



The Needs and Interests of Students with Weakened Health in the Field of Physical Education

Jurayev Jura Rahmonovich

"Teacher of the Department of Sports", Teacher of the Department of Bukhara State University

Annotation: The article discusses elements of the motivational mechanism for physical education among students with weakened health. The results of a sociological study are presented to study the attitude to health, motivation for physical education, and the use of physical culture in the daily life of student youth.

Keywords: students, health, physical education, needs, interests, values, motivation.

Physical culture is an organic part of universal culture, its special independent area. At the same time, this is a specific process and the result of human activity, the means and way of physical improvement of the personality. Physical culture affects the vital aspects of the individual obtained in the form of inclinations, which are transmitted genetically and develop in the process of life under the influence of education, activity and the environment. Physical culture satisfies the social needs for communication, game, entertainment, in some forms of self-expression of personality through socially active useful activity. Basically, physical education has appropriate motor activity in the form of physical exercises that allow you to effectively form the necessary skills, physical abilities, optimize the state of health and performance. Physical culture is represented by a combination of material and spiritual values. The first includes sports facilities, inventory, special equipment, sports equipment, medical support. The second includes information, works of art, various types of sports, games, complexes of physical exercises, ethical norms governing human behavior in the process of physical education and sports activities, etc. In developed forms, physical culture produces aesthetic values (physical education parades, sports and space performances, etc.).

Possessing and actively using a variety of physical exercises, a person improves his physical condition and preparedness, and is physically improved. Physical perfection reflects such a degree of physical capabilities of the personality, its plastic freedom, which allow it to most fully realize its essential forces, successfully take part in the types of socio-labor activity necessary for society, and strengthen its adaptive capabilities and growth on this basis of social returns. The degree of physical perfection is determined by how strong the basis it represents for further development, to which it "openly" it "openly" new qualitative changes and creates the conditions for the transfer of personality into another, more perfect quality. Physical improvement is legitimate to consider as a dynamic state that characterizes the desire of a person to holistic development through a chosen sport or physical education and sports activity. This ensures the choice of means that is most fully consistent with its morphofunctional and socio-psychological features, the disclosure and development of its individuality. That is why physical perfection is not just the desired quality of the future specialist, but a necessary element of his personal structure. Physical and sports activity, which includes students-one of their effective mechanisms for the merger of public and personal interests, the formation of socially necessary individual needs. Its specific core is relations that develop the physical and spiritual sphere of personality, enriching it with norms, ideals, and value orientations. In this case, the transformation of social experience into the properties of the



individual and the transformation of its essential forces into an external result. The holistic nature of such an activity makes it a powerful means of increasing the social activity of the individual. The physical culture of the individual manifests itself in three main directions.

Firstly, it determines the ability to self-development, reflects the orientation of the personality "on itself", which is due to its social and spiritual experience, ensures its desire for creative "self-building", self-improvement.

Secondly, physical culture is the basis of an amateur, initiative self-expression of a future specialist, the manifestation of creativity in the use of physical culture means aimed at the subject and process of his professional work.

Thirdly, it reflects the work of a person aimed at relationships arising in the process of physical education, sports, social and professional activities, i.e. "on others". The richer and wider the circle of personality relations in this activity, the richer the space of its subjective manifestations becomes richer.

The main means of physical culture is physical exercises. There is a physiological classification of exercises in which all diverse muscle activity is combined into separate groups of exercises on physiological characteristics. The body's stability to adverse factors depends on congenital and acquired properties. It is very mobile and lends itself to training both by means of muscle loads and various external influences (temperature fluctuations, a lack or excess of oxygen, carbon dioxide). It is noted, for example, that physical training by improving physiological mechanisms increases resistance to overheating, hypothermia, hypoxia, the action of some toxic substances, reduces the incidence and increases performance. Trained skiers when cooling their body up to 35 ° C retain high performance. If untrained people are not able to perform work when lifting their temperatures up to 37–38 ° C, then the trained successfully cope with the load even when the temperature of their body reaches 39 ° C or more. In people who systematically and actively engage in physical exercises, mental, mental and emotional stability increases in the implementation of intense mental or physical activity. Among the main physical (or motor) qualities that provide a high level of physical performance of a person include strength, speed and endurance, which are manifested in certain ratios, depending on the conditions of the performance of a particular motor activity, its character, specificity, duration, power and intensity. To these physical qualities should be added flexibility and dexterity, which largely determine the success of some types of physical exercises. The variety and specificity of the effects of exercises on the human body can be understood by familiarizing themselves with the physiological classification of physical exercises (from the point of view of sports physiologists). It is based on certain physiological classification features that are inherent in all types of muscle activity, included in a specific group. So, by the nature of muscle contractions, muscle work can be static or dynamic. The activity of muscles in the conditions of maintaining the motionless position of the body or its links, as well as the exercise of the muscles when holding any cargo without its movement is characterized as static work (static effort). Static efforts are characterized by the maintenance of various poses of the body, and the efforts of the muscles during dynamic work are associated with the movements of the body or its links in space. A significant group of physical exercises is performed in strictly constant (standard) conditions both in training and in competitions; At the same time, motor acts are produced in a certain sequence. Within the framework of a certain standard of movements and conditions for their implementation, the implementation of specific movements with the manifestation of strength, speed, endurance, high coordination during their implementation is improved. There is also a large group of physical exercises, the peculiarity of which in non-standard, inconsistency of the conditions for their implementation, in a changing situation requiring an instant motor reaction (martial arts, sports games). Two large groups of physical exercises associated with the standard or non-standard



movements are divided into exercises (movements) of a cyclical nature (walking, running, swimming, rowing, skating, skiing, bicycle, etc.) and acyclical exercises nature (exercises without mandatory mandatory repeatability of certain cycles that have a clearly expressed beginning and completion of movement: jumping, throwing, gymnastic and acrobatic elements, lifting weights. The common for moving a cyclic character is that they all represent the work of constant and variable power from various Duration. The diverse nature of the movements does not always allow you to accurately determine the power of the completed, work (i.e. the amount of work per unit of time associated with the strength of muscle contractions, their frequency and amplitude), in such cases the term "intensity" is used.

The marginal duration of work depends on its power, intensity and volume, and the nature of the work is associated with the process of fatigue in the body. If the capacity of the work is great, then its duration is small due to rapidly advancing fatigue, and vice versa. During the operation of a cyclic character, sports physiologists distinguish the maximum power zone (the duration of work does not exceed 20-30 s, and the fatigue and reduction of performance for the most part occurs after 10-15 s); submaximal (from 20-30 to 3-5 s); Large (from 3-5 to 30-50 min) and moderate (duration of 50 minutes or more). Features of the functional shifts of the body when performing various types of cyclic work in various zones of power are determined by the sporting result.

So, for example, the main characteristic feature of the work in the maximum power zone is that the activity of the muscles proceeds in obscene (anaerobic) conditions. The capacity of the work is so great that the body is not able to ensure its completion at the expense of oxygen 66 (aerobic) processes. If such power were achieved due to oxygen reactions, then the circulatory and breathing organs should have ensured the delivery of more than 40 liters of oxygen in 1 min. But even in a highly qualified athlete with a complete increase in respiratory function and blood circulation, oxygen consumption can only approach the indicated figure.

During the first 10-20 with work, oxygen consumption in terms of 1 min reaches only 1-2 liters. Therefore, the work of maximum power is performed "in debt", which is eliminated after the end of muscle activity. The processes of respiration and blood circulation during the work of maximum power do not have time to intensify to the level that provides the right amount of oxygen to give energy to working muscles.

During a sprint run, only a few superficial breaths are made, and sometimes such a run is performed with a complete holding of breathing. At the same time, the afferent and efferent departments of the nervous system function with maximum stress, causing a fairly rapid fatigue of cells of the central nervous system. The reason for the fatigue of the muscles themselves is associated with the significant accumulation of anaerobic metabolism and the exhaustion of energy substances in them. The main mass of energy that is released during the operation of maximum power is formed due to the energy of decay.

Oxygen debt that is liquidated during the recovery after the work performed is used for oxidative resintez (restoration) of these substances. Reducing power and increasing the duration of work is due to the fact that in addition to anaerobic reactions of energy supply of muscle activity, the processes of aerobic energy formation are also unfolded. This increases (up to the complete satisfaction of the need) the flow of oxygen to the working muscles. So, when performing work in the zone relatively moderate power (running for long and super-long distances)- the level of oxygen consumption can reach about 85% of the maximum possible.

With a long (sometimes many hours) work of moderate power, the carbohydrate reserves of the body (glycogen) are significantly reduced, which leads to a decrease in the content of glucose in the blood, negatively affecting the activity of nerve centers, muscles and other working organs. In order



to make up for the spent carbohydrate reserves of the body during long-term races and swims, special nutrition is provided with solutions of sugar, glucose, juices. Acyclic movements do not have the mere repeatability of the cycles and are stereotypically the following phases of movements with a clear completion. To fulfill them, it is necessary to show strength, speed, high coordination of movements (movement of a power and speed-power nature).

The success of these exercises is associated with the manifestation of either maximum strength, or speed, or combination of both and depends on the necessary level of functional readiness of the body's systems as a whole. The means of physical culture include not only physical exercises, but also the healing forces of nature (sun, air and water), hygienic factors (labor, sleep, food, sanitary and hygienic conditions). The use of healthy forces of nature helps to strengthen and activate the body's defenses, stimulates the metabolism and the activities of physiological systems and individual organs. To increase the level of physical and mental performance, it is necessary to be in the fresh air, abandon bad habits, show motor activity, engage in hardening. Systematic exercises in conditions of intense educational activity remove neuropsychic stresses, and systematic muscle activity increases the mental, mental and emotional stability of the body with intense educational work.

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