

## Scientific Pedagogical Basis Of Improving The Pedagogical System In Developing The Quality Of Physical Endurance At Students

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**Abstract** This article summarizes the scientific and pedagogical basis for improving the pedagogical system in the development of physical endurance qualities in student youth.

**Keywords:** Student, youth, physical fitness, endurance, quality, pedagogical, movement, special.

The student aims to determine the pedagogical-psychological features and diagnostic criteria for the development of the qualities of physical fitness and endurance in young people.

Physical training refers primarily to the anatomical structure of the human body, the formation and development of the organs, and the levels of movement (physiological). They represent the concept of educating, strengthening, and nurturing the human body through natural movement skills and special exercises.

Natural movements (walking, running, jumping, lifting, throwing, etc.) and special exercises are determined by people's age, gender, and physical fitness. For this reason, terms such as health status, physical fitness, and physical development are often used in physical education, and they are taken into account in training.

It is known that physical education, as an education, attracts the attention of all experts in the world, as well as its description (content and essence) and classification (tools, processes of application) are expressed by scientists. At this point, P.F. Lesgaft, L.P. Matveyev, A.F. Novikov and Uzbek scientists R. Salomov, K.M. Mahkamjonov, Yu.M. Yunusova, Sh.H. Xonkeldiyev, A.A. Abdullayev, H.T. Rafiyev, H.A. Theorists of physical education, such as Botirov, O. Ibragimov, described the concept of physical education in the same way.

According to them, "Physical training is a pedagogical process aimed at improving the morphological and functional development of the human body, the formation and improvement of basic motor skills, skills and knowledge that are important for his life." This description can be recognized as reasonable when used in the language of science. Students and ordinary people understand physical education to mean engaging in special exercises and developing motor activities.

Of course, there will be tools and knowledge to be used in education.

Physical education includes general developmental exercises, various games, sports, travel, the healing forces of nature (water, air, sun) and hygienic factors.

Physical education, on the other hand, refers to the selection of these tools, the ways in which they are used for their intended purpose, and the achievement of good results.

In general, physical education tools and their use to improve health, as well as the methods used to achieve physical fitness, are easy to understand as physical education. This means that physical education, physical training, physical fitness and the means and instructions in it are integrated into one whole concept - physical education.

Physical education (strength, speed, endurance, etc.) is given a special place in physical education. This is because movement activities are aimed not only at maintaining vitality, vitality, and energy, but also at

targeting the most complex practical activities used in complex physical labor, exercise, and sports. Although the methods of performing exercises in terms of form and content are central to the process of physical education, they are also more directly related to the concept of culture. There are two main types of exercises: 1. Exercises are performed beautifully, attract the attention of others, the body structure of the trainee and graceful movements. For example, rhythmic gymnastics, high jumps, swimming and springboard jumps, kicking the ball into the goal, etc. 2. Mass performances in games and sports (team, group, etc.), holidays, exhibitions in prestigious sports competitions. In both cases, the combination of exercise (music, dance, etc.) with art, and sports, implies the concept of physical culture. For this reason, in the sciences, physical culture (physical culture) is considered an integral part of universal culture.

From this point of view, physical culture also has independent directions, as it involves various social and educational processes, namely:

- physical culture of pupils and students; - physical culture of adults; - women's physical culture; - physical culture in the settlements, etc.

It should be noted that although the terms education and culture differ in form and content, they are often used interchangeably, especially in Uzbekistan (language, logic, nature and use of the event). This is because encyclopedic dictionaries explain that culture means education, and education means culture.

In the Commonwealth of Independent States, the term "culture" is not confused with the word "education." For example, the Institute of Physical Culture (Institute of Physical Culture) is called the Institute of Physical Education (Institute of Physical Education).

In the conditions of our country it is registered under such names as "Institute of Physical Education", "Faculty of Physical Culture".

These universities provide physical education and physical education education, that is, physical education and physical education teachers are trained in the way of education and culture. Graduates with great athletic skills work as coaches, not teachers.

On the other hand, although these educational institutions provide relevant knowledge and practical skills in organizing and managing mass sports competitions and various sporting events, graduates do not develop sufficient skills in this field. This is because the practical skills associated with organizing organizational activities in communities are not sufficiently taught in the internship. In addition, due to the lack of designated staff in manufacturing enterprises and various institutions, attention to this area is declining. Therefore, the concept of physical culture has become a term of physical education, and this process has become an educational feature in educational institutions. Admittedly, no one has been able to describe and evaluate physical education as much as Abu Ali ibn Sino, the great scholar of medicine. That is, according to his description, those who regularly engage in physical education do not need any medication.

For this reason, Ibn Sina said that everyone should always walk in the fresh air, work, rest in the mountains, go on boats and fight for their health and vitality, ride horses, and so on. advised him to take active practical action, to become accustomed to it. Ibn Sina first experimented with regular and timely physical training, and then bathed in water or rubbed the body with a damp towel, which he wrote in his Laws of Medicine.

In today's medical world, exercise is not only for the healthy, but also for the sick, the elderly and the disabled.

The purpose of these comments is to improve the health of people of all ages, to promote physical fitness, to protect the health of the sick or the disabled, and to inculcate the basic concepts of physical education in the population. Not only doctors and physical education specialists, but also every artist and intellectual should take the initiative in this direction.

Physical education. When considering the means of physical culture and physical education and their

educational aspects, it is important to know exactly the types of food, the norms of their consumption, time and rest, recreation, and sleep. It is especially important for anyone, especially children and adolescents, to be aware of the serious health, work, and longevity effects of nasvai (smoking), smoking, alcohol, and various drugs. It should also be borne in mind that the effects of harmful substances on women and their unborn children can be devastating.

Here is an example of a narrative (scientific research and adventure).

Once upon a time, Russian travelers traveled to the Caucasus to find out the reasons for longevity. They went to a remote mountain village and explained their purpose to the people. Then an old man said: - There are people in the mountain village who are older than me, ask them.

As the scientists crawled out of the narrow streets, an old man with white hair and light eyes was sitting on one side, crying. He was asked: - Why are you crying, is there any damage? "I'm fine, but my brother is upset," replied the old man.

He was asked again: - How old are you? "I'm 90," he replied.

When the scientists looked up, they saw 3-4 old people singing and dancing. Scientists talked to them and asked questions about the secrets of longevity and healthy walking. The old men in the circle were equal, and the young men were over 100. The scientists' questions were answered as follows: - I have never drunk wine, smoked or quarreled with people. All I ate was milk, yogurt, bread, and vegetables, 'said the oldest. Another said: - I have been making homemade wine since I was young and I always drink from it. The third said:

I drink, I smoke, I eat what is right. If I don't like it, I will beat my brother and bring him up.

At first, the Russian scientists laughed when they heard these answers. Then they asked each other, "Which one is more appropriate?"

It would not be a big mistake to say that neither the scholars of the past, nor even the scholars of today, have found a definite answer to this question.

This is because there are many people who are physically strong and over 70-80 years old among those who drink, smoke and eat in moderation. On the contrary, there are many people who die before the age of 40-50, who are very careful and always avoid harmful consequences.

It is not necessary to deny forgiveness in our social life (positive aspects, propaganda, etc.). Perhaps a healthy lifestyle and natural abilities, as well as innate abilities, should be taken into account.

However, there is a fact that among the elderly who know their living conditions and are not greedy for wealth, there are those who pray (be a believer, move) and are always active, and they also exercise and improve their health and live a long life.

The bottom line is that from an early age, even in old age, it is important to be active and exercise regularly. This will require the use of manuals on physical education and science.

People with good health and fitness can play the sport of their choice.

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