

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

MASOFAVIY TA'LIM OLAYOTGAN TALABALARDA SOG'LOM TURMUSH TARZINI SHAKLLANTIRISH HAMDA SPORTGA JALB QILISH ORQALI TA'LIM SAMARADORLIGINI OSHIRISH.

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Maqolada oliy ta'limda ta'lim sifatini oshirishda, to'g'ri tashkillashtirilgan masofaviy ta'lim va bu jarayonda talabalarda sog'lom turmush tarzini shakllantirishning ahamiyati to'g'risida so'z boradi.

Kalit so'zlar: masofaviy ta'lim, axborot asri, sport, futbol, basketbol, tennis.

The article discusses the importance of properly organized distance learning in improving the quality of education in higher education and, in the process, the formation of a healthy lifestyle in students.

Keywords: distance education, information age, sports, football, basketball, tennis.

В статье рассматривается значение правильно организованного дистанционного обучения в повышении качества образования в высшей школе и, в процессе этого, формирование у студентов здорового образа жизни.

Ключевые слова: дистанционное образование, информационный век, спорт, футбол, баскетбол, теннис.

XXI asr axborot asri sifatida insonlarning oddiy turmush tarziga ham juda ko'p qulayliklar berdi. Hozirgi kecha kunduzni oldingi o'n yillik bilan solishtirib bo'lmay qoldi. Dunyo shu darajada tez rivojlanyapdiki, keyingi o'n yillikni ham hozirgi davr bilan solishtirib bo'lmasligi aniq bo'lib ulgurdi. Shunday ekan, biz kelajakka qarab rejalarni tuzishga odatlanishimiz kerak. Jumladan ta'lim sohasida ham, ayniqsa, oliy ta'limda!

Oliy ta'limda eng keng ommalashib kelayotgan o'qitish tizimi bu mustaqil ta'lim. Yevropa va AQSH da butun boshli ta'limning 60-70% dan kam bo'lmagan qismi, birgina mustaqil ta'lim uchun ajratilgan soatlar ekanligi ham ko'p narsani anglatadi. Faqat ko'proq soat ajratish orqali natijaga erishib bo'lmasligini anglagan holda aytish mumkinki, bizda esa bu ko'rsatgich 40%. Aniqroq qilib aytganda, kunduzgi bakalavriat yo'nalishi talabalarining haftalik umumiy yuklamasi hajmi 54 soat va uning 22 soati mustaqil ta'lim uchun ajratilgan [1].

Endigina ommalashib kelayotgan, kelajak o'qitish tizimi deb baholanayotgan masofaviy ta'lim ham borki, bu zamona imkoniyati va ayrim vaqt zamona zaruriyatidir [2]. Shu ma'noda zaruriyatki, rivojlangan XXI asrda bizni pandemiya, xom ashyo resurslarining tanqisligi va boshqa shu kabi muammolar qarshi oladi. Shunday ekan, xohlasak-xohlamasak butun dunyo masofaviy ta'limga o'tib boraveradi. Bu qulay o'qitish tizimi esa, talabalarni to'laqonli nazorat qilishga imkon bermaydi. Ammo biz ularga o'zini o'zi nazorat qilishni o'rgatish bilan masofaviy ta'limning eng katta kamchiligiga ham barham berish orqali ta'lim samaradorligini keskin oshishiga erishishimiz mumkin. Buning uchun talabalarda birinchi navbatda ilmiy asoslangan qat'iy kun tartibi hamda bu kun tartibi tarkibida sport-sog'lomlashtirish mashg'ulotlari bo'lishiga erishishimiz kerak. **Qaysi yo'nalish talabasi bo'lishdan qat'iy nazar, talabalarda mashg'ulotlar orasida dam olish, to'g'ri ovqatlanish madaniyati hamda faoliyatiga ijobiy ta'sir qiladigan darajada, me'yorda sport bilan shug'ullanish tushunchasi va xohishi bo'lishi shart.**

Shu bilan birga har bir soha vakili kasbiy majburiyatlari hamda tanasining individual xususiyatlaridan kelib chiqib qaysi sport turi bilan ko'proq shug'ullanishi kerakligiga albatta qiziqadi, biroq tajribali mutaxassis tavsiyasini olsagina ishonch bilan kun tartibiga o'sha sport turini qo'shadi. Shuning uchun bir nechta ommabop sport turlari va ularning xususiyatlariga to'xtalsak:

- Futbol - insonlar orasida hamkorlik, jamoa bo'lib ishlash xususiyatlarini rivojlantirishga xizmat qiluvchi jamoaviy sport turi bo'lib, soha vakillariga kasbiy faoliyatda intizomli bo'lishni o'rgatadi. Shuning uchun bu sport turi hamkorlikda ishlanadigan kasblar (masalan, antropologlar yoki texnologlar) uchun ahamiyatliroq.

- Basketbol – “yonma-yon yugurish, sakrash va uloqtirish” dan ko'rinib turibdiki, bu sport turi ko'proq kurashuvchanlikka o'rgatadi. Sog'lom raqobat muhitida tadbirkorlar uchun bu sport turi bilan shug'ullanish ayni muddao.

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• Tennis – tezlikka asoslanishi nuqtai nazaridan matematik va informatiklar uchun eng kerakli sport turlaridan biri. Qolaversa, tennis koptogining o'yinchilar ko'zidan muntazam har xil masofada bo'lishi bu ko'rish qobiliyatining rivojlanishi uchun eng foydali jarayon hisoblanadi. Bu nuqtai nazardan esa, matematik va informatiklar bilan birgalikda kompyuter bilan muntazam ishlaydigan barcha kasb egalari shug'ullansa maqsadga muvofiq bo'ladi.

• Sprint-yugurish – bu sport turi tanadagi yog'larni tez eritish uchun eng maqbul yo'l ekan, demak, ortiqcha vaznga ega barcha bu sport turi bilan shug'ullanishi kerak deb o'ylaymiz va h.k.

Har qanday holatda ham sog'lom turmush tarziga amal qiluvchi, me'yorda biror sport turi bilan shug'ullanuvchi talabaning ruhiy holati ham anchagina turg'un bo'ladi va bu holat fanlarni o'zlatirishiga, qiyinchiliklarni yengib o'tishiga doim yoram berib keladi.

Xulosa qilib aytganda, OTM larida masofaviy ta'limni rivojlantirish - ayni paytda zamona majburiyati. Pedagoglar talabalarga o'z faoliyatlarini mustaqil tashkil qilishlariga, kun tartibini shakllantirishlariga yordam berishlari hamda bunga amal qilishga o'rgatib borishlari kerak. Shunda ularning ta'lim olish faoliyati samaraliroq bo'ladi va kutilgan natijalarga erishiladi.

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