



**IJIRCCCE**

e-ISSN: 2320-9801 | p-ISSN: 2320-9798



# INTERNATIONAL JOURNAL OF INNOVATIVE RESEARCH

IN COMPUTER & COMMUNICATION ENGINEERING

Volume 8, Issue 12, December 2020

**ISSN** INTERNATIONAL  
STANDARD  
SERIAL  
NUMBER  
INDIA

**Impact Factor: 7.488**

 9940 572 462

 6381 907 438

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# Improving Physical Fitnesscadets Of Specialized Educational Institutions Republic Of Uzbekistan

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**ANNOTATION:** The article deals with the main problems of improving the physical training of cadets of specialized educational institutions. Also, the article gives recommendations for improving the physical training of cadets, taking into account their combat training.

**KEYWORDS:** physical culture, physical training, cadet, knowledge and skills, improvement.

The physical training of cadets in accordance with the manual for physical training is an integral part of the combat training of future officers, the content of which can be conditionally divided into two problems:

- physical education;
- physical education.

Physical education means the development of physical qualities under the guidance of teachers and commanders. Physical culture is understood as instilling in them the necessary knowledge, skills and abilities for the purpose of physical self-improvement and self-development.

Physical training of cadets is aimed at acquiring skills and abilities, physical and mental qualities, further contributing to the successful fulfillment of operational and service tasks, maintaining high working capacity and includes general physical exercises (for strength, speed, endurance) and service and applied exercises (fighting techniques struggle, overcoming the obstacle course).

Our observations show that at present, physical training in educational institutions is mainly carried out in the first part, i.e. physical education.

Undoubtedly, at the same time, cadets develop physically, endurance increases, will develops, etc.

The development of physical qualities is an external result of physical culture. However, there is also an equally important internal - psychological result, the existence of which in practice is not yet fully realized. When preparing cadets for service activity, physical culture and sports are considered as one of the most important means of their upbringing, harmoniously combining spiritual wealth, moral purity and physical perfection. Therefore, the influence of such training on the formation of personality is not unambiguous.

The second part of the problem, i.e. physical culture, instilling knowledge, abilities and skills about physical self-improvement, the development of the necessary mental qualities (thinking, motor memory, imagination, etc.) that allow one to independently develop and develop others, in our opinion, is not carried out enough.

It is necessary to introduce new pedagogical technologies into the educational process that allow solving the above problems, especially the problem of physical culture.

To solve these problems, it is also necessary to improve educational, methodological, research, organizational work, as well as improve the material and technical supply of the department.

Academic work includes conducting classes according to the approved schedule, conducting morning physical exercises, conducting sectional classes in sports, physical training classes with a permanent staff.

The effectiveness of educational work depends on the clear preparation of documentation for the above sections. They must strictly adhere to regulatory documents, are compiled on a scientific basis, as well as a high methodological level with the use of modern pedagogical technologies and rely on the achievements of modern science in physical culture.



It is also necessary to involve leading specialists in the field of physical culture and sports, the teaching staff of the leading institutes of the republic, as well as coaches in sports.

To increase the level of methodological work, it is necessary to have a library fund for physical culture and sports, thereby creating conditions for the constant self-education of teachers in the methodological plan.

To search for modern pedagogical technologies to maintain the motivation of cadets for physical training.

In order to improve the quality of conducting classes, practice methodological classes with teachers from other educational institutions to exchange experience.

It is necessary to develop not only physical qualities, but also to instill knowledge, abilities and skills of independent conducting physical training classes.

To impart knowledge to cadets about physical culture and sports, widely use handouts, depending on the topic of the lesson.

To involve the cadets themselves to conduct certain parts of the classes, requiring them to compile notes for part of the classes, followed by an assessment and a short discussion of the quality of the conduct by the cadets.

This will contribute to the revitalization of the activities not only of those conducting the lesson, but of the whole group.

Sports work is one of the indicators of any specialized educational institution of the republic. In addition, sport is an important motivational factor in increasing sports mass work.

The correct organization of the work of sports sections and the achievement of high results in the sports arena will motivate our cadets to increase the mass of sports.

To resolve this issue, it is necessary to select personnel who could successfully organize the work of sports sections and who have experience in training highly qualified athletes.

## **CONCLUSION**

Thus, physical culture can form in a person the self-confidence so necessary in his life, in his abilities, the prevailing positive and sthenic emotional background, optimism as a character trait. Most of the forms of occupation adopted in the system of physical education and self-education can be used to one degree or another for the purposes of professional activity.

The search for ways to increase the effectiveness of the process of physical training in higher specialized educational institutions should lie within the existing organizational and time frames for training a specialist. In this case, it is necessary to pay special attention to the initial stage of professional development and the procedure of professional selection, including by means of physical education. The level of physical fitness of candidates for study in specialized educational institutions and service in law enforcement agencies should be considered from the standpoint of physical abilities as a type of general human abilities. It should act as a specific criterion for professional selection, which has its own characteristics of the formation and development of physical abilities.

In order to achieve high results in sports, it is necessary to create the necessary conditions for their systematic and systematic training, as well as to increase the level of physical fitness, improve applied skills, special and mental qualities, the personnel of the subdivisions should systematically be involved in competitions in exercises of the curriculum and military -applied sports.

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INNO  SPACE  
SJIF Scientific Journal Impact Factor

Impact Factor:  
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