

**BO`LAJAK O`QITUVCHILARDA JISMONIY TARBIYA JARAYONIDA  
AYLANMA MASHGULOTLARDAN FOYDALANISHNING SAMARALI  
USULLARI**

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TVChDPI Jismoniy tarbiya va sport kafedrası mudiri  
dotsent taqrizi asosida

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**Annotatsiya:**

Ushbu maqolada Ta'limning hozirgi bosqichida o'quvchilar va talabalarning jismoniy tarbiyasida guruhli yondashuvlardan o'quvchilarning individual imkoniyatlari va qobiliyatlariga asoslangan shaxsga yo'naltirilgan o'qitish va tarbiyalash usullariga o'tish salomatlik holatini yaxshilashga yordam beradi. va jismoniy tayyorgarligini oshirish.

Jismoniy tarbiya amaliyotida bu usul aylanma mashq usuli hisoblanadi. Bunday tashkilotning samaradorligi shundan iboratki, sinflar zichligi sezilarli darajada oshadi, chunki barcha talabalar bir vaqtning o'zida va bir vaqtning o'zida mustaqil ravishda, o'z imkoniyatlari va sa'y-harakatlariga mutanosib ravishda mashq qilishadi.

**Kalit so`zlar:** talaba; aylanma mashqlari; ta'lim-tarbiya, mashg'ulot, sport, jismoniy tarbiya, ijtimoiy qadriyat, harakat qobiliyati, pedagogika, o'quvchilar, talabalar.

**ЭФФЕКТИВНЫЕ МЕТОДЫ ИСПОЛЬЗОВАНИЯ КРУГОВОЙ ТРЕНИРОВКИ В  
ПРОЦЕССЕ ФИЗИЧЕСКОГО ВОСПИТАНИЯ У БУДУЩИХ ПЕДАГОГОВ**

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**Аннотация:**

в данной работе переход от групповых подходов в физическом воспитании учащихся и студентов на современном этапе образования к личностно-ориентированным методам

обучения и тренировки, основанным на индивидуальных возможностях и способностях учащихся, поможет улучшить состояние здоровья. и увеличите физическую подготовку. В практике физического воспитания этот метод является методом циркулирующих упражнений. Эффективность такой организации такова, что интенсивность занятий значительно возрастает, потому что все учащиеся тренируются в одно и то же время и в одно и то же время самостоятельно, пропорционально своим возможностям и усилиям.

**Ключевые слова:** студент; упражнения на подвижность; обучение-тренировка, тренировка, Спорт, Физическое воспитание, Социальная ценность, способность двигаться, педагогика, учащиеся.

## EFFECTIVE METHODS OF USING CIRCULAR TRAINING IN THE PROCESS OF PHYSICAL EDUCATION FOR FUTURE TEACHERS

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### Annotation:

in this paper, the transition from Group approaches in the physical education of students and students at the present stage of Education to personality-oriented teaching and training methods based on the individual capabilities and abilities of the students will help to improve the state of Health. and increase physical training.

In the practice of physical education, this method is the method of circulating exercise. The effectiveness of such an organization is such that the intensity of the classes increases significantly, because all students train at the same time and at the same time independently, in proportion to their capabilities and efforts.

**Keywords:** student; exercises of turnover; education-training, training, Sports, Physical Education, Social Value, ability to move, pedagogy, pupils, students.

### Introduction

Physical activity is the most important element of student youth education. It is associated with the educational process in itself and has many functions, the main of which is aimed at the comprehensive development and formation of the health of students. Physical Culture, which is an integral part of the general culture and professional training of the student during

his studies, is a mandatory section of the humanitarian component of education, the significance of which is manifested by the harmonization, formation of spiritual and physical forces. social values such as health, physical and mental well-being, physical perfection.

At the present stage of education, the transition from Group approaches in the physical education of students and students to personality-oriented teaching and training methods based on the individual capabilities and abilities of students helps to improve the state of Health. and increase physical fitness.

**Relevance of research.** In the practice of physical education, this method is a method of circular training. The effectiveness of such an organization is such that the density of classes increases significantly, since all students train simultaneously and simultaneously independently, in proportion to their capabilities and efforts.

The purpose of the study is the experimental justification of the effectiveness of the application of the method of circular training of students of higher educational institutions in the process of physical education.

#### **Research objectives:**

1. To reveal the level of development of movement abilities among university students.
2. Development of a methodology for increasing the level of general physical fitness of students of a higher educational institution based on the application of the circular training method.
3. Justification of the effectiveness of Circle training complexes developed to increase the level of general physical fitness of students of higher educational institutions.

The work used the following research methods:

- analysis of scientific and methodological literature;
- pedagogical test;
- pedagogical experiment;
- methods of Mathematical Statistics.

In particular, the following pedagogical tests were used: long jump while standing; pull up on a high turn; lean forward; mckissimon run at a distance of 3 x 10 m.

Statistical processing of research results showed that there were no significant differences between experimental and control groups at the beginning of the study.

A comparative analysis of the motion ability indicators of university students showed that in three of the four indicators studied, the initial characteristics of the motor ability of students of experimental and control groups do not have significant differences ( $P > 0.05$ ).

Thus, the indicators of the initial functional characteristics and motor skills of students in experimental and control groups did not have significant differences.



A system of circular exercises, a regulated exercise process with a clear distribution of load and rest, was proposed to develop the movement abilities of the students of the experimental group.

**The degree of learning of the subject.** The author developed 3 circular exercises of 8 exercises. The complexes included exercises aimed at developing speed-strength, strength and coordination skills. The exercises are selected provided that they are performed in standard time (in 40 seconds). Two of the 8 exercises were performed with extra weights (padded balls and weights on the legs). The duration of rest between exercises was 45 seconds in the first two weeks and later reduced to 5 seconds every two weeks. Rest times between laps ranged from 2 minutes to 30 seconds in the first two weeks, then reduced to 30 seconds every two weeks. The number of circles was 2-3.

In the first, fourth and sixth stations, each of the three complexes of circular exercises includes exercises for the muscles of the lower extremities; in the second, fifth, eighth stations - exercises for the muscles of the lower extremities; in the third and seventh stations for the muscles of the trunk. The developed complexes of circular training were included in the structure of each lesson at the end of the main part and lasted 20-30 minutes.

**Research results.** After the pedagogical experiment conducted, it was found that students of the experimental group were dominated by students of the experimental group in jumping from point to length by 9 cm, in the upward movement by 2.2 times, in the makisimon running at a distance of 3 x 10 m.

The increase in performance across almost all control exercise rates among experimental group Students is higher compared to control group Students.

Thus, the growth of results in the experimental group ranges from 3.3% to 31.1%, in the control group - from 1% to 25.1%. At the same time, it was found that the highest growth rates in the experimental group occur in the upward movement (31.1%), and in the control group - in the forward tilt of the trunk when sitting (25.1%), in the upward movement (17.1%). % ), which indicates the positive effect of the methodology used on the general physical fitness of students.

**Scientific and practical study of research.** So, the use of the circular exercise method from the model of physical education in the educational process contributes to the more intensive development of physical qualities in students participating in a pedagogical experiment. The initial functional characteristics and indicators of motor skills of students of experimental and control groups did not have significant differences.

The developed circle exercise complexes consisted of 8 methods, which included exercises aimed at developing speed-strength, speed and coordination skills; the loadings in these

exercise sets fluctuate every two weeks due to the reduction in the rest interval between stations and circles.

The use of the physical education model as a method of circular training in the educational process contributes to the more intensive development of physical qualities in students who have participated in pedagogical experience.

## Conclusion

In the scientific research work and pedagogical practice processes carried out on the topic of the master's thesis, the processes of attracting students to physical education and sports, wellness activities are studied at the Andijan city mechanical engineering vocational college. Physical education and sports carried out in an educational institution, wellness activities can include physical education classes, Sports Club Activities, sports competitions and sports holidays, and mass-organized tourism activities.

In addition to the educational institution, physical education events were included in sports training sessions in children's and youth sports school sports clubs in the living quarters, neighborhoods and family. Training in sports circles solves the tasks of training a highly qualified athlete in sports. Physical education activities organized in the living quarters and in the family will be aimed at preparing students for physical development as a spiritual and moral harmonious person for labor activities.

In educational institutions, walks were organized in nature under the guidance of physical education teachers and class leaders. In this, it was carried out to educate students on the formation of skills and skills of physical action, to instill with the help of factors of nature, to develop physical qualities.

Training and competitions in sports were organized in the residential areas, competitions on the National People's games were organized. In the family, it is possible to independently engage in morning badantarbia, physical and sports exercises, make trips to family nature, take sun, air, water treatments for conditioning, beautify creative, useful cocktails, do fieldwork, livestock.

In the work of literature analysis on the topic of the master's thesis, literature, textbooks, methodological, scientific and educational manuals, brochures, recommendations and instructions, historical manuscripts and archival materials and materials of newspapers and magazines were studied, which extensively covered the importance of physical education and sports activities in the health and physical development of students. The latest materials on the subject experience and qualifications of mature specialists of foreign countries and our country were obtained from the internet.

Conversations, discussions, meetings with coaches, parents, students on physical education and sports were held, questionnaires were taken. Tests were organized. Students were analyzed



personality traits, their worldview, attention to physical education and sports, moral qualities, activity in the processes of spiritual and educational education.

In the organization of scientific research work on the topic of the master's thesis, experimental and control groups were established. The experimental groups included students who actively participate in physical education activities in educational institutions and engaged in sports clubs in student and teenage sports schools, and independently engaged in physical activities in living spaces and in the family.

And the control group included students who did not actively participate in physical education events. It was organized to teach the members of the experimental and control group physical movements of a homogeneous form and perform a homogeneous number of physical loads.

98.9% of students were involved in physical education classes in the College, the rest of the students were physically weak, and the attitude of illness was included in the special medical group. Students of the special medical team are engaged in curative physical exercises and light action games, as well as walks.

Physical education classes with students, training in sports circles are organized on the basis of a physical education program approved by the Ministry of higher and secondary special education. Sports competitions and celebrations are organized according to a plan developed by the cooperation of the college administration.

In medical biological analysis from scientific research methods, medical supervision of the physical development of students was organized at the vocational college. In medical supervision, the level of health of students, the diagnosis of diseases, the types, features of diseases were studied. It was studied that students and students are divided into medical groups and treatment with them is the organization of physical activity processes.

In the analysis of the numerical indicators of the results of our scientific research, a mathematical statistical method was used. An assessment of the physical development of the students of the experimental and control group with the norms of practical control was organized. In this, the differences between the numerical indicators of the results, the average arithmetic indicators, the coefficients of variation and correlation and the degree of deviation of the indicators were studied.

In the results of our scientific research, it can be seen that students who are members of an experimental group actively involved in the work of physical education and sports, wellness, organized at an educational institution, also achieve positive results in vocational training and the acquisition of theoretical knowledge in the sciences.

At the same time, the physical development of their organism, the improvement of the functioning of the systems of the organism occur. Physical education, sports, wellness activities provide a great basis for students to grow up to be physically fit spiritually mature people, as well as people of moral purity, patriotism and professional skills.

Work from physical education –to engage in physical education and sports in places of residence, morning badantarbja, tempering with the help of factors of nature, to engage in useful cocktails.

Team of physical education in an educational institution-director of an educational institution, deputy director of spirituality, teachers of physical education, sports coaches, educators, leaders of the youth social movement" maturity", student athletes

Scientific articles and abstracts on the topic of the master's thesis were prepared, with which they participated in scientific conferences on a Republican and regional scale. A collection of articles has been published.

From the results of our master's thesis scientific research and pedagogical practice, the following general conclusions can be drawn:

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