**TECHNOLOGY OF ORGANIZATION AND COMPREHENSIVE ASSESSMENT OF SPORTS ACTIVITIES OF JUDOKA STUDENTS**

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**Abstract:**

*The article deals with the organization of extracurricular activities of students studying in various educational areas of the university through classes in judo circles, general and special training, the development of aspects of competitive activity and integrated assessment technologies.*

*On the basis of the university, was formed a group of judo and 20students, differing in levels of mutual training and weight categories, and the circle's classes are based on such feedback principles as current and final control, general and special physical training, individualization of the content of judo classes depending on age and level of training and sports qualifications. simultaneous increase in sports activity.*

*In the comprehensive control section of the judo club program, the total physical training of students is 60 kg., and 73 kg., weight categories, special technical and tactical actions, aspects of competitive activity were taken into account and consist of:*

*- technical performance of special exercises for flexibility and acrobatics;*

*-from judo techniques: "Tai otoshi", "Ura-Nage", "Koshi-guruma", "Surikomi-Goshi" in the standing position, "Ude-hishigi-juji-gatami (kumikata)" in the stalls position, "Okuri-Eri-jime", "Kesa-gatami", “Technical execution according to the methods of "Yoko-Shiho-gatami", "Kami-Shiho-gatami", "Tachi-Shiho-gatami";*

*- a four-minute round of martial arts, technical execution of judo techniques, a clean victory, as well as technical actions in the stalls;*

 *- criteria for evaluating the competitive activities of judo students participating in sports events held during the academic year have been developed.*

*According to the results of an experimental test of the effectiveness of specially organized university group classes in the 2023-24 academic year, it was found that the effectiveness of the training methodology has sufficient validity with a significant difference in the results of judo students at the beginning and at the end of the academic semester* $p<0.001$ *(significance level 99%).*

 *The priority of the competitive method as one of the conditions for increasing the motivation of students to study in judo circles, as well as an experimentally based technology for a comprehensive assessment of general sports activities by planning means of general physical, special physical and pre-competitive training, allowing to develop aspects of sports training.*

**Introduction.**

 During the period of rapid popularity of most sports, the development of judo is also given special attention by the state. The experience of many countries of the world shows that physical culture and sport as a social phenomenon serve to organize meaningful leisure activities for young people, promote a healthy lifestyle among the population. It is known from world experience that judo has become a widespread sport in which a sharp increase in competition is due to the analysis of modern diagnostic data characteristic of the organization, management and preparatory process of sports activities of martial artists, the problem of optimizing various aspects of sports training is extremely relevant. In particular, such issues as the individualization of the student training system by sports, the sorting of training tools and methods in accordance with the individual capabilities and needs of athletes studying in educational areas, the development of training programs, as well as the organization, evaluation and pedagogical management of sports activities remain relevant in the higher education system [1].

The issues of effective organization of leisure time for students of various educational fields in higher educational institutions of the republic, popularization of sports and increasing physical activity are among the priorities of the teaching staff.

 Due to the sharp increase in competition in judo wrestling in the higher education system, there may be a lack of research data on planning the processes of general physical training (GPhT), special physical training (SPhT) of athletes, individual experiments aimed at improving the effectiveness of competitive activities, as well as the organization of complex SA(sport activeness) processes. [8,11,12].

An important scientific and methodological issue is the development of mechanisms for orienting students of higher educational institutions operating in an information technology environment to sports activities, a comprehensive assessment of aspects of sports training, and the formation of an athlete's physical activity rating [J. Lecocq., 2014].

Sports achievements are actually an integral indicator of the function of body systems. In many developed countries, the organization based on the multiparameter monitoring approach of optimizing the physical technical movement (activity) of athletes, the importance of the problems of organization based on the differentiation of sports activities [Chia-Wei., 2023], the primary and tertiary preventive effectiveness of physical activity [Ian, O'Boyle. , 2015], there is scientific evidence about the link between education and mental health [Jacqueline., 2023] and the importance of digital technology tools [Adrián., 2024].

This scientific evidence allows for a comprehensive evaluation of the athlete's training status by monitoring and managing it. That is why the best practices developed and used in the world's leading countries aroused the interest of a wide range of representatives of the field, and researches were conducted on the special parameters of the organization, management and control of sports activities of student athletes [6,12,14,15].

One of the promising ways to popularize the sport is to optimize the processes of sports improvement by revising the system of sports events, competitions in educational institutions, mechanisms of influence on the capabilities and level of training of an athlete with regularity and consistency are being studied [Normurodov A.N., 2020].

Some researchers [Tangriev A.T., 2023 and others] pay great attention to the problem of using model methods due to the fact that direct copying and mastering of traditional Japanese judo throwing techniques, which can be applied to the opponent in the training of qualified judoka, does not give effect to our judoka, their awareness of the relevant sports literature in the training of qualified judoka, the inability to achieve high results only with physical training.

The article by the author [Sirliev E.N., 2020] presents empirical data on the study of the influence of sports activities of judoka on personality, the study of personal characteristics of judoka, their physical and mental health, preparation for their activities and the competition period. In this study, the peculiarities of the influence of sports activity on the personality of judoka are studied and it is established that their stress resistance is determined by the processes of sports training and its organizational, controlling and managerial components.

The purpose of participating in competitions is to achieve victory or improve results, regardless of the level of achievement of the athlete at the moment. This creates an extreme situation, which in most cases requires a person to demonstrate incredibly great capabilities in a very short period of time. The desire to achieve high results and performance in competitions is manifested regardless of the level of athletic achievements of an athlete, his level of training and other factors [Gapparovich G. Z., 2022].

 In this article R. Abdurasulov is noted that martial arts classes contribute to the expansion of the inner world of students, their knowledge of black and white, awareness of the harmony of man and nature, the formation of their ability to logical thinking, a positive impact on the comprehensive and harmonious formation of personality, it is noted that martial arts is an important tool in the formation of personalities.

The active participation of domestic and foreign scientific and pedagogical schools in the study of the impact of long-term professional sports on the athlete's body is increasing from year to year. In these studies, more attention is paid to the study of adaptive reserves and the functional state of athletes and the practice of control tests, which are as close as possible to the real processes of sports training.

Currently, in connection with the popularization of sports in the lives of young people, it is possible to trace a trend towards an increase in the weight of student-athletes engaged in sports activities or various educational areas. Sports qualifications (1st class, Candidate for Master of Sports, Master of Sports, Master of Sports of international class) and the number of students of higher educational institutions of the Bukhara region engaged in judo sports as of September 2023 are shown in the table below (see Table 1).

Table 1.

**Numbers of judoka students in Bukhara higher schools (institutions and universities)**

|  |
| --- |
| Bukhara State University |
| 1st category | Candidate of Sport Masters | Sport Masters | Candidate of International Masters of Sport | International Masters of Sport |
| 12 | 7 | 8 | 4 | 2 |
| Bukhara State Pedagogical Institute |
| 1st category | Candidate of Sport Masters | Sport Masters | Candidate of International Masters of Sport | International Masters of Sport |
| 6 | 3 | 4 | 2 | 1 |
| Bukhara State Technological Engineering Institute |
| 1st category | Candidate of Sport Masters | Sport Masters | Candidate of International Masters of Sport | International Masters of Sport |
| 3 | 2 | 2 | - | - |
| Tashkent Institute of Agricultural Mechanization National Research University Bukhara Institute of Natural Resources Management |
| 1st category | Candidate of Sport Masters | Sport Masters | Candidate of International Masters of Sport | International Masters of Sport |
| 4 | 1 | 1 | - | - |
| Bukhara State Medical Institute |
| 1st category | Candidate of Sport Masters | Sport Masters | Candidate of International Masters of Sport | International Masters of Sport |
| 5 | - | 1 | - | - |

Based on the data obtained by the teaching staff of the Department of Sports theory and methodology of Bukhara State University, it should be noted that only at the beginning of the 2023-2024 academic year in the region 68 judoka of various sports qualifications were accepted for educational courses. However, in the following academic years, opportunities for continuing sports training become increasingly limited due to social and educational conditions.

Based on the studied literature and statistical observational data on the sports activities of judo students, the issue of rational leisure activities for athletes of various educational fields in the process of higher education, in particular, in the means of judo, SA organization, integrated control and management has not been studied enough, experimentally based recommendations in this direction have not been developed.

**Materials and Methods.**

Assessment is an important pedagogical practice that can be considered as a stimulating factor in the motivation of student-athletes. The transfer (or reformulation) of the absolute (absolute) value fixed in the practice of the industry into relativity is a process of direct assessment, and the resulting relative value is called a pedagogical assessment. [7]

Criteria for evaluating the academic performance and competitive activity of **GPP** and **SPP** judo students have been developed:

I. **The GPP scores of judo students**, **consisting of two weight categories**, are organized on the basis of six test papers, and additional points are taken into account in order to reward results above 5 points (see table 2).

**Table 2.**

**Criteria for evaluating indicators of general physical fitness of judo students**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **№** | **General physical training****tests** | **Additional points** | **Scores** | **Test indicators by weight categories** |
| **60** | **73** |
| 1 | Running a distance of 100 meters (in seconds) | **0.5 s.-1point****1.0 s.-2 points****1.5 s.-3 points** | **5** | **13.2** | **13.7** |
| **4** | **13.8** | **14.0** |
| **3** | **14.0** | **14.2** |
| **2** | **14.3** | **14.5** |
| 2 | Running a distance of 1000 meters (in minutes) | **5 s.-1point****10 s.-2 points****15 s.-3 points** | **5** | **3.20** | **3.30** |
| **4** | **3.30** | **3.40** |
| **3** | **3.40** | **3.50** |
| **2** | **3.50** | **3.60** |
| 3 | Repeated running 3х10 meter. (in seconds) | **0.2 s.-1point****0.4 s.-2 points****0.6 s.-3 points** | **5** | **5.8** | **6.0** |
| **4** | **6.1** | **6.2** |
| **3** | **6.3** | **6.4** |
| **2** | **6.5** | **6.6** |
| 4 | Pull-up the bar (times) | **2 times-1point****3 times-2 points****4 times-3 points** | **5** | **14** | **12** |
| **4** | **12** | **10** |
| **3** | **10** | **8** |
| **2** | **8** | **6** |
| 5 | Long jump from where You are standing (meter) | **5 cm.-1point****10 cm.-2 points****15 cm.-3 points** | **5** | **2.20** | **2.10** |
| **4** | **2.10** | **2.00** |
| **3** | **2.00** | **1.90** |
| **2** | **1.90** | **1.80** |
| 6 | Lean forward (cm.) | **1 cm.-1 point****2 см.-2 points****3 см.-3 points** | **5** | **15** | **10** |
| **4** | **10** | **6** |
| **3** | **5** | **2** |
| **2** | **2** | **0** |

**II. The assessment of the SPP** level of judo students is carried out in three parts (see Table 3):

1. Technical performance of special exercises for flexibility and acrobatics.

2. Technical execution of judo techniques.

3. A four-minute round of combat skills.

Due to the fact that the side of a judoka's SPP does not have a derivative of a quantitative measure, 5-point evaluation criteria have been developed to describe this pedagogical phenomenon in terms of the quality of technical performance.

 **Table 3.**

**Criteria for evaluating judo students according to indicators of special physical fitness**

|  |  |  |  |
| --- | --- | --- | --- |
| **№** | **Special physical training****tests** | **Description of the evaluation criteria** | **Points** |
| **I. Technical performance of flexibility and acrobatics exercises** |
| 1 | **Up to the state of the bridge and back to the original position** | When performing a movement from a standing position to the bridge position, leaning with both hands, the head does not touch the carpet, and the waist bends in one turn and returns to its original position. When the same movement is performed 5 times without stopping | **5 points** |
| When performing the movement, the head does not touch the carpet, but the waist does not bend in one direction if the movement is performed with seizures | **4 points** |
| When the head touches the carpet while performing the movement, and the waist does not bend in one direction, the movement is performed with seizures | **3 points** |
| 2 | **Stand and move to the bridge position** | When performing a movement from a standing position to the bridge position, leaning on both hands, the head does not touch the carpet, and the waist bends in one pass and exceeds the position of the bridge. When the same movement is stopped 5 times | **5 points** |
| When the head touches the carpet while performing the movement, and the waist bends smoothly and goes beyond the bridge position | **4 points** |
| When performing the movement, the head touches the carpet and makes stops in overcoming the position of the bridge, without bending in the lumbar spine | **3 points** |
| 3 | **Moving forward and backward to the bridge position** | When performing the movement from the standing position to the bridge position, both hands and head rest on the mat. From this position, the waist bends one step forward and back from the bridge position. When the same movement is stopped 5 times | **5 points** |
| When it is difficult to jump to one side without sufficient bending when performing the movement | **4 points** |
| When he struggles to jump in both directions without bending properly while performing the movement | **3 points** |
| 4 | **Running around the head 5 times for ten and 5 times to the left while standing in the bridge position** | When performing the movement from the standing position to the bridge position, both hands and the frontal part of the head rest on the carpet. From this position, when the waist is bent to one side and the head and arms run around the head without changing the starting position  | **5 points** |
| When performing the movement, the waist bends in one line, the head and arms run around the head, changing the starting position | **4 points** |
| When performing the movement, the waist runs around the head, changing the initial position of the head and arms, without bending in one sitting | **3 points** |
| **II. Technical execution of judo techniques** |
| 5 | In a standing position, "Tai otoshi" is a method of laying down a barrier in front of the foot, and "Ura-nage" is a method of overstating the chest | If the technical breakthrough is performed correctly, quickly and with great speed.The throw was executed at the correct but slow pace from the technical jerk.A throw with some technical errors, performed with small stops.In the process of throwing, the catcher performed the cases with errors.The technical difficulties have not been overcome | **5 points****4 points****3 points****2 points****1 points** |
| 6 | In a standing position, “Koshi-guruma” holds a neck-length throw at the waist, “Surikomi goshi” holds a collar-length throw at the waist-length at the ankle |
| 7 | In the case of the parterre, Ude-xishigi-djudji-gatami uses the "Ude-hishigi-juji-gatame (kumikata)" manual ailing method, Okuri-eri-djime using "Okigi-eri-jime" kimano choking method |
| 8 | In the case of the parterre, " Kesa-gatami", "Yoko-shiho-gatami", "Kami-shiho-gatami", "Tati-shiho-gatami " methods of pressing two shoulders into the carpet |
| **III. 4-minutes 1-round fight** |
| 9 | Technical execution of judo techniques, a clean victory, as well as technical actions in the stalls | During the competition, they perform attacking and defensive movements in the standing position, attacking and defensive movements in the prone position (stalls), provided a high level of physical activity | **5 points** |
| During the competition, they perform attacking and defensive movements in the standing position, attacking and defensive movements in the prone position (stalls), physical activity at an average level  | **4 points** |
| During the competition, the rhythm of offensive and defensive movements in the standing position, with unsatisfactory attacking and defensive movements in the prone position (stalls), physical activity is moderate  | **3 points** |
| During the competition, offensive and defensive movements in the standing position, offensive and defensive movements in the prone position (stalls) are unsatisfactory, physical activity is low | **2 points** |
| During the competition, offensive and defensive movements in the standing position, offensive and defensive movements in the prone position (stalls) are unsatisfactory, physical activity is not observed | **1 points** |

**III. When evaluating a judoka's SA**, the following indicators are taken into account [6]:

1. Technical and tactical indicators related to **SA** indirectly indicate the general level of motor and functional training of a judoka and take into account the volume of offensive movements performed by him per minute.

SA = n /t (attacks in 4 minutes),

in this case N=n+n\_1;

**N** is the total number of attacks by the judoka, **N** is the total number of registered attacks, **n\_1** is the number of estimated actual attacks, **t** is the time of the fight.

The competitions of 20 students who participated in the round-robin training at the Uzbekistan Youth Judo Cup, which took place in Bukhara on December 23, 2023, were analyzed and the SA indicators were determined.

**Results.** The average score values for a specific group of judoka were calculated based on the individual score of students evaluated according to the evaluation criteria GPP (Table 1), SPP (Table 2), consisting of six test controls, and SA, consisting of three parts, and this indicator indicates the effectiveness of the student's athletic activity (**SA**) (see Table 4).

Table 4.

**Average scores for performing general physical exercises in a group of judo students**

|  |  |  |  |
| --- | --- | --- | --- |
| **Test time** | **GPP*****(Мах. 8 points)*** | **SPP*****(Мах. 5 points)*** | **SA*****(Мах. 5 points)*** |
| **Bp** | 3.65 | 3.44 | 2.95 |
| **Ep** | 6.22 | 4.98 | 4.2 |
| **General sports activities points:** $\overbar{Х}$ ***(Мах. 6 points)*** | **Bp** | 3,34 |
| **Ep** | 5,13 |

A percentage change in the ratio of the experimental beginning and ending of group-specific sports activity indicators was calculated (see Figure 1).

*Figure 1. Diagram of the change of indicators of general sports activity in the group of judoka students*

The diagram shows the percentage values of total athletic activity typical for a group of judo students:

1. GPP 45.6% at the beginning of the experiment, 32.1% development from 77.7% at the end of the experiment.

2. SPP 68.8% at the beginning of the experiment and 30.8% development from 99.6% at the end of the experiment.

3. CA(competition activity) 59.0% at the beginning of the experiment, 25.0% development from 84.0% at the end of the experiment.

SA points, formed based on the control of GPP, SPP and CA judo students, achieved a development of 55.6% at the beginning of the experiment and 29.9% at the end of the experiment with 85.5%.

To determine the reliability of the difference between the initial and final academic performance of students at SA pointsapu, mathematical operations are performed in the following sequence based on the t-student - student criterion [3]:

The first and second columns of a special table are filled in. The indicators recorded at the beginning ($x\_{1}$) and at the end ($x\_{2}$) of the semester were introduced (see table 5).

Table-5.

**Dynamics of average scores for achievements in sports activities of judoka students**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **N** | **Half term of 2023-2024 academic year** | **Differences****d =** $x\_{2}$**-**$x\_{1}$ | **Deviation from the mean****d -**$ \overbar{d}$ | **Deviation squares (**$ d- \overbar{d})^{2}$ |
| **Beginning of the term**$$x\_{1}$$ | **At the end of the term**$$x\_{2}$$ |
| ***1*** | ***2*** | ***3*** | ***4*** | ***5*** | ***6*** |
| 1 | 3,6 | 4,5 | -0,9 | 0,89 | 0,7921 |
| 2 | 3,5 | 4,7 | -1,2 | 0,59 | 0,3481 |
| 3 | 3,1 | 4 | -0,9 | 0,89 | 0,7921 |
| 4 | 3,5 | 4,6 | -1,1 | 0,69 | 0,4761 |
| 5 | 2,4 | 7,2 | -4,8 | -3,01 | 9,0601 |
| 6 | 2,7 | 4,2 | -1,5 | 0,29 | 0,0841 |
| 7 | 3,3 | 4,6 | -1,3 | 0,49 | 0,2401 |
| 8 | 3,1 | 7,8 | -4,7 | -2,91 | 8,4681 |
| 9 | 3,1 | 7,1 | -4 | -2,21 | 4,8841 |
| 10 | 3 | 6,9 | -3,9 | -2,11 | 4,4521 |
| 11 | 3,3 | 4,1 | -0,8 | 0,99 | 0,9801 |
| 12 | 2,5 | 5,2 | -2,7 | -0,91 | 0,8281 |
| 13 | 3,8 | 4,6 | -0,8 | 0,99 | 0,9801 |
| 14 | 3,4 | 4,6 | -1,2 | 0,59 | 0,3481 |
| 15 | 3 | 4,1 | -1,1 | 0,69 | 0,4761 |
| 16 | 4,4 | 4,3 | 0,1 | 1,89 | 3,5721 |
| 17 | 3,4 | 5,4 | -2 | -0,21 | 0,0441 |
| 18 | 3,5 | 4,7 | -1,2 | 0,59 | 0,3481 |
| 19 | 4,8 | 4,9 | -0,1 | 1,69 | 2,8561 |
| 20 | 3,5 | 5,2 | -1,7 | 0,09 | 0,0081 |
|  | $\sum\_{}^{}d$ = 35.8 |  | $$\sum\_{}^{}( d- \overbar{d})^{2}=40.0$$ |

1. The difference between the first and second columns is the indicator in the third column:

$\sum\_{}^{}d$ = 35,8. (1)

2. The mean of the difference is calculated based on the sum of the values of the third column:

$\overbar{d}$ = $\frac{\sum\_{}^{}d}{n}$ $\overbar{d}$ = $\frac{35,8}{20}$ = 1,8. (2)

3. The deviation from the mean of the difference is calculated:

 **d -**$ \overbar{d}$**.** (3)

4. Squared calculated deviation Values (column 6).

5. The standard deviation using the formula is:

$σ\_{d}$ = $\sum\_{}^{}\sqrt{\frac{\sum\_{}^{}( d- \overbar{d})^{2}}{n-1}}$ = $\sqrt{\frac{40.0}{20-1}}$ = 1.45. (4)

6. The mean error using the Formula is $m\_{d}$:

$m\_{d}$= $\frac{σ\_{d}}{\sqrt{n-1}}$ $m\_{d}$= $\frac{1.45}{\sqrt{20-1}}$ = 0.33. (5)

7. The value **t** is calculated:

 t = $\frac{ \overbar{d}}{m\_{d}}$ = $\frac{1.8}{0.33}$ = 5.45. (6)

8. The reliability of the comparative difference is determined by Table 4. For this, the calculated value t=3.67 is compared with the value 3.88 at $k=n-1$ with a degree of freedom of 0.001%, determined by the following formula. The value of t from the table is less than the theoretical (empirical) value of $t\_{st}$, i.e. $t<t\_{st}$ This means that the difference between the calculated arithmetic averages with probability $k=1-a=1-0.001$ is considered statistically significant.

**4 Discussion**

According to the conclusions of an experiment conducted on the basis of Bukhara State University in order to test the effectiveness of the methodology for the comprehensive assessment of the effectiveness of the SF of judo students, the empirical value t (5.45) calculated above is greater than the value of the comparable table k (3.88), which means that the participants of the circle at the beginning and at the end of the academic semester experiment with a significant difference between The results are $p<0.001$ (99% significance level). It has been established that the effectiveness of the teaching methodology has sufficient validity. Previous researchers of UJT, MJT and MF indicators recorded in a group of judo students (N=20) [Dolganov, O. V., 2006, Khamidullina, G. F., 2022], but over the past five years no studies related to complex SF have been conducted.

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- associate professor of the Department of Applied Mathematics Turdiev Halim.

 **Conclusion.** The implementation of the organization and control of sports activities of university students, the practical application of available means, forms and methods of sports training, as well as comprehensive evaluation criteria for judo using methodological principles has expanded the possibilities of improving the effectiveness of the circle.

In our study, using the example of circle judo classes to increase the athletic activity of students in various fields of study, we can recommend:

1. One of the conditions for increasing the motivational attitude of students to judo classes is the priority of the competitive method in preparatory classes, which significantly increases their interest in sports. The planned contests should be open and accessible to all participants, fun and emotionally organized.

2. In judo, it is important to plan means of preparing students for GPP, SPP and CA, which will, first of all, prepare them for motor activity, improve their health in the future, and acquire athletic skills.

3. The assessment of students' fitness should cover a range of different aspects of sports training, including regular participation in classes with GPP, SPP, SA, striving to improve physical fitness.

The methodology of a comprehensive assessment of the sports activity of judo students in classes in circles meets metrological requirements, is recommended in the practice of higher education for organizing classes in circles on other types of martial arts and conducting further scientific research.

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