

STUDENTS AND SPORT

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Abstract: *Issues of physical education and sports activities in local universities are considered. The main requirements for conducting compulsory educational activities are outlined, the role of independent practice and sports games is shown. The positive impact of sports activities on student learning is characterized. The system of organization of student sports and the role of the university Student Sports Union are presented.*

Key words: *students, health, physical culture, endurance, sports, games, competitions, efficiency, state support, Universiade.*

INTRODCUTION

It is universally acknowledged that developing a person's physical abilities through training strengthens their health and increases their work capacity. Despite the fact that the modern lifestyle generally requires less physical effort from people than before, the state of physical health retains great significance both in everyday life and in professional activity, not only on a personal level but also on the scale of the state. For overall endurance, a person needs a healthy heart, healthy lungs, a sufficient amount of hemoglobin in the blood, abundant blood supply to the working muscles, and constant physical activity. All types of mass sports, which are associated with active physical activity, contribute to the normal functioning of the body, creating prerequisites for strengthening health. The most interesting are those sports that contribute to the enhancement of oxygen influx into the body, thereby helping to increase its endurance. These include race walking, running, skiing, swimming, rowing, cycling, speed skating, mountaineering, tourism, and some others. For student youth, physical activities and sports have a special significance. Continuous academic work, examination and credit sessions with their intense load, academic and industrial practices – all this requires good physical and mental health from students. The problem is further complicated by the unsatisfactory health condition of school graduates. Thus, according to the Ministry of Education and Science of the Uzbekistan, no more than 10 percent of the total number of graduates of general education institutions in the country can be considered healthy. Even in the lower grades, students experience a significant lack of physical activity, which is significantly higher among high school students. The data found in the literature shows that the overall workload of students with academic work, including self-preparation, during the examination session amounts to 8 – 9 hours a day.

Main part. During the examination session, the pulse rate and blood pressure significantly increase, and blood oxygen saturation decreases. This is a very significant

psychophysiological load on the young organism, which is complicated by the fact that students often violate elementary rules of work, rest, and nutrition regime. The latter circumstance has played a very large role in recent decades, as due to the lowering of the living standard of the main mass of the population and the expansion of the commercialization of education, a large part of the students is forced to work intensively along with their studies to pay for their education and their living expenses. In general, the organization of physical education and sports for students can be represented as follows:

- compulsory educational activities in the discipline "Physical Culture";
- participation in university sports clubs or individually in free time from studies;
- participation in student sports competitions.

The first, simplest, and most mass stage is the compulsory classes in the course of the educational discipline "Physical Culture," which can only use exercises associated with increased physical activity. Simplified competitions are not excluded, which not only increases interest in the classes but also serves as a method of control over their effectiveness. The criteria for effectiveness are both subjective indicators of health improvement (well-being, internal satisfaction from activities) and objective indicators (for example, changes in body weight).

After the initial theoretical-methodological and general physical preparation, students are given the opportunity to choose a sport or system of physical exercises for further classes during physical education classes. The main motives that can determine such a choice are: a) strengthening the general state of health; b) increasing the body's capabilities for the purpose of preparing for future professional activities; c) the expected sports career.

However, it is noted in practice that most students lack a reasoned motivation and rarely have an interest in a particular sport. As a result, the choice is made under the influence of various external factors (advice from friends, collectivism, external attractiveness, etc.).

It can be confidently said that a large part of the students considers physical education and sports as active recreation, providing some relief from monotonous academic activities. The effect of using active rest is played not only by the characteristics of the preceding fatigue (mental, physical, nervous-emotional) but also by the psychological and emotional state of the person.

An integral part of the physical education of students is engaging in sports in their free time. Students can engage in preparation groups (sports sections) in various sports, including chess, checkers, technical sports (auto and moto sports, gliding, etc.). This preparation allows for significantly reducing the time spent on organized training activities in some sports.

Various sports games have gained wide popularity among students, which is explained by many reasons. Participation in game disciplines contributes to the harmonious upbringing of all the main physical qualities. Regular practice of games

develops the ability to maintain emotional stability under the conditions of acute sports competition, improves the functions of the vestibular apparatus, contributes to the perfection of movement accuracy, and increases the field of vision of players. Team sports games foster the ability to subordinate personal interests to the interests of the team, mutual assistance, and discipline.

In the development and popularization of sports among students, competitions play a significant role, representing a means and method of general physical and sports training, as well as a way to control their effectiveness. The results shown in the competitions essentially represent an indicator of the effectiveness of the student's psychophysical preparation.

The system of student sports competitions is based on the principle of gradually increasing their level, starting from competitions in the study group, at the course level (often under simplified rules), between courses of departments, between departments, successively moving then to inter-university and other competitions of a similar level, up to international student competitions. It is very important that in the initial stages of intra-university competitions, every student can participate, regardless of his level of sports training. In inter-university competitions, usually, the strongest student-athletes participate and compete personally or as part of collective teams from individual courses, departments, or universities.

Undoubtedly, the results of any competitions can serve as a significant indicator of the attitude in educational institutions towards the sports interests of students and the creation of necessary conditions for the development of sports. The presence of sports clubs in universities also serves as a similar indicator.

Considering the issues of the development of student sports and sports competitions in Uzbekistan, it is impossible not to touch upon the preceding historical periods.

Summarizing the above, it can be asserted that the very lifestyle of students engaged in sports compels them to constantly monitor their health. By consciously adhering to the established order, they are less likely to violate sleep and nutrition regimes, spend more time outdoors, avoid harmful habits, and strengthen their physical health. As a result, they are less likely to fall ill, possess increased overall work capacity, and cope with academic and examination loads more easily throughout the school year.

Another important factor of the impact of sports activities on the formation of future specialists should also be noted. Practice shows that university graduates often lack the ability to work with people, do not have psychological resilience to various stressful situations, and lack the confidence necessary for leading a team. And it is sports that help acquire these qualities, which are formed under the constant impact of physical and mental loads during sports training and competitions.

In conclusion, it is necessary to note that the issues of physical education of students and student sports are constantly in the focus of researchers from various

scientific schools, which once again convincingly confirms the importance of these problems both for the country's higher education system and for society as a whole.

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