

METHODOLOGY OF FULFILLING STUDENT GYMNASTIC QUALIFICATION REQUIREMENTS

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Umarov D.Kh.

Candidate of Pedagogical Sciences, Professor, UzSUPES, Chirchik
Mobile number: +998901764946; To contact the author: jamshid-0505@mail.ru

Annotatsiya: Maqolada oliy pedagogik ta'lim muassasasi talabalari o'rtasida kasbiy bilim va ko'nikmalarni bosqichma-bosqich shakllantirish dasturining eksperimental asoslanishi tahlil qilingan. Gimnastikaning ixtisoslashuvi bo'yicha O'zDJTSU sharoitida o'quv mashg'ulotlarining tuzilishi va mazmuni o'rganildi, o'quv dasturi mashqlarining texnologik ketma-ketligi ilmiy asoslandi.

Annotation: The article provides an analysis of the experimental substantiation of the program for the stage-by-stage formation of professional knowledge and skills among students of a higher pedagogical educational institution.

The structure and content of training sessions in the specialization of gymnastics in the conditions of the UzSUPES have been studied, the technological sequence of training program exercises has been scientifically substantiated.

Аннотация: В статье представлен анализ экспериментального обоснования программы поэтапного формирования профессиональных знаний и умений у студентов педагогического вуза. Изучены структура и содержание тренировочных занятий по специализации гимнастика в условиях УзГУФКС, научно обоснована технологическая последовательность выполнения упражнений тренировочной программы.

Kalit so'zlar: gimnastika, kasbiy bilim, tajriba, o'quv yuklamasi, jismoniy tarbiya, jismoniy yuklama, rivojlantiruvchi mashqlar, sport mashg'uloti, maxsus tayyorgarlik.

Keywords: gymnastics, professional knowledge, experience, workload, physical education, physical load, developmental exercises, sport training, special preparation.

Ключевые слова: гимнастика, профессиональные знания, опыт, нагрузка, физическое воспитание, физическая нагрузка, развивающие упражнения, спортивная подготовка, специальная подготовка.

Progressing the process of professional and pedagogical training of teachers of physical education and sport, according to scientists, requires not only new effective approaches to enhancing the process of higher pedagogical education, but also some changes:

- to turn the student into a professional educator, capable of solving any tasks related to the education, upbringing and rehabilitation of students and youth;

- changing the structure and content of student training, updating the gymnastics program for higher education institutions to provide more quality and professional education.

Taking into account the above, research was conducted to determine the structure and content of teaching and learning activities, the specific behavior and professional suitability of students for future pedagogical activities in the chosen specialty. Also, in order to meet the requirements for graduates of UzSUPES, a pedagogical experiment was organized and conducted with 34 students specializing in gymnastics. During the experiment, the subjects were divided into two equal groups of 17 people: experimental and control groups. The training was conducted in the form of group sessions, as they are the most reasonable and allow you to follow all the conditions and requirements of the pedagogical process. The structure of each training session and ISPS course consisted of preparatory, main and final parts [1].

Taking into account the importance of each type of basic and snare gymnastics for the formation of sustainable movement skills and professional knowledge and skills of students majoring in "Gymnastics" for eight semesters on the results of work programs and training on basic gymnastics, as well as physical and technical training the results of control competitions were analyzed in terms of compliance with training and qualification requirements.

It was found that during the training, teachers unreasonably increased the amount of time allocated in the work program for teaching and improving general and developmental exercises, which led to a decrease in working time to develop motor skills and improve knowledge and skills in special movement (physical and choreographic) and technical training [3].

The amount of skills in the students should not have been less than 8.5 ± 0.5 points in the final stage of preparation for the internship at the school. However, according to the expert group, the students

Hozirgi taraqqiyot bosqichida jismoniy tarbiya va sport mashg'ulotlarini tashkil qilishning istiqbollari: muammo va yechimlar. Xalqaro miqyosidagi ilmiy amaliy-anjuman. 2022 yil 28-29 aprel

demonstrated satisfactory knowledge (7.73 ± 0.55 points on the 10-point grading scale adopted in gymnastics) in the "Pure", "Purity Methods" and "Pure Weight" exercise groups. The growth in students' theoretical knowledge and practical skills in conducting line exercises over eight semesters was not as large as planned in the program. It was found that the level of theoretical knowledge is clearly lower than the knowledge of practical skills ($R < 0.05$).

The analysis of the lessons shows that in the preparatory part of the lesson (sections II, IV and V) students are able to create and conduct complexes with objects and projectiles (gymnastic bench and wall), as well as in the final part of the lesson to develop basic physical qualities and coordination skills (Part III). - 5.70 ± 0.75 and 6.52 ± 0.68 points, respectively). And only group 1 exercises (exercises for different parts of the body, separate conduction method) were mastered by students "satisfactorily" at the end of the fifth and seventh semesters, formed separate exercise complexes with a score of 7.53 ± 0.74 points [2].

It is known from sports theory that in order to successfully master the elements, joints and connections performed on gymnastic equipment, a student must have high mobility, coordination skills, strength in joints and special strength endurance. However, as physical fitness tests have shown, students lacked these qualities in the main phase of attestation competitions (6th semester) [6].

Based on the results of the study, the following was suggested:

-teaching the students of the experimental group exercises in the program of basic gymnastics in academic classes;

- introduction to the preparatory and final parts of the training (gymnastics), enhanced general developmental exercise complexes (with subjects) and practical exercises;

- preparatory exercises in the complex of exercises and gymnastics all-round;

-improvement and control, as well as conducting internships in the ISPS course for students of the experimental group in the departments of basic and artistic gymnastics, that is, we combined the previously interrupted process aimed at developing knowledge and skills in students specializing in gymnastics. In addition, hours allocated for independent preparation were used to increase the level of theoretical knowledge [4].

The students of the experimental group were invited to conduct an internship in the departments of basic and sniper gymnastics in the units of the ISPS course:

- Preparatory part (cleaning and general developmental exercises, movement games, AG-walking (types of walking); running (types of running); approaching exercises;

- The main part (projectile gymnastics, AG-climbing, running (types of running); approaching exercises;

- The final part (MJT, moving games, AG-passing balls; simple jumps).

At the end of each semester, the level of mastery of the program sections by students was assessed by an expert panel consisting of leading specialists of the Department of Gymnastics. The readiness of students in the control group can be assessed on the basis of rating points, and in the experimental group - on the basis of the results (assessment) of educational practice [5].

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