



## PROBLEMS OF PHYSICAL EDUCATION OF STUDENTS AND SEARCH FOR THEIR SOLUTIONS

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### ABSTRACT

Experts note that in modern conditions the current system of physical education of students cannot cope with the existing problems of deterioration of physical health of students and low efficiency of the educational process in the field of health care. The article is devoted to finding solutions to these problems through the use in the educational process in physical education students individual learning programmers' and targeted the formation and development of young people of health-competence.

**Keywords:** physical education, health, education at university level, student.

Specialists in the field of physical education of student youth know that the level of physical development and functional readiness of most of today's young people does not correspond to the optimal parameters. Research data indicate that currently more than 50% of graduates of general education institutions have two or more chronic diseases, 30% of conscripts in the armed forces of Uzbekistan are not fit for military service for health reasons, and about 40% of young people of military age cannot fulfill the standards for general physical fitness even for a satisfactory mark [2].

Various sociological studies show that the number of students sent, based on the results of medical examination, to special medical groups reaches 50% of the total contingent of students, and the level of physical health of young people is systematically decreasing in direct proportion to the course of study [5]. Studies confirm that a significant part of young professionals leave the walls of the educational institution with a lower level of physical health than they had upon arrival at the university. The frequency of chronic pathology among students increases from course to course, and this is primarily due to the transition of various functional deviations into chronic forms of diseases. Moreover, a significant percentage of newly emerging morphological and functional deviations and a decrease in the level of adaptive capabilities of functional systems are recorded at senior to the courses of study. The increase in the number of diseases of senior students occurs against the background of a significant decrease in the level of their physical development and functional fitness. An active manifestation of these negative processes is a sharp increase in heart rate and blood pressure at rest in these young people [5].

This situation is a serious problem requiring an immediate solution, since today physicians are not able to cope alone with the prevailing negative dynamics of deterioration in the level of health of young people [8].

Another urgent problem is the decrease in the effectiveness of educational technologies in the system of physical education of student youth. Experts note that today, the majority of teachers of the departments of physical education of higher educational institutions orient students only towards the successful delivery, often by any means, credit in the discipline "physical culture", and not towards the



qualitative formation of young people - future specialists in various fields of activity, special knowledge, abilities, skills and competencies in the field of their health preservation, familiarization with the norms of a healthy lifestyle, systematic preservation and strengthening of the level of their physical health, etc. [five].

According to a number of authors, the departments of physical education of universities mainly devote attention to students who have sports grades and titles, those who, with their sports achievements, can significantly increase the prestige of an educational institution, and purely formally and superficially are engaged in the implementation of the basic principles of comprehensive physical education for other students (constituting the overwhelming part of the educational contingent in universities, with the exception of specialized sports universities) [1]. Studies show that today the forms, methods and means of teaching used in the practice of higher education do not fully ensure the implementation of a student-centered approach to the formation of a healthy lifestyle for students and do not meet the requirements for training modern specialists. The main disadvantage, according to N.A. Meleshkova, is the lack of an individually differentiated approach in the system of physical education of students [3]. The same author testifies that today in universities, physical culture and health work with students is insufficiently organized, the organization of independent work of students in the formation and development of their value orientations towards maintaining a healthy lifestyle is at a low level, educational and methodological literature on this problem is present in insufficient quantities. In this situation, qualitative transformations and changes in the structure and methodology of organizing and conducting physical education classes for students are extremely necessary. According to some experts, one of the ways to introduce qualitative and structural transformations into the educational process of physical education in higher education will be to change the form and methodology of conducting practical physical culture classes with students in order to increase the level of development of basic physical qualities and motor abilities, strengthen their health, purposeful preparation for the forthcoming labor and social activity [6].

Such transformations should include the individualization of the process of physical education of student youth, taking into account the initial level of their health and physical development. Practice shows that the effectiveness of physical training

will be high only if physical activity for each practitioner will be individually dosed [4].

Individual physical education programs for students are designed for young people who, due to their health status, belong to the main or preparatory group, but for some reason (insufficient level of physical development, recent injury, etc.) cannot perform physical activity in the classroom. In full. These programs are based on the methods of physical and functional preparation of young people for the required level of stress, with mandatory control over the level of the physical and functional state of the body of those involved. In this case, the total volume and intensity of physical exercises is limited by the functional state of the students, and not dependent on the subjective opinion of the teacher. The pedagogical experiment carried out by the author of the article testifies that from the point of view of the effectiveness of increasing the level of functional readiness of the organism of students for physical activity, programs of individually dosed physical exercises are most suitable [6].



It should be noted that this form of physical culture training allows to involve students with different levels of physical and technical readiness in practical training, as well as students enrolled in special medical groups based on the results of a medical examination. Another effective way to increase the effectiveness of the educational process in physical education in universities is the introduction of health-preserving approaches into the educational process, the use of modern, efficient and effective health-preserving programs in the learning process, the purposeful formation and development of health-preserving competencies in students. Unfortunately, the author of the article is forced to admit that today there is no consensus among specialists and there are no clear criteria for understanding what a health-preserving approach to the process of education (including physical) of student youth is and consists of. An analysis of the literature devoted to the problems of health preservation allows us to conclude that various authors understand and describe in different ways the essence and methods of applying the health preserving approach in higher education. The health-preserving approach includes: carrying out a large number of preventive measures (lectures, conversations, etc.) in universities, providing psychological assistance to young people during sessions, creating an effective document management system in an educational institution, and much more. According to the author of the article, the health-preserving approach is a combination of techniques, methods and forms of influence that most effectively contributes to the formation and subsequent development of students of health-preserving competencies [7].

In the pedagogical process of the formation of these competencies, the following conditions must be met: a) the presence of effective methods of conducting physical education classes with students in order to increase the initial level of their physical health, due to a systematic increase in the level of their daily physical activity and objective control over their functional state ; b) increasing the level of motivation of young people to physical culture, health and sports activities, by giving them the right to choose the exercises they need to improve their physical health and control over their high-quality performance [5].

The researches prove that the observance of these conditions, both in physical culture lessons and in everyday life, allows the trainees to significantly increase the level of their physical health and functional readiness [5; 7].

Thus, we can conclude that today there are effective ways to solve the problems of deteriorating health of student youth and reducing the effectiveness of the educational process in physical education of students in higher education. The research has proved the high efficiency of the application of individualized programs of physical education of young people and the use of a health-preserving approach within the framework of the formation of health-preserving competencies in students.

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