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**METHODS OF ASSESSMENT OF PHYSICAL AND MENTAL FITNESS OF ATHLETICS
STUDENTS**

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ABOUT ARTICLE

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Abstract: In this work, the theme “ways of using modern technologies in the technical training of qualified athletes” is widely covered. Historical features of physical education and sports development on the basis of modern approaches in the lectures methods of increasing the effectiveness of training and control questions have been developed. In the summary section, recommendations for the application of pedagogical technology in teaching of teaching are given.

INTRODUCTION

The basis of the modern education system is a high-quality and high-tech environment. Its creation and development is technically complex, but such an environment serves to improve the educational system and introduce information and communication technologies in education.

LITERATURE ANALYSIS AND METHODOLOGY Decision of the President of the Republic of Uzbekistan "On the establishment of public education information network of the Republic of Uzbekistan" No. PK-191 of September 28, 2005 and the Cabinet of Ministers of the Republic of Uzbekistan Computerization and Information - developed in accordance with the minutes of the meeting No. 22 of June 20, 2008 of the Coordinating Council for the Development of Communication Technologies. will give. Educating young people and improving the quality of providing them with modern knowledge and forming a well-

rounded person for our society is one of the main goals of the education system. All the activities carried out in the process of continuous education are important for the realization of this goal. Modern lessons are necessary to kindle the embers in the student's heart, develop it in every way, and lead it from knowledge to knowledge. A modern lesson is such that the teacher skillfully uses the available opportunities of the student, uses his mental potential and ensures his development. The student, in turn, deeply absorbs knowledge and moves towards spiritual perfection. Achieving high results in physical education lessons can only be achieved due to proper organization of lessons and wide use of effective types of modern information media. Therefore, one of the most urgent issues today is the use of effective methods of organizing physical culture lessons based on modern requirements and based on new pedagogical and information technologies. The goals and objectives of working on this topic are to ensure that students have deep and modern knowledge of the "Physical, technical and tactical training of an athlete" module, to study effective methods of modern new pedagogical and information technologies, and to provide scientific justification. In order to achieve the goal, we took the following tasks: - study and analysis of scientific-methodical, information and Internet sources. - elucidation of modern teaching and advanced foreign experiences, as well as methods of applying information technologies to the teaching process. Forming theoretical and practical knowledge and skills of students in training on the module "Ways of using modern technologies for the technical training of qualified athletes", increasing their interest in training and mastering the module materials through modern information technologies. The practical importance of the increase is considered. The implementation of these tasks is the direct duty of each educational institution. The successful application of pedagogical technologies to the educational process requires that each subject teacher has special knowledge and skills, as well as methodological training necessary for pedagogical practice. requires that At this point, it should be noted that the term pedagogical technology itself has been defined by every scientist who has conducted research in this field based on his own point of view. For example: "Pedagogical technology is a set of psychological and pedagogical techniques, a special collection of forms, methods, methods, teaching methods, and educational tools. At the same time, it also means the organizational methodical factor of the pedagogical process" (V. Likhachev). Pedagogical technology is a meaningful technique for the implementation of the educational process, Pedagogical technology is a description of the process of achieving planned teaching results. Pedagogical technology is a well-thought-out model of the pedagogical activity of the student and the teacher in terms of designing, organizing and conducting the educational process by creating the necessary conditions for them. "Pedagogical technology means the systematic collection and procedure of personal capabilities, equipment and methodological tools used to achieve pedagogical goals" (M.V. Klarin).

"Pedagogical technology is a meaningful generalization that covers the content of all the definitions of different authors (sources)." (G.K.Selevko). Thus, it can be seen from these definitions that a complete and unified definition of this concept has not yet been accepted. "The use of human potential and technical resources in the process of teaching and learning in order to optimize forms of pedagogical technology-teaching is a set of systematic methods that allow to determine their interaction. The main tools of the process of improving the athlete's technical skills are as follows. 1. Achieving the performance of specialized movements - styles based on sports techniques in a highly stable and variable state within a certain limit. 2. To transform the methods learned in the effective implementation of the competition activities into the basis of a series of techniques. 3. Improving the structure, dynamics, kinematics and rhythm of movement effects depending on the athlete's individual characteristics. 4. Improving the athlete's technique and performance in extreme competition conditions. 5. Improvement of the athlete's technical skills, according to the demands of sports practice and scientific and technical indicators. Scientific studies and observations show that if physical exercises are related to a particular type of sport and these exercises are repeated in a row, this situation leads to one-sided growth and development of children. For example, regular lifting of stones or doing barbells can prevent a child's body and height from growing. Even when there is a complex technical base of sports, in particular, sports games, gymnastics, individual wrestling - these do not have a positive effect on the child's body and their harmonious growth. A child's body can develop comprehensively only with the help of several types or complex (series) of physical exercises. In the process of forming a person's physical culture, the participants not only master the actions and related knowledge, but also develop their physical abilities. Currently, the terms "Physical abilities" and "Physical qualities" are used to describe human movement capabilities. Although these concepts are similar in a certain sense, they are not the same. Unfortunately, in the literature, one can find some conflicting opinions about the definition and interrelationship of these concepts. For example, G.G. Natalov, in one case, physical abilities are understood as forms of manifestation of the ability of functional systems that participate in the movement activity of the organism and determine its effect, in A.P. Matveev, it is considered human-specific capabilities that are realized in movement activity and are based on physical qualities. ; in the third one, capabilities mean developed innate ability targets based on the mental, physiological and morphological characteristics of the organism. Technical training is aimed at training the athlete in movement techniques and bringing them to a perfect level. Sports technique is a way of performing a sports movement, which is distinguished by a certain level of effectiveness of the use of the athlete's psycho-physical capabilities.

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