



## Research of Development of Physical Preparedness of University Youth

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**Abstract:** In the modern world there is a number of unsolved problems related to the physical development of young people. Currently, this problem is relevant. There is an active regression in the physical development of incoming students. This problem begins in early adolescence, with a school bench. At the time of building the Foundation in the physical development of schoolchildren there is a decrease in the level of physical fitness. The gap in physical development at the initial stage will be reflected in the future. Therefore, it is very important to pay due attention to active physical development. Due to the lack of time, lack of necessary equipment, poor material and technical base of the educational institution, physical education classes are held in a simplified form and do not allow teachers to achieve the necessary pedagogical effect. In order to increase the importance of physical culture and sports among school – age students, it is recommended to carry out a number of measures to promote them through the media, through sports events and competitions.

**Keywords:** physical culture, youth, physical development.

**Introduction.** Currently, unresolved problems arise regarding the physical development of young people. One global problem in the physical development of youth arises from school. Most schoolchildren today live according to the same daily routine. They wake up in the morning, have breakfast with not the healthiest food, then go to school, where they spend 7–8 hours at a desk in a sitting position. Afterwards, they return home, do their homework, and spend the rest of the day on the computer and phone. Of course, not all schoolchildren adhere to this regime, but there are very few of them. In addition, most high school students have bad habits and lead a passive lifestyle. This is why students with poor physical fitness enter universities.

**Purpose of the study.** Adolescents and young people are encouraged to study the frequency and quality of correct motor mode. Show the vital necessity of systematic sports and various physical exercises.

**Research results.** The leading characteristics that influence a person's physical development include flexibility, agility, speed, strength and endurance. Improving one or each

of these qualities improves health and promotes harmony. Children do not develop enough physically. In particular, this occurs at the initial stage of the formation of the organism. In most schools, in primary grades, physical education is taught by class teachers. These teachers were not associated with sports. Theoretical knowledge is not enough to conduct a full-fledged practical lesson. The most important initial stage lasts four years, but, unfortunately, it is not complete. In the primary grades, children should be actively developing, but instead they will have a gap in physical development. Statistics indicate that currently more than 50% of school graduates have two or more chronic diseases, 30% of conscripts into the armed forces of Uzbekistan are unfit for military service due to health reasons. About 40% of young people of conscription age cannot meet the standards for general physical training, even with a satisfactory grade. Various sociological studies show that the number of students sent to special medical groups based on the results of a medical examination reaches 50% of the total number of students, and the level of physical health of young people decreases directly depending on the course of study. Already in the middle grades, students move on with poor physical fitness, since there was a global gap at the initial stage. Only a few children turn out to be in good physical fitness, because in parallel with the educational process they studied in sports schools, in additional sections and clubs. Physical education classes in middle and high schools seem boring and unnecessary to students. In high school, teachers and students have a specific goal, namely, to prepare for admission to higher education institutions. In this regard, the university begins to have a full academic load and less and less time is devoted to sports. Therefore, the number of healthy students decreases with age. According to statistics, about 23-26% of healthy children of primary school age are characterized by low mobility of nervous processes; they are called “slow children”. They, of course, have a general development, but their reactions are slowed down, and their performance is 2-3 times lower than that of “fast children”. They also have poor coordination of movements. They react to stress by increasing their heart rate and breathing. From this we can conclude that in a modern physical education lesson the teacher faces many tasks. How to manage to carry out the educational and training process in 45 minutes of a lesson, taking into account the physical capabilities of students, prepare them for passing the Alpomish and Barchina standards, and at the same time not go beyond the scope of the curriculum? Due to lack of time, lack of necessary equipment, weak material and technical base of the educational institution, physical education classes are held in a more simplified form. Also, it should be noted that in society the prestige of the profession of a school physical education teacher and coach in children's and youth sports schools of various types is rapidly declining.

**Conclusion.** Thus, the article explores the main reasons for the physical “unpreparedness” of students. So how to solve this problem? Firstly, in order to increase the importance of physical culture and sports among school-age students, a number of measures should be taken to popularize them through the media, through sporting events, competitions, etc. Secondly, to increase the importance of the profession of physical education teachers, it is worth increasing their salaries and ensuring the employment of graduates of physical education faculties in various universities. Thirdly, in order to increase the hours for physical training of students, existing curricula should be reviewed and optimal ones should be developed taking into account the higher physical activity of students. Fourthly, in order to increase funding for the

process of physical education of schoolchildren, develop a number of programs for financial and material and technical support of general education institutions aimed at providing conditions for sports and physical education. The proposed measures will make it possible to intensify sports and mass work of students during extracurricular hours, increase their physical activity, increase the level of performance and improve health in general. In addition, increasing the physical activity of schoolchildren will help satisfy their social needs for self-realization. Various types of physical education and sports activities should be organized in schools to provide students with a choice in accordance with their abilities and desires. This will have an impact on the formation of an interested and conscious attitude towards physical education classes among students.

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