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Effective Organization of Physical Education and Sports Training in The Direction of Sports and Healthcare (Aquafitness) For Students of Higher Educational Institutions

N.Kh.Karimova

Senior lecturer, National University of Uzbekistan named after Mirzo Ulugbek, Faculty of Taekwondo and Sports Activities. Uzbekistan, Tashkent, Uzbekistan

Abstract: This article provides recommendations for the effective organization of physical education and sports training in the field of sports and recreation (aquafitness) for students of higher educational institutions.

Keywords: Aqua fitness, higher education, training, recreation, physical activity, water exercises, swimming, development of physical strength.

Introduction: Effective organization of physical education and sports training in the direction of sports and recreation (aquafitness) for students of higher educational institutions includes several aspects. For this, the following approaches and methods can be considered:

Organizing lessons based on an individual approach: Students may have different physical fitness, therefore, it is necessary to prepare aquafitness programs adapted to each student. This is especially important for those who are new to sports.

Organizing small and balanced groups: When aquafitness lessons are held in small groups, the teacher has the opportunity to better communicate with students and provide individual assistance. At the same time, it helps to increase competition and cooperation between students.

Choosing the right aquatic exercises: Aquafitness lessons can include areas such as swimming, water aerobics, light exercises in water, but also therapeutic

swimming and water yoga. The purpose and benefits of each type of exercise should be selected depending on the physical fitness of the students.

Motivation and psychological approach: To popularize sports and a healthy lifestyle among students, it is important to encourage them to exercise regularly. This can be achieved through motivational lessons and information on a healthy lifestyle.

Implementation of a monitoring and evaluation system: Students are evaluated based on their performance, which further motivates them to make changes. Systematic monitoring and step-by-step evaluation encourage students to achieve success.

Attract the right teachers: It is necessary to attract experts and teachers with experience in aqua fitness. They should have experience in organizing effective classes for students, teaching the correct technique and providing necessary advice.

Creating a comfortable and safe environment: Safety is of particular importance when practicing water sports. Therefore, it is necessary to organize aqua fitness classes in swimming pools with safe and modern infrastructure.

These approaches will help to effectively implement aqua fitness in higher education institutions and serve to attract students to physical activity and a healthy lifestyle.

Of course, I will provide more information on the effective organization of physical education and sports in the direction of sports and recreation (aquafitness).

1. Benefits of aquafitness:

Aquafitness (water aerobics) is a system of physical exercises performed in water, which not only helps to improve physical fitness, but also promotes a healthy lifestyle. Effective organization of aquafitness in the direction of physical education and sports in higher educational institutions is important for improving the health of students and developing their interest in sports. This article provides information on the benefits of aquafitness, its various directions, tips for increasing the effectiveness of classes, and recommendations for the development of sports and recreation in higher educational institutions.

1. Benefits of Aquafitness.

One of the biggest benefits of aquafitness is that water exercise reduces physical strain, which allows for effective, yet gentle exercise that is gentle on joints, bones, and muscles. The main benefits of aquafitness are:

Light and effective exercise: Water exercise reduces physical strain, making exercise painless and effective.

Strengthens the cardiovascular system: Water aerobics improves cardiovascular health and metabolism.

Weight loss: Aquafitness can be effective in fat loss and weight management.

Stress reduction: Exercising in water helps reduce stress and increase relaxation.

Joint and muscle recovery: Water exercise helps reduce joint pain and strengthen muscles.

2. Different directions of aquafitness

Different directions of aquafitness should be chosen according to the needs of students. The following directions are effective for students of higher education institutions:

Water Aerobics: Fast movements performed in water are ideal for strengthening the cardiovascular system and increasing overall physical fitness.

Water Yoga: Yoga exercises in water improve not only physical but also mental health. Helps increase elasticity and balance.

Water Pilates: Pilates exercises in water help strengthen muscles and maintain the body in the correct position using resistance.

Water Swimming Exercises: Swimming in water is one of the most effective forms of sports and helps develop physical systems.

3. Tips for Effective Aquafitness Lessons

The following tips will help you organize aquafitness lessons effectively:

Organize lessons for different levels: Students may have different levels of physical fitness, so teachers should organize exercises according to levels.

Teacher Qualifications: Teachers should have a good knowledge of swimming, aquafitness techniques, and anatomy. This will increase the effectiveness of the lessons.

Make Exercises Interesting: Making lessons interesting and dynamic motivates students. Using music, group exercises, and different methods will make the lessons more attractive.

Pay attention to safety: Ensuring safety is important when working in the water. Teachers should guide students to perform the exercises safely and correctly.

4. Development of sports and health in higher education institutions

The following approaches are important for the development of sports and health in higher education institutions:

of corporate sports events: Universities can organize sports competitions and aqua fitness classes to develop

sports among students.

Promotion of a healthy lifestyle: In addition to conducting aqua fitness classes, it is necessary to conduct seminars and trainings for students to promote a healthy lifestyle. It is also important to provide information on nutrition, relaxation, and stress management methods.

5. Infrastructure required for aquafitness classes

The necessary infrastructure also plays an important role in the effective organization of aquafitness. The following factors should be taken into account:

Water Pools: Properly equipped swimming pools are essential for the successful conduct of aquafitness classes. The pools should be clean and maintained at the required temperature.

Modern Equipment: Equipment such as dumbbells, pillows, and swimming rings used in water help students perform the exercises effectively.

CONCLUSION

Aquafitness provides an excellent opportunity for the effective organization of physical education and sports in higher educational institutions. This not only helps to improve the physical health of students, but also develops their interest in sports. Through various directions of aquafitness, advice on increasing the effectiveness of classes, and the necessary infrastructure, it is possible to create a healthy and active lifestyle for students. Developing this area will not only help improve students' health, but also help them become more seriously interested in sports.

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