THE ROLE AND SIGNIFICANCE OF PROFESSIONAL-PRACTICAL PHYSICAL TRAINING IN ENSURING THE MILITARY SERVICE READINESS OF STUDENTS AT HIGHER MEDICAL EDUCATION INSTITUTIONS.

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ABSTARCT

Military sports training of students is a direct preparation of young people for army life. Young men must come to the army physically and mentally prepared, then they will quickly adapt to army life. In sports, a young man, and then a young man, in addition to the opportunity to improve physically, also receives spiritual skills of courage, patience, overcoming oneself, which is so necessary in modern and often quite tough life.

Keywords: Physical culture, teens, basketball, handball, football, exercise, movement skills, skills-requirements, action games, physical qualities, endurance, military equipment, mental, moral, educational training.

Tibbiyot oliy ta’lim muassasalari talabalarining harbiy xizmatga tayyorgarligini ta’minlashda kasbiy-amaliy jismoniy tayyorgarlikning o‘rni va ahamiyati

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ANNOTATSIYA

Tibbiyot oliy ta’lim muassasalari talabalarini harbiy sport mashg‘ulotlariga tayyorlash bosqichda talabalarni vatan mudofaasi uchun jismonan va ruhan tayyor

bo'lishlari kerak, shunda ular armiya hayotiga tez moslashadi. talabalarni jismoniy sifatlaridan tashqari, zamonaviy bilimlarni olish va kelajak uchun zarur bo'lgan jasorat, sabr-toqat, o'zini yengish kabi ruhiy ko'nikmalarga ega bo'ladi.

Kalit so‘zlar: Jismoniy madaniyat, o‘smirlar**,** basketbol, gandbol, futbol, jismoniy mashqlar, harakat ko‘nikmalari, malaka-talablari, harakatli o‘yinlar, jismoniy sifatlar, chidamlilik, harbiy-texnikalar, aqliy, axloqiy, ruxiy tarbiya.

During physical education lessons, in the process of physical culture and sports activities, students develop such competencies as serving in the army and performing military duty; mastering knowledge of health improvement and formation of physical abilities; formation of sports and patriotic qualities; possession of methods of psychophysical regulation of the body; the ability to independently master knowledge that helps to increase the motor and functional capabilities of the human body.

Physical education in adolescence is especially important for the formation of motor skills necessary in life, mastering the basics of their practical use in a variety of conditions of motor activity. Motor skills acquired in adolescence, as well as physical, intellectual, volitional and other qualities, become the basis for rapid and full-fledged mastery of professional, military and other special motor actions, further physical improvement.

The Youth Sports School “ Children's and Youth Sports School ” in the city of Ferghana has all the conditions for conducting physical education classes: a game gym, a wrestling hall, a gym, modern equipment and inventory. In the process of physical education, the development of basic physical qualities is carried out: strength, speed, endurance, flexibility, dexterity. These qualities determine the degree of development of various physical and motor abilities of a person (strength, speed, coordination, etc.).

Special attention is paid to the purposeful development and improvement of

strength abilities (maximum strength); speed-strength abilities (explosive strength); strength endurance.

The means of developing strength abilities in physical education lessons are exercises such as pull-ups on a high crossbar, push-ups on uneven bars, rope climbing. Speed-force exercises, which manifest themselves in motor actions, in which, along with significant muscle strength, speed of movement is also required, for example, when pushing off while overcoming horizontal and vertical obstacles, when throwing a grenade at a range. For the development of strength endurance, repeated flexion and extension of the arms in a prone position, squats with weights, lifting the trunk lying down, moving from a crouching stop to a prone position, etc. are used..

The game method is widely used in physical education lessons, where various game situations force you to change the stress modes of various muscle groups and fight the increasing fatigue of the body. These are games that require holding external objects (for example, holding a partner in the game "Riders"); with overcoming external resistance (for example, the game "Tug of War"); with alternating stress modes of various muscle groups (for example, relay races with carrying loads of different weights).

High-speed abilities are of great practical importance. The success of college graduates in certain types of professional and military activities depends on their level of development. The means of developing high-speed abilities are exercises performed at maximum speed (i.e. high-speed exercises), short-distance running, long and high jumps, throwing. To train the reaction speed, relay races are used with unexpected obstacles, which can be overcome with the help of sports games: basketball, handball, football (fast attack with overcoming the defender).

In physical training, priority is given to the purposeful development and improvement of coordination abilities. The main means of developing and improving all these abilities are physical exercises of increased coordination complexity and

containing elements of novelty. These include gymnastic and acrobatic exercises, sports and outdoor games, martial arts, cross-country running, combined relay races, obstacle courses, etc.

To develop flexibility, simple movements are used (bends, turns, straightening); springy movements (springy slopes and straightening); flywheel movements.

General endurance is of great practical importance. It is necessary in industrial and military activities.

The means of developing general endurance are a variety of physical exercises, mainly of a cyclical nature: running at a steady pace, running with varying speeds ("fartlek" - a game of speeds), marching, skiing.

The peculiarities and nature of service and combat activities today place increased demands on the physical and psychological training of future recruits. Therefore, special exercises are included in physical training classes with young men to develop not only physical abilities, but also strong-willed qualities that ensure psychological readiness to work in adverse and dangerous conditions. These include: determination, determination and courage, perseverance and perseverance, self-control and self-control, independence and initiative.

Various methods are used to educate moral and volitional qualities in physical education lessons – persuasion, coercion, the method of gradually increasing difficulties, and the competitive method. Their skillful use teaches future recruits to discipline, educates them to be demanding of themselves, perseverance and perseverance in achieving goals, the ability to overcome difficulties, self-confidence, courage, determination, a sense of teamwork, the will to win, the ability to maximize the mobilization of forces in training sessions and competitions.

Depending on the psychological characteristics of each student, individual or group exercises are used in order to cultivate strong-willed qualities. For those who do not have sufficient perseverance and perseverance, it is recommended to conduct a

group lesson. The joint performance of tasks with stronger students allows you to perform a larger amount of exercises.

The competitive method is widely used in conducting classes. To do this, exercises are included in the lesson, which require maximum concentration of efforts to achieve the set goal. For example, competitions in performing exercises "to failure" - "who will pull up more on the crossbar (press down against the stop)", "who will overcome the distance faster or perform more repetitions", etc. At the same time, such exercises-tasks increase the emotional background of the lesson, contribute to the performance of a larger volume with less psychological overload.

At the same time, participation in competitions at various distances is one of the most important means of developing strong-willed qualities in the struggle for victory, and in case of failure gives a powerful impetus to further training. It is rare to find students who do not seek revenge and accept defeat.

The task for each student should be individual – difficult, but doable. In this regard, the study of their students and the correct assessment of their capabilities are of great importance. Each of the tasks should be of such complexity that students can complete it with the full mobilization of their skills, strengths and capabilities. It is necessary to pay special attention to increasing the load when mastering complex exercises, observe the principle of gradualness and ensure the safety of those involved.

Self-education and independence in conducting classes and participating in competitions play an important role in the education of volitional qualities and in the preparation of students as future recruits. Independent conducting of classes will greatly contribute to the education of self-confidence, will allow you to know yourself, identify (as a result of analysis) shortcomings, weaknesses in order to learn how to actively overcome them.

The educational program on physical culture includes the study of such sports as athletics, gymnastics, sports games, ski training.

The main task of athletics and ski training is to cultivate endurance, the ability to do hard work for a long time, which, in turn, teaches future recruits to endurance, the ability to endure. To do this, it is recommended to conduct cross-country and marches, changing the length of the distance, at high and low temperatures, in windy weather, set a control time for completing the distance, etc.

In ski training classes, students constantly face difficulties of a very different nature – low temperatures, difficult terrain, poor sliding, performing a lot of physical activity, despite increasing fatigue, overcoming feelings of fear and insecurity during long descents, experiencing failures, self-doubt, etc.

Overcoming these difficulties already contributes to the education of strong-willed qualities. During training and competitions, you have to show qualities that largely solve the tasks of improving performance and achieving high athletic results. These are perseverance and perseverance in overcoming difficulties and in achieving the set goal, the ability to maximize stress, courage and determination, self-confidence, etc.

In the process of practicing gymnastics, such moral and volitional qualities of a person as self-control, courage and determination, courage and perseverance, perseverance and determination in overcoming difficulties that arise when learning various exercises are developed. Organized group exercises, competitions, and holidays are of great importance for fostering a sense of friendship, camaraderie, and teamwork.

Sports games (volleyball, football, basketball, hand ball) are also a very effective means for fostering collectivism, camaraderie, conscious discipline and other moral qualities of a person. The game shows and develops the ability to analyze, compare, generalize and draw conclusions. In addition, gaming activity is always associated with the emergence and development of certain relationships between the players, which contributes to active communication and establishing contact with

friends. The rules and motor actions of the game consolidate in the minds of the players the ideas about the existing relations between people in society, about behavior in real life.

To prepare future conscripts for military service, military-applied physical exercises are used in physical education classes (grenade throwing, long jump, high jump, running various distances, shuttle running, rope climbing, pull-up, flip-over, somersaults, skiing, etc.). With the help of these the exercises improve the physical fitness of students and its military-applied orientation. Therefore, for the entire period of study, it is necessary to check and evaluate each young man in military applied physical training.

Extracurricular activities such as competitions, games, excursions, and hikes are of great importance in preparing students for military service. Currently, there is a revival of the "lightning movement", new games are being offered, various military-sports competitions are being held. As a game, the military sports game is cognitive in nature, it is characterized by a variety of motives, activity of action, high emotionality. At the same time, it has its own characteristic features: the presence of elements of heroism and romance; military-applied orientation of actions; the use of special military equipment.

A variety of exercises used in the military sports game, such as running, jumping, throwing grenades, are athletic in spirit and are conducted in a competitive manner. The ability to use training weapons, gas masks during the game, to make movements and maneuvers on the ground; to carry out camouflage and orientation on the ground according to various signs, have a military orientation and also take place in a competitive form.

In addition, the military sports game is one of the important means of patriotic education of conscript youth, the formation of high moral and physical qualities.

Teachers of physical education at the Industrial and Technological College regularly train students in physical and military applied training. Together with the OBZH teacher, sports events with a military-applied orientation are held: cross-country, marching, kettlebell lifting competitions, bullet shooting from an air rifle, track and field all-around.

High school students participate in various military sports competitions: open regional military sports game “Umid nihollari” regional festival “Barkamol avlod” regional open military sports game “Shumkorlar” regional competitions in military sports training. Participation in such events contributes to the moral and physical preparation of young men for military duty, helps them adapt more quickly to the harsh conditions of army life, teaches them not to be afraid of difficulties and not to shy away from conscription.

College graduates who have served in the army note that being a defender of the Fatherland is hard work, you need to learn this by cultivating willpower, patience, hard work, and physical endurance. And the first step towards this was the years of college studies. The young men tell how physical education classes, participation in sports and military competitions, classes in sports sections of hand-to-hand combat, athletics, kettlebell lifting, skiing, etc. were useful to them. After all, the army constantly has to face difficulties where physical endurance, dexterity, strength, courage and determination are required.

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