



## PHYSICAL EDUCATION IN HIGHER EDUCATION INSTITUTIONS

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**ABSTRACT:** - The comprehensive development of physical culture and sports is a complex and difficult, multifaceted task that plays a special role in the development of society. Physical education is inextricably linked with moral education. During sports competitions, the athlete develops honesty, dignity, respect for his opponent and other moral qualities. Regular physical activity and sports have a strong positive effect on mental development. The relationship of mental labor with exercise and sports training is directly interrelated.

This article examines the development of physical education in higher education institutions.

**KEYWORDS:** Education, physical education, information technology, pedagogy, sports, modernization, innovation, professional activity, physical training.

### INTRODUCTION

Physical education plays a key role in the comprehensive mental, moral and physical development of the younger generation. Today, the development of physical culture, sports and fitness in all educational institutions, increasing the interest of students in sports, strengthening their knowledge, skills and abilities are becoming a requirement of the times.

The essence of upbringing is different in each period, and its content stems from social goals. Although the idea of upbringing is

expressed in different ways, but the nature of orientation and unity in terms of object.

Upbringing is an organized pedagogical process for the purposeful improvement of the individual, which allows regular and systematic influence on the personality of the pupil. In the process of education, it is very important to organize the life and activities of students in a pedagogically correct way. Physical education is a pedagogical process aimed at improving the morphological and functional aspects of the human body, the formation and improvement of basic motor

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skills, abilities, and knowledge related to them, which are important for his life.

## **METHODS**

Physical education plays an important role in educating students. In this process, the movement is taught to perform an activity or a certain part of it, the process is carried out through practice - repetition, and leads to the formation of theoretical knowledge about the movement in the practitioner, the development of physical qualities - nurture. Thus, in the process of physical education, education is the acquisition of special knowledge and the ability to perform an action, and the organization of its transfer to the student, the practitioner. "Physical culture, physical education and sports are important factors not only in physical but also in spiritual development. It heal the will, teaches to strive for a clear goal, to overcome difficulties with endurance and perseverance. It cultivates in the heart a feeling of confidence, pride and pride in victory "[1, 67].

Physical education classes and sports clubs in higher education institutions are an integral part of the social sciences in preparing students in the spirit of humanity, in accordance with modern requirements for their specialty. It serves as an important tool in the physical preparation of every student to take up a small profession, in the formation of an individual. At the same time, it is an important factor in the development of the student's future as a professional.

Physical education was included in the curriculum of higher education institutions as a subject in 1928. Until then, specialists were trained in short 3-month courses.

In 1921, three-month courses were opened in Fergana and Tashkent to train physical education specialists, and this year 60 people completed these courses.

In 1926, three-month courses were opened to train physical education instructors, and in the same year, 30 people graduated from them.

In November 1929, given the rapid growth of the national economy in Central Asia and the lack of specialists in this country, the first Higher Technical School in the east of the country, the Central Asian Cotton Irrigation and Polytechnic Institute, now Tashkent State Technical University was established.

In 1933, a one-year course was opened in Samarkand to train physical education specialists. In 1949, for the first time, a department for training highly qualified physical culture and sports specialists was opened at the Tashkent State Teacher Training Institute.

In 1954, the faculties of physical education began to operate at the Fergana, Nukus and Andijan State Teachers' Colleges. In 1955, the Uzbek State Institute of Physical Culture, the only one of its kind in Central Asia, was established on the basis of the Physical Training College in Uzbekistan (Tashkent).

Today in independent Uzbekistan there are 64 higher education institutions, including 20 universities, 44 institutes, about 800 secondary special educational institutions, all of which have a department of physical education. Physical education and sports play an important role in the agenda of students, there are sports clubs in educational institutions and dormitories. The clubs are led by highly qualified physical education teachers and sports teachers. In addition to practical training in physical education and sports, under the guidance of students and teachers, teachers and sports teachers in these educational institutions also conduct research.

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Physical education is a pedagogical process, an educational tool aimed at improving the health, physical maturity, social activity of the younger generation, the formation of a morally healthy growing generation. In the process of physical training, the organism is functionally and morphologically improved, motor skills, qualities of physical movement: agility, speed, flexibility, endurance are formed with special knowledge and skills.

Each student must practice independently in order to master it at a high level in the sport of their choice in accordance with the task of the educator. These classes are based on the student's physical, athletic fitness and health. For students in the sports group, independent exercises remain preparatory exercises for achieving high results in sports. The rest of the students have to study according to the curriculum.

Mass physical culture and sports events are divided into propaganda, training and sports competitions, depending on the direction. The purpose of the propaganda direction is to provide students, teachers and staff of the institute with regular physical education and sports, to acquire physical education skills. Training sessions are held with students participating in special medical and health groups. Its purpose is to increase the level of physical fitness of students. The program includes simple competitions, some national symbols, simplified exercises and a variety of action games. Sports competitions include competitions based on the rules of the sport, mainly aimed at achieving high results in student sports activities.

"The task of physical education is solved so successfully that if participants consciously understand exercise or if they are interested in sports and take a creative approach, they will have to rely on general special knowledge

for the correct formation of motor skills and functional abilities" [2, 21].

In the educational process, physical education teachers organize the activities of students in physical education classes individually (frontal), continuously, in groups, individually and in groups.

1. The frontal method of organizing student activities means that all students in the group work together to solve the same task together with the teacher. The advantage of this method is that all students are equally involved in the exercise, and they are engaged in a single, high intensity is achieved in the lesson (lesson), and the speed, intensity and norm of the load is the same for all.

This methodology is mainly used in the preparatory and final parts of the lesson, in the lessons of mastering new material, in the lessons, in the lessons with younger students.

2. The method of continuous organization of student activities. Without explaining the sequence of the exercise, the methodological guidelines are presented in the form of a complete performance of the movement activity in order to achieve a high intensity, without stopping the group to correct the errors, adapting to the rhythm of the movement. The advantage of this methodology is that the loading norm, its size, intensity are the same for all students in the group (regardless of physical fitness). This provides an opportunity to assess the general physical fitness of the class, the group of students, in particular, to compare the level of their ability to move relative to their peers.

It is mainly used in the preparation, closing parts of the lesson, as well as in the main part of the lesson, where the acquisition of new material begins.

3. The content of the method of dividing the study group (class) into groups is to divide a large group of students into small, small groups, taking into account their physical development, physical fitness, variety of tasks in the lesson, the equipment needed to solve it. He uses the style mainly in the main part of the lesson.

## CONCLUSION

In summary, in the educational process, physical education teachers apply the above methods in the organization of student activities in physical education classes, research and implementation of advanced pedagogical technologies and modern methods and techniques, development of scientific and practical methodological recommendations and physical education and sports professionals have a great responsibility.

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