



# MONITORING OF THE MOTOR READINESS OF THE STUDENTS OF THE NATIONAL GUARD COURSES

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## Abstract:

The article presents the results of monitoring studies to determine the level of physical fitness of students of the National Guard courses and a comparative analysis with the requirements of State Standards and Manuals on Physical Training of the Armed Forces (NFP-97)

**Keywords:** Motor Fitness, Standards, Physical Qualities, Innovations, Physical Training, Students, Monitoring, Education.

## INTRODUCTION.

An urgent problem is the system of motor readiness of students of the National Guard courses for professional activity. The process of their professional physical training is closely related to the introduction of innovative technologies in the learning process based on the experience of leading specialists in this field of activity.

Over the years of independence, conditions have been created in the Republic of Uzbekistan to increase the efficiency of the process of physical training of all strata of youth: a material and technical base has been created in educational institutions, compulsory 11-year general secondary education has been restored; the Center for Development Strategy was created, where a special priority role is given to the further improvement of physical culture and sports[1].

An analytical review of the special scientific literature on this area of research carried out in domestic and foreign countries revealed the fact that they did not find comprehensive scientific research on this issue aimed at the professional training of young men who expressed a desire to serve in the ranks of the National Guard.

A radical revision of the content of the educational process in accordance with the priority tasks of the country's socio-economic development, providing the necessary conditions for the preparation of the appropriate contingent of young men.

Ensuring the proper level of physical fitness of students of training courses at the stage of preparation for service in the National Guard is an urgent and poorly developed pedagogical problem [2,3,4,5,6,7,18,19].

Preliminary monitoring of the physical readiness of the students of the studied courses revealed that they had a low satisfactory level of physical readiness, and in the existing state regulatory documents there is no clear continuity, consistency and uniform requirements for their motor readiness [11,12,13,14,15,16,17].

Taking into account the relevance of the problem under study, the results of physical fitness of students of the courses of the National Guard of the Fergana region were generalized [8,9,10].

## PURPOSE OF THE STUDY.

To analyze the state of physical fitness of students of the National Guard courses.

## RESEARCH METHODS.

The level of physical fitness of the students of these courses was studied using a battery of tests borrowed from the State Standards for Physical Culture and the Manual on Physical Training of the Armed Forces (NFP-97)

## RESEARCH RESULTS.

Analyzing the results of preliminary experimental studies to determine the strength qualities of students of the National Guard courses, it was found that 25.61% of students cope with the standards for assessment excellent, 35.54% fulfilled the standard for assessment well, 40.24% satisfactorily and did not cope with the task of 7.32%. A similar test to determine strength abilities in the pull-up test on the crossbar 60.9% of the listeners could not fulfill the standards of the test of the Manual on physical fitness of the VS (NFP-97). An even more unsightly picture in another strength exercise - lifting with a flip to support, which is one of the main special normative exercises, where 77.44% of the listeners did not cope with the normative requirements [20,21,22].

Determination of the speed characteristics of the students of the studied contingent, according to the test "State standards for physical education" provided for this category of educational institutions, as a 100 m run, the established normative requirement for an excellent mark in 14.2 s. fulfilled 65.24%, 5.49% as good, 21.34% showed a satisfactory result and failed to fulfill the standard of 7.93%. (Table 1)

**Table 1**

**The results of fulfilling the standards "Manual on physical training of the Armed Forces" (NFP-97) of students of the National Guard courses, %**

Control exercise	Grade						
	Great		Okay		Satisfactorily		Unsatisfactory
	Standard	Performance	Standard	Performance	Standard	Performance	
Running 100m.s	14,2	65,24	14,5	5,49	15,0	21,34	7,93
Running 3000m.s	780,0	79,27	900,0	18,90	990,0	1,22	0,61
Long jumps / m, cm	460	15,85	420	48,17	370	30,49	5,49
Throwing grenades (m)	38	18,90	32	33,54	26	40,24	7,32
Pull-up (times)	12	25,61	10	13,41	8	19,52	41,46
Rise by coup, number of times	4	7,93	3	14,63	2	18,90	58,54

In running at 3000m, which determines the level of endurance, the results were recorded as excellent 79.27%, well - 18.90%, satisfactory - 12.2%, and one student did not cope with the task.

In speed-strength exercises: standing long jumps and throwing grenades at a distance, the percentage of those who did not fulfill the test standards of the Manual for Physical Training of the Armed Forces (NFP-97) was 47.56% among the students of the National Guard courses.

All the participants of the courses fulfilled the training standards in long jump from the spot. The normative requirements of NFP-97 for assessment were excellently fulfilled by 15.85% of the trainees, 18.90% were "good", and 25.61% were satisfactory in pulling up on the bar and 7.93% of trainees in the coup d'etat.

In speed-strength exercises, indicated in the tests of the Manual for Physical Training of the Armed Forces (NFP-97), long jumps from a place and throwing a grenade at a distance, the percentage of those who did not fulfill the standards was 5.49% and 7.32%, respectively.

During the period of the course of study in physical education classes, where the author's methodology of classes developed at the department of theory and methodology of physical education was applied with a training focus on the formation of the necessary motor qualities, which revealed a progressive level of motor readiness of students of the National Guard courses at a statistically significant higher level ( $p < 0.01$ ).

The analysis of the fulfillment of the normative requirements of the Manual on Physical Training revealed that the most lagging physical qualities among the students of the National Guard courses. are physical exercises of a strength orientation, which gives rise to the introduction of appropriate adjustments into the educational process in physical education in order to successfully prepare students for the courses of the National Guard. to the upcoming professional activity.

## CONCLUSION.

The conducted studies revealed insufficient physical fitness of the students of the National Guard courses, especially in exercises requiring the manifestation of strength, speed-strength qualities, which are most important in the system of professional service in the ranks of the National Guard of the Republic of Uzbekistan.

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