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ORGANIZATION OF INDEPENDENT WORK OF STUDENTS IN THE PROCESS OF PHYSICAL EDUCATION

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ABSTRACT

The article discusses ways of organizing physical education, improves the efficiency of the process of students' independent work. The purpose of the lessons is to acquire skills and experience in creative activity, mastering modern physical culture and health-improving methods. Students master the methods of diagnostics and self-diagnosis, control and self-control over the state of health, wellness practices, etc.

KEYWORDS: *Physical Education, Independence, Independent Work Of Students, Computer Technologies.*

INTRODUCTION

The problem of activating students' independent work remains one of the urgent problems of vocational education. With the introduction of the new State educational standard into the educational process of the university, the task of educating an active creative personality with a desire for self-improvement and self-realization becomes urgent [2].

Physical culture plays an important role in the organization of independent work of students in a modern university. In this connection, the relevance of the work is associated with the understanding of the possibilities of physical culture in the upbringing of skills of independent work among university students.

The aim of the research is to reveal the possibilities of physical culture in the education of students' skills of independent work using the Blackboard computer system.

According to I.M. Turevsky's independent work of a student, on the one hand, is an object of student activity (study assignment), proposed by the curriculum (teacher), on the other hand, a certain method of action.

IN AND. Orlov, believes that independent work can be carried out both in the classroom and outside it, for example, in the form of homework.

Studies by various authors prove that in the process of self-study, professionally important qualities are brought up that contribute to a quick adaptation to the requirements of the profession.

Analysis of the psychological and pedagogical literature shows that the desire of a person for active independence is one of the fundamental needs of the individual. Independent work of students in the process of physical education is the subject of our research.

The purpose of physical education at a university is the formation of general cultural competencies, which are defined by the federal state educational standard for engineering specialties, as an independent and methodologically correct use of physical education methods to strengthen health, as well as readiness to achieve the proper level of physical fitness to ensure full-fledged social and professional activity [1].

As a result of mastering the discipline, the student must.

Know: the basics of physical education and a healthy lifestyle; the social significance of physical culture and sports; the influence of health-improving systems of physical education on health promotion, prevention of bad habits and occupational diseases; the role and importance of physical culture in the system of scientific organization of labor; the influence of conditions and nature on the choice of forms, methods and means of industrial physical culture.

To be able to: compose complexes of exercises for health-improving and professionally applied orientation; to form, through physical culture, an understanding of the need to maintain a healthy lifestyle aimed at improving health; integrate the knowledge gained into the formation of professionally significant skills and abilities; carry out the selection of the necessary applied physical exercises to adapt the body to various working conditions and specific environmental influences.

Own: modern physical culture and health-improving technologies for the formation of a healthy lifestyle, means and methods of strengthening individual health, physical self-improvement for successful social, cultural and professional activities; methods and methods of self-diagnostics, self-assessment, means of health improvement for self-correction of health by various forms of motor activity that satisfy a person's needs in the rational use of free time.

The greatest interest in achieving this goal, aimed at training a future specialist capable of physical self-improvement and self-realization, is the student's independent work.

Independent work in the process of physical culture activity is a form of education in which a student is active in organizing his activities in accordance with the task, is able to independently assimilate the necessary knowledge, master skills in the field of physical culture.

For the successful formation of skills of independent work in the process of physical education, various forms of organizing classes are used:

- lectures, seminars, round tables, conferences, etc .;
- Point-rating technology;
- Research activities;

- Recreational activities during the day;
- Classes in sports clubs, sections, interest groups;
- mass health-improving, physical culture and sports events;
- electronic media.

In the process of independent work, the student acquires the skills of self-organization, self-control, self-government, self-reflection and becomes an active independent subject of educational activity.

Independent work in physical education classes acts both as a form of organizing a lesson and as a way of students' activity in solving certain problems. The goal of independent work is to build independence.

The introduction of the Blackboard computer system into the educational environment of the university made it possible to more successfully solve the issues of organizing independent work in the process of physical education.

Independent work involves providing students with didactic material for the study of the discipline in the form of work programs, teaching aids, methodological recommendations, control tasks, consultations, etc.

The use of electronic means allows students to work with various sources of knowledge - a textbook, visual aids, lecture notes, presentations, video and audio materials, study assignments, training programs, etc., in non-class time using a personal computer to independently study educational material.

In the process of mastering the skills of conducting independent studies, methodological and practical classes are of great importance, in which students perform independently complexes of educational tasks under the supervision of a teacher. The purpose of the lessons is to acquire skills and experience in creative activity, mastering modern physical culture and health-improving methods. Students master the methods of diagnostics and self-diagnosis, control and self-control over the state of health, wellness practices, etc. Using diagnostic programs, students independently determine the level of their physical, functional and mental state.

With the help of electronic presentations and videos, students can familiarize themselves with the technique of performing exercises and methods of teaching motor actions (for example: throwing a basketball, a low start in athletics, performing a two-step move in ski training, etc.), visual materials allow them to independently to develop a set of exercises for the development of lagging physical qualities.

Education cannot be complete without regular and objective information about how the material is assimilated by students, how they apply the knowledge gained to solving practical problems. A wide variety of tasks and tests are used to test knowledge.

Independent work with educational and visual material on physical culture is manifested in the answers of students after studying the educational material, listening to audio recordings and watching videos to the teacher's questions or control of knowledge with selective answer options during computer testing.

Control and educational tasks are aimed at the student's independent creative activity, taking into account the tasks set, they allow to evaluate theoretical and practical knowledge and skills,

determine the level of mastering of the passed material, make timely adjustments to the planning of the educational process.

CONCLUSION

The use of modern technologies in the process of physical education showed that work with electronic resources is aimed at showing students' independence.

Information technologies can be successfully used in the educational process for the mastering of educational material by students, as well as actively in the process of self-study and self-education.

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