

**EDUCATION OF THE PHYSICAL QUALITY OF STUDENTS IN PEDAGOGICAL UNIVERSITIES
BY MEANS OF THE CLUSTER METHOD WITH THE HELP OF THE BADMINTON GAME**

MAMATKULOV RAVSHANJON SOLIJONOVICH

Teacher; Faculty of Sports and Pre-Conscription Military Education.
Chirchik State Pedagogical Institute, Tashkent region. The Republic of Uzbekistan.

UMARALIYEVA DILFUZA UMARALI QIZI

Teacher; Faculty of Sports and Pre-Conscription Military Education.
Chirchik State Pedagogical Institute, Tashkent region. The Republic of Uzbekistan.

JUMAEV ABDILHAKIM TURDIEVICH

Teacher; Faculty of Sports and Pre-Conscription Military Education.
Chirchik State Pedagogical Institute, Tashkent region. The Republic of Uzbekistan.

ABSTRACT:

The article discusses the relevance of the study of the formation of the readiness of future teachers for innovative activities using the cluster method. The characteristics of the basic concepts "health", "general physical development", "development of sports and health-improving clusters" are given from the standpoint of different authors. The components of students' readiness for innovative activity are considered, the types of software that are used in the university in preparing students are described.

KEYWORDS: health, readiness, cluster, innovative activity, development of sports and health-improving clusters, future teachers of preschool education.

INTRODUCTION:

Purpose strengthening health, improving physical qualities - speed, flexibility, agility and endurance, combined with versatile creative thinking. Within the framework of the concept of long-term socio-economic development of Uzbekistan for the period up to 2030, the government has identified goals and priority areas for achieving not only sustainable development of the country's economy and

socio-economic indicators, but also improving the quality of life of future generations. Substantiate the need for the development of sports and health-improving clusters as a type of innovative education in solving the problems of general physical development of the population.

The effect of the educational activities of teachers with the help of sports and fitness clusters;

A positive trend of growth in the number of organizations engaged in the segment of sports and recreation activities, as in Uzbekistan, has been revealed. It has been established that the functioning of sports and health-improving clusters of the territory of the regions of Uzbekistan is a matter of not only creating a highly effective and highly competitive object of pedagogical activities of teachers, but also improving the quality of life of the population of the region, the country and the development of society as a whole. The main strategic tasks for the formation and development of sports and health-improving clusters in the long term have been formulated.

The Chirchik State Pedagogical Institute of the Tashkent Region has developed a program for the development of the pedagogical education system, the cluster method, which

takes into account the basic needs of general educational practice. [8]

STUDENT'S HEALTH:

1. The routine of the day - fresh air - healthy sleep - rest.

* Fresh air - good metabolism - well-being.

* Healthy sleep-surge of energy-healthy sleep.

* Rest, good mood, burst of energy.

2. Proper nutrition-normal weight-energy-drinking regimen-good digestion.

3. Sports - exercise - vigor - health - strength - beautiful posture - healthy back,

4. Absence of bad habits-physical health-mental health.

5. Hygiene - Tempering - Immunity strengthening - Skin care - Healthy skin - Dental care - Healthy teeth - Hair care - Healthy hair.

The tasks of teachers of physical culture and sports of universities is to prepare future teachers who are able to maintain their working capacity and creative activity for a long time.

The teacher's readiness for innovation has a multi-layered structure and is formed at the stage of teacher training at the university through a specially organized process of working with innovative technologies, involvement in innovative activities. [7]

According to statistics, every fiftieth inhabitant of the earth plays badminton. The game, which has existed for over 3000 years, remains forever young and beautiful.

It is not surprising that the flight of the lightweight felt filter during international competitions is followed by more than a billion fans and TV viewers around the world. One of the most important social problems is the health of student youth. The number of students with a special group is increasing every year. The main reason for the significant morbidity of students

is low physical activity. The problem of strengthening the health of students is of a strategic nature for society. [1]

Badminton training is a harmonious physical development in all directions. All the muscles of the body are trained equally well: arms, legs, chest, abs and back are always involved in the game. Constant jumps, movements, lunges, turns and, of course, blows to the shuttlecock. For example, tennis, such a similar relative of badminton, practically eliminates the work of the abdominal muscles and has no jumps. In this aspect, only swimming can compete with badminton.

Badminton develops not only the body, but also makes you wiggle your brains. High-class badminton players have in their arsenal about the same number of playing combinations as the average chess player. Constant opposition to the tactical thinking of opponents is an integral part of this sports game. Here, of course, badminton has many competitors among sports games, but most of them are team games.

Development of the speed of decision making. This is the reason why badminton looks better against the background of other playing sports. It is for this reason that badminton got into the cosmonaut training program. The constant and incredibly fast changes in the vector and speed of the projectile, in which badminton has no equal, develops an extremely high speed of decision-making, which can save lives in a critical situation. If you think that badminton has equal speed.

We will call this reason - heart of steel. Every badminton workout or game is an intense cardio workout. Professionals reach a pulse rate of 200 beats per minute during the rally, and rest between shuttlecocks takes no more than 30 seconds. Now imagine a game of three games lasting 1.5 hours. If you need a cardio workout, stop wasting money on horribly expensive machines, all you need is a badminton racket and good running shoes!

Scientists have come to the conclusion, comparing different sports, that badminton is one of the best to keep the body in shape. Explosive loads, jumping, running and constant concentration are all required of the player during the match, so you cannot relax.

Among the variety of means of physical education of students, the sports game badminton can act as the most accessible and effective remedy. Badminton has appeared in Uzbekistan relatively recently, but many people love the game. Badminton is a kind of university for teaching the student body movements, a means of teaching him a variety of motor skills. The higher these means in terms of their level and the richer their supply, the more successfully the student copes with the motor tasks unfamiliar to him. Improving the culture of motor skills allows you to quickly bring the necessary movements to automatism and thereby free your consciousness for solving other problems.

With the improvement of the tools of production, more and more people of different professions need a fine muscular sense of the hand, a subtle movement of the fingers, on the basis of which the quality of motor activity is improved. Perhaps no other sport has such a rich palette of hand movements and micro-finger movements as badminton. It should be noted that small finger movements are a rather complex type of motor activity. They require much more coordination from the nervous system than simple power movements of the entire arm. For the sophistication of small finger movements, the hand of high-class badminton players is compared to the hand of a violinist. It is known that the development of fine motor skills of the hand is positively correlated with the development of intellectual functions (for example, writing). [2]

Badminton, not only by the highest standard, satisfies the body's need for load through movement, but also allows, due to its

playing nature, to achieve perfection of movements with less effort on oneself.

The game is a kind of compensator for the adverse impact of labor on a person, especially representatives of professions with a rather narrow nature of movements, a motionless posture during the working day. Badminton, giving a solid load to all muscle groups, all body systems, creates a significant biological reserve of high performance. In the body of a person trained with badminton, it is faster to switch to the optimal mode of work, and, consequently, a person has a higher working capacity. In this way, badminton is modern in that, in terms of motor skills, it teaches "the ability to be able", gives a kind of general "technology" for the implementation of labor movements, and creates a reserve of motor skills, the necessary physical and psychological readiness for faster and more successful mastering of a new specialty based on accurate motor skills.

Badminton is a multi-faceted process with a specific content and form of organization. Badminton allows you to improve the indicators of physical qualities, students of a non-physical university. They have a systemic effect on the personality, physical condition and health of the student. The process is aimed at comprehensive education, at acquiring a wide range of knowledge, skills and abilities, increasing physical and mental performance, mastering the technique of the sport of training sessions.

Badminton is very popular among students in many higher educational institutions, including non-physical universities in our country. [8]

As a rule, badminton is not taught in secondary schools, therefore, all students, starting their studies at the university, are practically in equal conditions. Consequently, success in the future game depends on the abilities, physical capabilities of each student. [1]

The main goal of the course is to teach students the simplest playing skills, to arouse their interest in the game as one of the forms of physical exercise and sport. The course program provides for the study of the theory and methodology of teaching badminton, mastering techniques and tactical actions, acquiring the necessary knowledge and skills for the independent work of a badminton teacher-trainer with a different contingent of people involved. Students get acquainted with the history of badminton development, the basics of training, game tactics, the basic rules of the game, the characteristics of the basic physical qualities required in badminton. During the period of study, the student must be able to correctly perform all types of strikes, conduct single and doubles games, and carry out practical refereeing. [1]

Endurance is the most essential quality for an athlete. Endurance needs to be developed from the first days of training.

As means for the development of endurance, the following are used: long-term, uniform, moderate-intensity cross-country running (with a pulse rate of up to 160 beats / min), swimming, etc. A positive result is given by jumping rope. Jumping rope is great for building endurance! The higher the jumping rate, the more useful it is for the development of speed endurance in athletes.

Strength is also important. The badminton player is required to show quick "explosive" strength. The manifestation of the force of the blow, the jumping force and the effort of the starting acceleration at such values of the tempo and duration also requires a high level of development of strength endurance. An effective result in this direction is achieved by the following exercises: exercises with a barbell.

Flexibility is the ability to perform large amplitude movements. Lack of mobility in the joints limits movement, fetters them. Without this quality, it is impossible to master the

correct technique. All physical qualities in harmonious combination with versatile creative thinking are developed and improved in this game.

Contraindications for badminton: In case of diseases of the cardiovascular system, respiratory system, musculoskeletal system or other serious diseases of internal organs and systems, you should consult your doctor before starting badminton.

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