

**FEATURES OF MEDICAL AND PEDAGOGICAL CONTROL IN THE PROCESS OF PHYSICAL EDUCATION**DOI: <https://doi.org/10.53885/edinres.2021.72.82.027>

*Raupova Shokhida Akhrorovna,  
Senior Lecturer of the Tashkent State Dental Institute, Tashkent,  
Uzbekistan.*

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*Parpieva Malika Saloxiddinovna,  
Senior Lecturer, Tashkent State Institute of Dentistry, Tashkent, Uzbekistan*

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**ЖИСМОНИЙ ТАРБИЯ ЖАРАЁНИДА ШИФОКОР-ПЕДАГОГ НАЗОРАТИНИНГ ЎЗИГА ХОСЛИКЛАРИ**

*Раупова Шохида Ахроровна,  
Тошкент давлат стоматология институти катта ўқитувчиси,  
Тошкент шаҳри, Ўзбекистон*

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*Парпиева Малика Салохиддиновна,  
Тошкент давлат стоматология институти катта ўқитувчиси,  
Тошкент шаҳри, Ўзбекистон*

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**ОСОБЕННОСТИ ВРАЧЕБНО-ПЕДАГОГИЧЕСКОГО КОНТРОЛЯ В ПРОЦЕССЕ ФИЗИЧЕСКОГО ВОСПИТАНИЯ**

*Раупова Шохида Ахроровна,  
старший-преподаватель Ташкентского государственного  
стоматологического института, Ташкент, Узбекистан*

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*Парпиева Малика Салохиддиновна,  
старший-преподаватель Ташкентского государственного  
стоматологического института, Ташкент, Узбекистан*

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*Abstract: In the article the essence of theoretical bases of physical culture and sports of students to a healthy way of life is opened. The role of physical culture of higher education institutions in adaptation, analysis of the theory and practice of physical education. Outlines the main direction of physical culture, as restoration and promotion of health.*

*Keywords: health, overload, active life, hypodynamia, smoking, physical training.*

Introduction. Health is an invaluable asset not only of every person, but of the whole society. When meeting, parting with loved ones and dear people, we wish you good and strong health, since this is the main condition and guarantee of a happy life. Health helps us fulfill our plans, successfully solve basic life tasks, overcome difficulties, and if necessary, then significant overloads. Good health, reasonably maintained and strengthened by the person himself, ensures him a long and active life.

Scientific evidence suggests that most people, if they follow hygiene rules,



have the opportunity to live up to 100 years or more. Unfortunately, many people do not follow the simplest, science-based norms of a healthy lifestyle. Some become victims of inactivity (hypodynamia), which causes premature aging, others go overboard in food with the development of obesity, vascular sclerosis, and in some cases, diabetes mellitus, which is almost inevitable in these cases, others do not know how to rest, be distracted from work and domestic concerns, are always restless nervous, suffer from insomnia, which ultimately leads to numerous diseases of the internal organs. Some people, succumbing to the addiction to smoking and alcohol, actively shorten their lives [1, 2, 3, 4].

Physical culture is an integral part of human life. It occupies a rather important place in the study and work of people [5]. Physical exercise plays a significant role in the performance of members of society, which is why knowledge and skills in physical culture should be laid in educational institutions of various levels in stages. Higher educational institutions also play a significant role in the upbringing and teaching of physical culture, where the basis of teaching should be based on clear methods, methods, which together are built into a well-organized methodology of teaching and upbringing.

Materials and methods. Among the actual problems of physical education, a significant place is occupied by such a specific problem as the development of basic physical (motor) qualities. An important role here is played not only by the ways of their development and improvement, but also by means of their control, especially pedagogical [6, 7, 8].

The task of the latter is the need to get acquainted with the issues solved with the help of pedagogical observations, to get acquainted with the methods and organization of their implementation. Such observations can be carried out not only during classes or training, but also before and after them [14]. The main task of these observations is to improve the educational and training process in order to obtain the best effect. Such a task can be solved fruitfully with the participation of a doctor who knows sports well, planning methods, and the teacher-trainer, in turn, must have the necessary medical knowledge. At the same time, the trainer must clearly understand what information he can receive with the help of a doctor and what information he can independently [9]. Such observations in natural conditions of sports activity [13], carried out together with a doctor, allow us to assess the physical fitness and special training of an athlete, to assess the correctness of the methods and training regime used, to prevent overstrain, overwork and overtraining [12]. Based on the above, these observations should be called medical and pedagogical.

Results and discussion. The most important task of medical and pedagogical control is clarification in planning the educational and training process, dosage of physical activity in the weekly cycle, determining the duration of the rest intervals between exercises and training, finding the most rational combination of various training means, etc.

The practical implementation of medical and pedagogical control is carried out in a system of specially implemented checks, included in the

content of physical education classes, or training sessions [15, 16]. Such checks allow you to keep systematic records in two of the most important areas:

- determination of the degree of mastering the technique of motor actions;

- determination of the level of development of motor (physical) qualities.

The existing methods of medical and pedagogical control can be divided into two groups:

- not training complex equipment, characterized by the simplicity of the assessment technique (visual observation, determination of the respiratory rate, measurement of blood pressure, body weight, various coordination tests, etc.)

- requiring rather sophisticated equipment and specially trained people who conduct control (electrocardiography, etc.)

  - preliminary (reception of primary control standards);

  - current (noted by the teacher-trainer in a journal or diary);

  - final (acceptance of state tests).

A special place in the conduct of pedagogical control is occupied by medical support - one of the decisive conditions for the rational use of physical culture and sports, high efficiency of educational and training sessions [17].

Medical support contributes to the implementation of the principle of health-improving orientation of the physical education system and is carried out in the form of medical control.

Medical supervision is a scientific and practical section of medicine that studies the issues of physical development, functional state and health of the human body in the process of physical exercises and sports. Medical supervision is the main branch of sports medicine, which has its own clearly defined principles and objectives.

The main task of medical supervision is to ensure the correctness and high efficiency of educational and training sessions and sports events. The task of medical supervision is to familiarize students with the basic issues of medical supervision [18].

The fulfillment of this task is facilitated by the fact that in practical classes, students already get some idea of the basic methods of control. However, it should be borne in mind that at present an increasing number of people, moreover, of different ages are involved in physical exercises and sports. This circumstance requires them to have deeper knowledge in the field of medicine, since not all of them are under the supervision of a teacher-trainer in the classroom (more often) or a doctor (less often).

The purpose of medical control is all possible assistance to the effectiveness of the process of physical education, the correct use of physical culture. It is designed to exclude all conditions under which negative effects from physical exercise and sports on the body of those involved can appear.

Medical control is a prerequisite for preventing injuries, maintaining human health, longevity, creative activity and is carried out in accordance with the «Regulations on medical control over physical education in the



university».

The main tasks of medical supervision:

1. determination of the health status of students and the solution of issues of admitting them to classes in various forms and groups;
2. implementation of medical supervision in physical education and sports classes;
3. diagnostics of the functional state;
4. assessment of physical development and identification of diseases and injuries;
5. medical support of the competition;
6. agitation and promotion of physical culture among the population.

Medical control is a scientific and practical section of medicine that studies the state of health, physical development, functional state of the body of those engaged in physical exercises and sports. The main task of medical control is to ensure the correctness to high efficiency of educational and training sessions and sports events. Medical supervision is designed to exclude all conditions under which negative effects of physical exercise and sports on the body of those involved may appear. Medical supervision is a prerequisite for preventing injuries in the process of physical education of students and is carried out in accordance with the «Regulations on medical supervision of physical education in the university».

Conclusion. Medical control at the university is carried out in the following forms:

- regular medical examinations and control of those involved in physical exercise and sports;
- medical and pedagogical observations of those involved during classes and competitions
- sanitary and hygienic control over the places, conditions of classes and competitions;
- sanitary and educational work, promotion of physical culture and sports, healthy lifestyles;
- prevention of sports injuries and diseases;
- carrying out complex and rehabilitation measures

For students, a medical examination is carried out once a year before the start of the school year. For persons with a deviation in health - 2 times a year, and for persons actively involved in sports - 3-4 times a year.

Annual medical examinations of students allow you to study the state of health, physical development and functional abilities of the most important systems of the body, as well as to establish a medical group of students involved in the distribution of students established by many years of practice of medical control into groups:

- the main one (without deviations in the state of health);
- preparatory (without deviations, but with insufficient physical development and fitness);
- special (have deviations in the state of health and require! limitation of physical activity).

This allows you to correctly dose physical activity in the process of physical education classes in accordance with the health status of the trainees.

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