
Scientific and Methodological Bases of Organization of Physical Education and Mass Sports-Health Training in Higher Educational Institutions

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Abstract: In the practice of higher education institutions, the independent involvement of students in physical education and mass sports is not given enough attention in the case of the opposite, there are no circles of interest to them, classes are conducted for all on the basis of the same program. Therefore, in these exercises, there is no emphasis on setting loads and coordinating them with the body of the engaged person. Such student interest is not taken into account, student initiatives are not supported. These in turn reduce the interest of students in physical education and mass sports. As a result of this, low activity occurs in student activities, and as a result of low activity, various diseases develop in their body, immunity decreases, students will not have access to information about physical loads.

In this article, we will talk about the importance of normalizing loads in physical education and mass sports-wellness training.

Key words: Physical Culture, Sports, Physical Education, Physical Development, physical preparation, physical education, youth, recreation, sports training, exercise.

The modern way of life requires a radical renewal and development of reform education and personnel training in socio-economic, political, spiritual and cultural spheres. Therefore, by developing the education system at the level of modern requirements and on the basis of the experience gained, educating the growing younger generation as mature and high-spiritually competent people who actively participate in the life of society is one of the priority directions of our state.[1] Taking into account the modern demand, school programs in all disciplines have changed, including physical education, high-level requirements have been put before the students. In order to meet the requirements of this program, students are engaged in educational work at school and at home in order to gain knowledge.[2] of course, in order to perform such a great mental loading work, one must be energetic and healthy. It's no secret that a healthy child will perform all tasks at a high level of quality, he will have free will, aspiration, curiosity. [3]

One of the priceless drugs is physical exercises. To this end, Abu Ali Ibn Sina was the first to scientifically substantiate that "to a person who is regularly engaged in Physical Education, there is no need for medication."

Axoli's "health" is a phrase from many factors. In the period of economic policy of the Republic of Uzbekistan, the structure of the physical education system should be based primarily on taking into account the climatic conditions and ethnic conditions of the Republic.

On the second hand, the main factor of "Health" is physical preparation. Practice in this matter has a great experience. They are aimed at improving the results of performing various exercises, forming movement skills and skills, increasing movement activity, raising the quality of teaching movement techniques and training the qualities of physical activity.

The development of the scientific and theoretical basis of physical loads in the process of physical education and mass sports activities of students, theoretical and practical and recommendations on the use of physical loads in the process of physical education and mass sports activities of students is a topical issue for today's specialists.

The effectiveness of physical education training depends on the versatility of the normalization of physical loads used in training. Proper use of loads in the process of physical training and sports training contributes to physical development, physical training and the growth of sports results. Great attention will be paid to the issues of normalization of loads in sports, especially in sports of high results, professional sports. And in physical education and mass sports practice, in most cases, not enough attention is paid to this.[4]

Normalization of loads is a specific diagnosis of physical education and mass sports. [5] therefore, the physical training performance of the students was studied and analyzed considering the physical training, physical development, Gav constitution, health level, sports experience, personal interest in physical education and sports, and the method of training, if the norm of exercise is selected, the effectiveness will be high. Bunda used "Alpomish" and "Barchinoy" health tests

From the first years of our independence, great attention has been paid to issues of ensuring high sports results in our country, developing professional sports, raising the sports status of Uzbekistan in the world arenas. Currently, Uzbekistan's athletes from such sports as boxing, wrestling, athletics, weightlifting and Oriental Solo Wrestling have a strong place in the world arena. This is primarily due to the conditions created in our country for the development of physical education and sportstirishga, modern sports facilities, sports infrastructure, organization and management of sports economy, innovations in the organization and management of physical education and sports organizations, entrepreneurship, investment and innovation in sports, and secondly, a sharp increase in the number of sports enthusiasts, the orientation of parents' children, issues such as physical education and Sports Promotion are of particular importance.

The national values and spiritual heritage of our people on physical education have served as a source of strong spirituality for the peoples of the East for centuries. Despite the totalitarian system for many years, the Uzbek people's cultural values and traditions on physical education were preserved. The physical education of the younger generation, which has been growing since the early years of independence, the study of our invaluable national and cultural heritage created by our ancestors in strengthening their health is becoming one of the important and priority tasks of the state policy.

In the theory and methodology of physical education, special attention is paid to the normalization of physical loads. It was noted that the loads correspond to the age, gender, physical training of students. It has also been studied by researchers that there is no benefit to the body from too light exercise, and vice versa, heavy exercise can harm the body.[6,7]

But studies in the process of study, as noted, carried out in the process of sports activities associated with the display of high results. According to them listed the highest, high, close up, average and low levels to give the loading. Of particular importance are the functional indicators of the organism, such as breathing, heart palpitations, external signs of fatigue, when giving loads. Heart rate is the main indicator when giving loads. In a person who does not exercise, the heart rate is 72 times in a calm time, as a result of the exercise, this indicator increases and changes. Therefore, expert researchers have shown that training with a heart rate of less than 140 times the benefit to the body is less (L.The e.Lyubomirsky, T.Xayitav, 2017 y.). In health-related physical education classes, it is established that the heart rate, as well as the average level of physical loads, the heart rate is up to 170 times. As a result of a high level of exercise, the pulse of the heart beats 200-240 times is shown in scientific sources.

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Based on the above ideas, the relevance of the research topic can be based on the following.

First of all, physical loads can not be respected in mass physical education and sports-wellness classes. This will lead the students to a low level of independent exercise in their spare time with physical education and mass sports, or to get tired of training as a result of overloading. This leads to the need for research and analysis of physical loads in physical education classes conducted with students.

Secondly, today in the theory and methodology of physical education, special attention is paid to the issues of maintaining and strengthening the health of the population of the main direction. We aim to the creation of a harmonious generation requires scientific and planned co-operation with the issues of justification of the role and importance of physical education and sport in the development of their health, consciousness and thinking in terms of the medical, biological and social pedagogical characteristics of the human body.

Therefore, it is important that the reforms carried out in our country on the formation of a harmonious generation are carried out on the basis of modern conditions created for physical education and mass sports, that each student's personal interest in physical education and mass sports should be taken into account, that the development of physical education and sports in this

In the period of the last years of independence, a number of decrees and decisions of the head of our state were expressed in the socio-political, economic, spiritual and educational development of society, in the first place, to take into account the human factor, to attach great importance to its free and comprehensive development as an object and subject, including physical development.

But the objectives and tasks associated with the normalization of physical loads in the process of physical education and mass sports training in these studies have not been studied, as well as the issues of mass physical education of students, their involvement in mass sports and giving loads in the process of exercise have been poorly studied.

In the system of physical education and sports, a number of problems on physical training and physical development of students, as well as a number of problems on physical education of the population are the leading specialists of the Republic of Uzbekistan, experienced pedagogues with foreign eyes, many scientists

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