

SOCIAL OPINION OF THE MINISTRY OF INTERNAL AFFAIRS ON PHYSICAL TRAINING OF STUDENTS OF ACADEMIC LYCEUMS

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Annotation

The concept of physical training of the students of the academic Lyceum of the Ministry of internal affairs was clarified through a Social Survey, the average statistical data were determined. The effectiveness of the methods used in the lessons of physical education was analyzed.

Keywords: academician of the lyceum, innovation.

Introduction

After the independence of the Republic of Uzbekistan, there was an opportunity to carry out targeted work on modernization of the national system of Personnel Training, introduction of modern innovative technologies into the educational process of specialized lyceums.

At present, urgent tasks such as the introduction of a completely new system of training of specialists for the bodies of internal affairs to the MIA educational institutions, the effective organization of the system of targeted training of candidates for the bodies of internal affairs, formation of the necessary qualifications and initial professional skills for the employees of the bodies of internal affairs.

In order to determine the general characteristics of the issues under study in order to solve the tasks set forth, the research work is being carried out to determine the level of physical training of students and their interest in physical education and sports.

The Social Survey conducted with the help of the questionnaire survey method with young people gave us the opportunity to get answers to many questions of interest.

For example, from IV Academic High School students " what do you understand when you say physical training?"- in our question, 15,6% of the students of the first course and 18,3% of the students of the second course mentioned general physical training, while the remaining 66,1% of the students listed in detail all their physical attributes.

"List the main factors of practical physical training," we were told that 21,4% of the students of the first course were answered correctly, while 19,4% of the students of the second course were answered incorrectly.

On the question "What are the main indicators of practical physical training," 68,5% of the students of the first course and 80% of the students of the second course were correctly answered, while 15,1% of the students of the first course and 15,0% of the students of the second course partially remember the main indicators of physical training. But on the question posed, 16,4% of students of the first course and 5% of students of the second course do not have a general understanding of the basic indicators of physical training.

"How many fences are there on the pavement with a fence?" on the question " " -

16,8% of the students of the first course and 18,3% of the students of the second course received the correct answer.

30,2% of the students of the first course and 10,3% of the students of the second course received the correct answer that there were only five obstacles on the barrier sidewalk when an oral survey was conducted with the students. This gives the conclusion that the data are allocated less hours for training on the pavement with obstacles in the program.

When examining the preferred aspects of the methods used in physical education lessons, the results obtained revealed that the majority of the 1st year students of the academic Lyceum of Mia (22.1%) develop the necessary movement qualities individually oriented and prefer the physical education classes conducted under the direct guidance of the physical education teacher.

The second-year students showed that if they preferred physical education classes that take place using the competition method (43,7%), then the rest of the high school students (56,3%) showed the need to conduct sports-oriented classes.

In conclusion, it can be said that the results of sociological studies of students of the academic Lyceum of Mia allowed to determine the following:

1. Practical physical training of students of the IIV academic Lyceum is of urgent importance in their education at the stage of training and in the future in higher military educational institutions.

2. A large part of the respondents preferred the introduction of innovative teaching techniques into the learning process along with compulsory practical training, which will increase the interest in movement training in the students and allow the introduction of large-scale loads into the training with strict control over the functional endurance of the students.

3. To improve the effectiveness of physical training of high school students, the following are necessary:

- The volume of compulsory physical education classes per week

Increase up to 8 hours;

- Conducting sports-oriented physical education classes aimed at improving the readiness of students to move during the entire period of study in high school;

- Development of innovative techniques for the development of certain qualities of movement in the process of practical training;
- Broad introduction of innovative pedagogical technologies into the process of physical education, taking into account modern scientific recommendations;
- To conduct regular competitions in practical physical training among the students of academic lyceums of Mia and to assess their level of growth in terms of the tests provided for in educational programs.

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