

Basketball In Physical Education Of Students Of Non-Physical Education Universities

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Abstracts: In the process of studying the health level of students at non-physical education universities. It is shown that the modernization of the physical education system has led to a significant reduction in classroom physical education classes. The connection between the low level of health of student youth and the reduction of classroom physical education classes is considered. There is insufficient motivation for independent physical exercises and a decrease in the physical activity of students. The effectiveness of using basketball in the process of physical education of students is substantiated.

Key words: level, health, body, activity, basketball, harmonization, motivation, development.

The level of health of modern student youth raises serious concerns on the part of employees of medical institutions and pedagogical systems. Studies aimed at monitoring the health status of students indicate not only significant deviations in the health of students, but also show the dynamics of a decrease in the level of health during the period of their study in higher educational institutions.

Studying at a university is characterized by chronic emotional and intellectual stress against the background of a deficit of motor activity, and therefore the process of students' adaptation to studying at a university significantly slows down [12]. As a result, students aged 18 to 21 years were identified, assigned to the main medical group, not involved in sports, Yu.V. Bushuev definitely stated that the health of 93.1% of male and female students is outside the safe level [1]. Since optimal physical activity is a necessary condition for the normal functioning of the body, it becomes obvious that increasing the level of physical education among students and introducing them to an active lifestyle is a socio-pedagogical problem, the solution of which is entrusted to the physical education of students during their professional training. At the same time, experts argue that improving the sports training system and indicators of physical development of students has a positive effect on increasing the level of their professional training [10].

The modern system of physical education of students from non-physical education universities is a priority in the formation of physical culture as a type of general personal culture, a healthy image and sports lifestyle of future specialists. However, according to research results, the significant changes that the system of physical education of students has undergone over the past decades do not always contribute to the preservation of health. S.V. Korolinskaya draws attention to the aggravation of the problem of insufficient efficiency of the physical education process due to the transition to a credit-modular form of education, which entailed a revision of the number of hours allocated to physical education with their transfer to the category of independent work, which led to a decrease in the physical activity of students in general [6]. Indeed, in contrast to the standard curriculum for universities, physical education has become an elective course, and the amount of independent work has increased to 6% of the total load in this discipline. Consequently, physical education specialists face a number of problems, the main of which is teaching students such types of physical activity that are accessible and attractive for leisure. To increase the physical activity of students, additional basketball and other sports clubs began to be organized at universities. During the academic year, various competitions were held within universities in order to attract students en masse.

In the process of studying, such research methods as study, analysis and systematization of literary sources, pedagogical observation, as well as pedagogical survey were used. The object of the study is the physical education of students at non-physical education universities, and the subject is the accentuated use of basketball in the process of physical education of students.

As a result of studying scientific, methodological and special literature, it was found that the priority direction in organizing physical education classes is the organization of classes of students' choice. This raises the question of what type of physical activity is best for students. The priority of areas of training and the choice of the type of sport that is introduced into the educational process are based on the numerous interests of students [9]. Among the sports that are of particular interest to students, experts name sports games, swimming, tourism, athletics, table tennis, checkers and chess. Numerous studies indicate the popularity of basketball among college youth.

Having a diverse and multifaceted impact, basketball is a means of harmonizing a student's personality, their physical, psychological, emotional and intellectual development.

Let's consider the impact of basketball on the development of certain personal qualities of student youth. Basketball is characterized by competitiveness, which influences the development of perseverance, determination and dedication in players. Each player, throughout the game, independently determines what actions he needs to perform and decides when and in what way to act, which creates creative initiative among those involved. Basketball is a team game, which helps develop the habit of subordinating your actions to the interests of the team. The development of these qualities has a beneficial effect on reducing the adaptation period when entering a university and further successful education [11].

When playing basketball, the player has to act depending on the situation, and not according to certain programs. The main form of brain activity under these conditions is creative activity - an instant assessment of the situation, solving a tactical problem, choosing the appropriate actions. Therefore, the use of basketball in technical universities is an effective means of developing students' creative thinking [12]. The large volume and high intensity of training and competitive loads, the need for quick and accurate differentiation lead to an increase in the strength and mobility of nervous processes, which contributes to the development of students' mental performance [5]. Playing basketball is an aerobic-anaerobic load, and therefore the use of basketball as a means of physical education for students at non-physical education universities is effective for developing endurance, which is important for representatives of specialties that require long-term mental stress [12].

Improving the general physical training of students in the process of physical education with an emphasis on basketball helps to improve health, develop basic physical qualities, and increase the level of general performance. Physical activity has a positive effect on the vital functions of the body, in particular on the balance of metabolism, activation of autonomic systems, formation of nervous mechanisms, control of processes, and development of the body as a whole [3]. Thus, a comprehensive methodology for training basketball teams of humanitarian higher educational institutions contributed to an increase in almost all indicators of special physical fitness testing [2] (“Alpamys Borchina”, setting standards for the age category)

The game of basketball is emotionally exciting, so this pastime helps relieve psycho-emotional stress. This feature of basketball as emotionality creates favorable conditions for developing in basketball players the ability to manage emotions and not lose control over their actions [11].

Thus, it can be noted that the use of basketball in organizing the process of physical education of students at non-physical education universities has a positive effect on the harmonization of students' personalities.

Playing basketball involves high physical activity of players; therefore, playing basketball in the process of physical education of students at non-physical education universities satisfies the needs of students in motor activity. A variety of movements characteristic of basketball, such as walking, running, stopping, turning, jumping, catching, throwing and dribbling the ball, help strengthen the nervous system, musculoskeletal system, improve metabolism and the activity of all body systems of those involved [8]. In order to compensate for the lack of physical activity of students, experts proposed a program for the physical training of female university students based on basketball as a basic sport in combination with additional exercises [7].

All special training of a basketball player is based on preparing the musculoskeletal system for high-intensity prospective loads, forming active muscle mass at the expense of fat, and strengthening joints for various powerful “throwing” movements [9]. Thus, playing basketball

involves the development of special physical qualities, namely, speed (the player's ability to perform actions in the shortest possible time), agility (the ability to quickly and accurately perform complex coordinated movements), strength and power of the calf muscle, ankle and knee joints, on which the strength and height of the jump largely depend [14]. About 70% of all movements of a basketball player are of a speed-strength nature, which leads to the development of explosive power (the ability to demonstrate one's strength qualities in the shortest period of time).

Due to its attractiveness to a wide range of the population, basketball contributes to the formation of motivation of students of non-physical education universities to engage in physical education both during class and extracurricular hours [13]. In conjunction with educational activities, properly organized independent activities ensure optimal continuity and effectiveness of physical education.

Conclusions. As a result of the work carried out, the following conclusions were obtained.

1. Modernization of the physical education system for students of non-physical education universities has led to a significant reduction in classroom lessons in physical education and a reduction in hours from the total number of hours in the discipline "Physical Culture and Sports" into the category of independent ones. This situation, coupled with insufficient motivation for independent physical exercise, led to a decrease in the student's physical activity. The influence of playing basketball in the process of physical education on the harmonization of the personality of a student at a non-physical education university; a student playing basketball in a physical education lesson; functional state of the body; motivational sphere; Satisfying the needs for physical activity. Development of strength qualities, agility, speed. Developing motivation for physical education Regular attendance in classrooms Participation in competitions and sports days. Active leisure. Continuity of physical education, education of purposefulness, perseverance, independence, collectivism. Relieving psycho-emotional stress. Development of mental performance, creative thinking. Improving health, increasing the level of performance. Personality harmonization.

2. Physical education classes of students' choice is a priority direction in organizing the process of physical education of students. Basketball is one of the most popular sports among students. Basketball classes contribute to the harmonization of the student's personality, their physical, psychological, emotional and intellectual development.

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