены человеком в другие области его деятельности, и способствовать быстрому приспособлению человека к изменяющимся условиям труда быта, что очень важно в современных жизненных условиях [8].

Между развитием физических качеств и формированием двигательных навыков существует тесная взаимосвязь. Из других физических качеств большое значение имеет прыгучесть. Значение в волейболе прыгучести как способности выполнять прыжки с максимальным подъёмом центра тяжести тела признаётся подавляющим числом специалистов [5]. Это качество игрока определяет эффективность таких важнейших технических действий игрока в нападении и защите, как нападающий удар и блокирование.

В связи с тем, что эффективная игровая деятельность в волейболе невозможна без проявления высокого уровня скоростно-силовых способностей, в том числе прыгучести, специалистами уделяется большое внимание вопросам их развития [1,4,6]. В этих исследованиях обобщены и усовершенствованы в соответствии со спецификой двигательной деятельности в волейболе методические подходы, изложенные в работах учёных, занимавшихся проблемами силовой подготовки во многих видах спорта [4].

В то же время в практике подготовки волейболистов, особенно массовых разрядов ещё бытует мнение, что скоростно-силовая подготовка может ограничивать рост спортсменов, отрицательно сказываться на точности выполнения некоторых игровых приёмов. Особенно остро эта проблема стоит у девушек-старшеклассниц, занимающихся в секциях волейбола, у которых недостаток внимания к развитию прыгучести может значительно снижать эффективность атакующих и защитных действий вследствие значительного увеличения пассивного компонента веса тела. В то же время, методики воспитания прыгучести у девушек старшего школьного возраста разработаны слабо, что отрицательно сказывается на темпах роста спортивного мастерства в этом возрасте.

РЕФОРМЫ РЕСПУБЛИКИ УЗБЕКИСТАН В СФЕРЕ ВНЕШНЕЙ ТРУДОВОЙ МИГРАЦИИ Алимов Темур Эркинович	155
VILOYATDA ISHLAB CHIQRISH VA FAN INTEGRATSIYASINI YANADA RIVOJLANTIRISH	160
PAXTANI MAYDA IFLOSLIKDAN TOZALASH MASHINASINI TAKOMILLASHTIRISH Xodjiyev Muksin Tadjiiyevich, Isayev Shaxbozbek Shavkatjonovich.....	161
YANGI POLIMER KOMPOZITSION MATERIALLI KOLOSNIKLI PANJARANI UXK PAXTA TOZALASH MASHINASI UCHUN TEBRANISH CHASTOTALARINI ANIQLASH Xodjiyev Muxsin Tadjiiyevich, Murodov Orif Jumayevich.....	165
IKKI QARAMA-QARSHI QUVURDAN KELAYOTGAN HAVO VA TOLALI ARALASHMANI O'ZARO XARAKATLANISHINI HISOBLASH M.T. Xodjiyev, O.N.Alimov	170
OTM TALAABALARINI ISH BILAN BANDLIKKA TAYJERLASH ASOSIDA MEHNAT BOZORINING SAMARALI RIVOJLANISHINI STRATEGIK KONCEPCIYASI Ф.М.Зикрияев, Н.Расулова, С.Қаюмова.....	175
OTM TALAABALARINI ISH BILAN BANDLIKKA TAYJERLASH ASOSIDA IKTISODIYETNI INNOVACION RIVOJLANTIRISHNING MAJLUD HOLATI З.Зикрияев, Б.Норбўтаев, Н.Расулова, З.Негматуллаева.....	179
PEDAGOGICAL COMMUNICATION IN STRATEGY AND TACTICS PSYCHOLOGICAL AND PEDAGOGICAL IMPACT F. Niyazov	183
SPORT TRENIROVKASI TIZIMIDA ISH QOBILIYATINING JISMONIY VA FUNKSIONAL KOMPONENTLARINI RIVOJLANTIRISH Bairbekov Mamatkul Gaibnazarovich..	185
WAYS TO DEVELOP STUDENTS' INTEREST IN PHYSICAL CULTURE Bairbekov Mamatkul Gaibnazarovich	188
ФИЗИОЛОГИЧЕСКОЕ ОБОСНОВАНИЕ (ФАКТОРЫ РАЗВИТИЯ), СРЕДСТВА И МЕТОДЫ РАЗВИТИЯ ПРЫГУЧЕСТИ Баирбеков Маматкул Гаибназарович....	190
BOSHLANG'ICH SINF O'QUVCHILARIDA AXBOROT BILAN ISHLASH MADANIYATINING HUQUQIY ASOSLARI Abrorxonova Kamolaxon Abrorxon qizi, Bo'riyeva Shaxnoza Inat qizi.	193
КЛАССИФИКАЦИЯ СУШИЛЬНЫХ УСТАНОВОК, ПРИМЕНЯЕМЫХ В КОЖЕВЕННО-МЕХОВОЙ ПРОМЫШЛЕННОСТИ Давлатов Пулат ХХХ.....	195
АНАЛИЗ ИНТЕГРАЦИОННОГО ПРОЦЕССА ПЕРЕРАБОТКИ СЕЛЬХОЗПРОДУКЦИИ Давлатов П., Омонова Гулнозабону	198
ВЫСОКОЭФФЕКТИВНАЯ КОНСТРУКЦИЯ КРЕПЛЕНИЯ ПОЧВОРЕЖУЩЕГО РАБОЧЕГО ОРГАНА Элибаев Анвар Ахматович	199
ВЛИЯНИЕ ТЕХНИЧЕСКОГО СОСТОЯНИЯ ТРАНСПОРТНЫХ СРЕДСТВ НА БЕЗОПАСНОСТЬ ДВИЖЕНИЯ Элибаев Анвар Ахматович, Худойбердиев Икром Акрамович	201
5LP LINTERNING ARRALI SILINDRI B'YI'CHA IZLANISHLAR Эшқувватов Шокир Фахриддинович	203
5LP LINTERNING ARRALI SILINDRI Eshquvvatov Shokir Faxriddinovich, Yangiboyev Ikromjon Berdikul o'g'li, Berdimurodov Bekzod Qurbonovich	206
KO'YLAQ VA BLUZKALARNING PASTKI QIRQIMLARIGA ISHLOV BERISH VA PARDOZLASH JARAYONINI TRAKOMILLASHTIRISH Isayeva Rano Mardiyevna	208
KIYIM ISHLAB CHIQRISHDA DIZAYN VA KONSTRUKSIYANING O'RNI Islamova Rahbarxon Ravshanovna	212
MUHANDISLIK VA KOMPYUTER GRAFIKASI FANIDA PEDAGOGIK TEXNOLOGIYALARNI QO'LLASH ZARURATI Kasimov Ablakul Saitkulovich....	216
СОЗДАНИЯ ПОДВИЖНОГО УСТРОЙСТВА ДЛЯ ТРАНСПОРТИРОВКИ ХЛОПКА И АНАЛИЗ ЕГО МОБИЛЬНЫХ ТРАНСМИССИЙ Максудов Равшан Хасанович, Шухратов Шароф, Якубов Ином.....	219
MUHANDISLIK GRAFIKASI FANLARINI O'QITISHDA BO'LAJAK CHIZMACHILIK O'QITUVCHILARINING KASBIY SIFATLARINI RIVOJLANTIRISH Panjiyev Orifjon Erkinovich.....	226