

Improving the Process of Physical Education of Girls - High School Students Based on the Use of Fitness Technologies

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Annotation. This article discusses the importance of introducing fitness technologies at a physical education lesson in high school, as well as approaches to improving the effectiveness of physical education lessons. The concept of fitness technology is revealed. The totality of properties, connections that unite various components of physical culture and fitness technologies, its functioning and development is comprehended. The role of high school fitness technologies in increasing motivation to study at schools is specified.

Key words: fitness, fitness technologies, physical development, physical training, technique of physical exercises, teaching methods.

Physical culture, being an integral part of the national culture of the peoples of the Republic of Uzbekistan, an important means of physical and moral education, serves the cause of strengthening friendship between peoples, social and economic progress of the Republic of Uzbekistan [1].

Radical transformations in our country determine the relevance of the further development of the state youth policy. As President Shavkat Mirziyoyev noted: “We must introduce uniform criteria for evaluating the effectiveness of work with youth, a national index for evaluating youth policy. The Youth Union of Uzbekistan should develop the Concept “Youth of Uzbekistan-2025” and determine practical measures to educate the spiritually and physically developed younger generation” [2; S. 35].

At present, one of the urgent problems is to involve the younger generation in physical education, as in the conditions of society, the requirements for the physical fitness of young people, which they need for further work, are increasing [3].

Today it is necessary to be a creative person, sociable, be able to communicate and win over children. It is necessary to organize daily physical education classes for all students in the classroom, during extracurricular time, in gyms, to create the necessary conditions for this. Creation of a new approach to the lesson of physical education, based on the idea of modernizing the educational process using new fashion trends in the field of physical culture.

A modern lesson in physical education should be: interesting, creative, dynamic, diverse. Maintenance among schoolchildren largely depends on whether they get interest in a

physical education lesson. We can all notice that the organization of a fitness lesson has a lot in common with a school lesson: there is also a preparatory basis and a final part. The issue of motivation in the lessons of physical culture is of paramount importance for increasing the successful learning of a student in high school. Motivation is understood as a set of internal and external driving forces that encourage a person to activity, set the boundaries and forms of activity and give this activity an orientation focused on achieving certain goals” [4].

In modern society, the standards of beauty established by fashion are actively promoted by the media. Television, mass communications and the Internet impose the ideals of beauty on society. There has always been an ideal of beauty. Globalization and the Internet, promote roughly the same ideals of beauty, in which there is a constant involuntary assessment of each other. Girls want to have a slender figure, and in connection with this, it becomes necessary to bring their own figure to the established mass ideals. Most high school students want to reduce body weight, change the proportions of the figure, and strengthen muscles. On the other hand, there is another motivational factor to change the body - to get rid of such a disease as obesity, which entails a number of diseases and brings discomfort to a person. An increase in excess fat mass is an independent risk factor for cardiovascular disease, regardless of age, blood cholesterol levels, smoking, and impaired glucose tolerance.

Today, more and more people are faced with obesity and the problem of overweight. One of the leading methods of body weight correction is physical exercises, which, in addition to reducing excess weight, also contribute to the normalization of metabolism, the restoration of the body's adaptation to physical exertion; normalization of the functions of the cardiovascular and other body systems. It is also worth noting that modern fitness programs such as step aerobics, functional training, strength training such as pump training, Zumba fitness, Pilates, yoga and others are very popular among high school students. Fitness programs are popular for their accessibility, variety and the ability to choose physical activity individually.

Obesity is associated with overweight. So A.S. Efimov understands obesity as the deposition of fat, an increase in body weight due to adipose tissue. Adipose tissue can be deposited in the area of the mammary glands, hips, abdomen and in places of physiological deposits. Obesity is considered as a chronic metabolic disease that occurs at any age and is manifested by an excessive increase in body weight, mainly due to excessive accumulation of adipose tissue, accompanied by an increase in cases of general morbidity and mortality of the population [5]. Physical education contributes to the strengthening of health, increasing the productivity of students' educational work, and forms elements of physical culture. The degree of fulfillment of socio-professional functions largely depends on the physical development, physique, physical fitness, health status, and working capacity of university graduates.

Indeed, today the problem of the formation and strengthening of health, which is a human need, is relevant. From this follows the role of educating each member of society in relation to health as the main human value, for which it is necessary to develop model characteristics of a healthy young person, a system of pedagogical control and effective methods, means of physical improvement. Relatively, the degree of health of young people can be characterized by quantitative indicators of physical development, physical fitness, physical condition and functional fitness [6].

Caring for their physical condition in girls is manifested in the maintenance of "external" forms, flexibility, grace of movements, gait and, less often, in the development of speed, strength or endurance. The question arises: How can fitness tools be used for the physical education of girls of senior school age? Physical education with traditional means and methods in the direction of modern health technologies, able to satisfy any motivational needs and interests of high school students. The use of various types of aerobics, gymnastics, group, individual tasks, consisting of numerous exercises, mental types of fitness and stretching at physical education lessons can create a positive emotional charge, motivate the physical qualities of students, and activate motor activity.

The analysis of the study of this problem proves that the positive attitude to the lesson of physical culture is weakening from class to class, especially among high school students, which has an extremely negative impact on their health, further work and family life. The main reasons for a passive attitude to physical education lessons are the monotony and monotony of teaching educational material. Classes in grades 10-11 can be held in the form of a lesson 3 times a week for 45 minutes, completely devoted to modern health technologies (basic aerobics, dance aerobics, strength aerobics, functional training, Pilates system, stretching), which were conducted as separate types, as well as in the complex. In the preparatory part, which solves the problems of warming up, instead of general developmental exercises, you can apply the basic steps of aerobics performed to music, or basic strength exercises, depending on the type and objectives of the lesson. With the help of modern music, it is possible to create a psychological and emotional mood for the lesson of high school students. In the course of classes, with musical accompaniment, you can change the pace of the exercises and increase their intensity. The work done in kilogram-meters is much greater when the exercise is accompanied by emotional, positively affecting music.

Dance-rhythmic gymnastics, various types of aerobics, stretching, regardless of their specific focus and the main and particular tasks being solved, are reflected in one or another direction of physical education lessons: athletics gymnastics, games, etc., they contribute to a variety of means in conducting preparatory and final parts of the lesson.

So, at the lessons of athletics, fitness technologies are included in the preparatory part, performing exercises to the music.

The use of fitness technologies in the preparatory part of a lesson of any direction, first of all, should reflect the specifics of this type of exercise and contribute to the development of certain motor abilities of those involved.

In lessons with a game orientation in the preparatory part, depending on the tasks of the lesson, classical aerobics is used with various movements of side, cross steps, with sudden stops, jumps, step aerobics exercises on a gymnastic bench. The exercises of juggling a ball to the music are interesting: these are small complexes for 32 counts.

To solve the problems of the main part of the lesson, specially designed sets of exercises from various areas of fitness (power, dance types of high intensity aerobics, stretching, classical aerobics, step aerobics, etc.) are used, aimed at developing endurance, jumping ability, strength, flexibility and other motor skills. abilities necessary for the implementation of the tasks set at the lesson of physical culture of any orientation.

In the final part, to relieve tension and increase the emotional state, fitness technologies are

used: stretching, yoga aerobics, children's rhythmic dances for the professional training of girls.

Girls, as before, want to be flexible, plastic, have a good stretch and move beautifully.

There is also a growing interest in strength exercises, which are used in gymnastics and sports games, i.e. pay great attention to aesthetic beauty (physique).

To the question of the questionnaire “How to make a lesson a favorite”, it turned out what is lacking in the first place in the lesson to increase interest. Most respondents answered - music and fitness areas. A small percentage of high school girls want more games. The inclusion of fitness technologies in the lesson could satisfy their need for novelty, and for the musical accompaniment of the lesson, thereby increasing the density of the lesson.

Experience shows that the use of fitness technologies, games change the negative attitude towards the lesson, increases interest, affects the attendance of physical education lessons, and increases the density and load. Performing tasks to the music, which is performed in a high emotional state, students do not notice how many kilometers they have done in the lesson.

Studying with interest in the lessons of physical culture, motor activity will become a need for the student, which in the future will help him lead a healthy lifestyle, be happy to participate in professional activities.

In physical education classes, you can add fitness technologies to the variable part of the health-improving types of fitness, and with the help of music, create a psychological and emotional mood for the lesson. A conversation was held with the girls of the senior classes (grades 10-12), during which we found out that the main reasons for a passive attitude to physical education lessons are the monotony and monotony of teaching educational material, as well as the discrepancy between the content of the lessons and the needs and interests of students. Undoubtedly, the introduction of fitness technologies would increase the interest in physical education lessons among middle school students.

After defining the purpose of the program, the teacher should first of all create his own methodology for using fitness technologies to increase the interest of middle school students in physical education lessons. Before proceeding to the study of fitness training methods, it is necessary to give the concept of “figure correction”. In the article by Gubanikhina E.V. a description of this term is given: “Figure correction is a complex of general strengthening, health-improving, developing methods for changing the proportions of a figure, which consist in changing the volume of fat deposits that violate the overall appearance of the figure. Body shaping with the help of physical exercises is based on their content” [7]. The solution of this problem becomes very relevant and requires the search, development and application of new, more effective means and methods of physical education.

To date, various authors have developed many systems and techniques aimed at correcting body weight. One of the leading methods of body weight correction is physical exercises, which, in addition to reducing excess weight, also contribute to the normalization of metabolism, in particular, fat metabolism; restoration of the body's adaptation to physical activity; normalization of the functions of the cardiovascular, respiratory and other body systems. For girls, it is necessary to develop a program that combines a cardiorespiratory component for fitness and health training.

Senior school age covers children from 16 to 18 years old. In girls, by the age of 16, the rate of weight gain decreases. Girls are 10-12 cm lower than boys and 5-8 kg heavier; the mass of their muscles relative to the mass of the whole body is 13% more, and the mass of subcutaneous adipose tissue is 10% less; the body of the girls is slightly longer, and the arms and legs are shorter. A wider pelvis and relatively shorter legs, greater mobility of the spine and joints, as well as a more elastic ligamentous apparatus lead to the fact that girls have more lateral body vibration when walking and running compared to boys [8]. Here, we can conclude that it is very important for physical education teachers to know the level of development of the components of the anatomical and physiological structure, and the physical fitness of the student. Fitness technologies are a set of scientific methods, steps, techniques, formed into a certain algorithm of actions, implemented in a certain way in order to increase the efficiency of the healing process, ensuring a guaranteed result, based on a free, conscious and motivated choice of physical exercises using innovative means, methods, organizational forms of classes, modern inventory and equipment.

Fitness technologies in education not only increase the level of physical education, but also stimulate the process of self-realization of the individual.

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