

# Role And Organization of Independent Physical Training of Students of Engineering and Technical University

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**Abstract:** The purpose of our study was a theoretical generalization of the features of the content-operational component of the organization of independent training in physical culture for students of an engineering and technical university.

The components of independent activity are considered to be: motivational (encouraging a person to activity and causing the achievement of goals); content-operational (including students' possession of the knowledge system and teaching methods); volitional (associated with the manifestation of the desire to obtain the desired result, responsibility for the result of one's activity).

The relevance of the problem under study for the formation, first of all, of professionally important motor qualities is determined by the importance of independent physical education classes, which require a certain level of knowledge and organizational skills of the student.

The basis for constructing the technique of independent physical culture lessons of a specialist is the factors that determine his professional readiness. At the same time, one of the main points in constructing the methodology is the definition of goals and objectives, as well as the choice of forms for organizing the lesson.

The purpose of our study was a theoretical generalization of the features of the content-operational component of the organization of independent training in physical culture for students of an engineering and technical university.

The fundamentals of organization of independent physical training of students as one of the forms of realization of the goals and objectives of the discipline "Physical culture and sport" that are relevant today can be divided into the following groups according to the directions:

- priority is given to training sessions;
- the content basis of the classes is built on interdisciplinary connections of the discipline "Physical culture and sport" with other academic disciplines;
- a special place is occupied by the health-improving orientation of classes.

At the same time, there is a tendency to move from specific tasks aimed at improving the level of physical fitness of students, improving motor skills and abilities, to the formation of healthy lifestyle skills, increasing the adaptive capabilities of the body in the context of reforming the university educational environment.

To determine the features of the organization of self-training in physical culture for future engineers, first of all, it is necessary to take into account the criteria for professionograms of the main specialties that characterize the specifics of labor activity, and be guided by the following rules:

- observance of the principle of optimization (promptly bringing the means and methods of physical education in line with the goals and objectives of professional activity);
- maintaining the sequence in physical exercises and the gradual increase in physical and psychological stress, alternating the load on individual systems, organs and muscle groups involved in the course of the working day of specialists;
- pay special attention to the harmonious development of basic motor abilities.

The efficiency of an engineer's work largely depends on his individual abilities for professional activities, the degree of efficiency and resilience of the body, stress resistance, etc.

Many requirements are common to all members of the engineering profession. However, there are also special requirements determined by the specifics of work activity, i.e. professional suitability.

The work of an engineer requires the development of professionally important psychophysiological functions and physical qualities that contribute to the formation of effective professional readiness, which is determined by the objective factors of his work activity.

Analyzing the content of the discipline "Physical culture and sport" in universities, a number of authors emphasize the health aspect in training and education.

However, taking into account the requirements for the professional readiness of a specialist, it can be argued that the use of means and methods of physical culture for the formation, improvement and maintenance at the required level of development of professionally important psychophysiological qualities of a person and the psychophysical qualities of an organism among specialists in engineering and technical profile is directly related to professional -applied orientation of physical education of students at the university.

When solving these problems, it is necessary to use a significant amount of special tools and methodological techniques, the selection of which should be carried out taking into account the specifics of the future specialty and the level of individual development of professionally important qualities of the student.

The content and methodological foundations of self-study are sufficiently substantiated and successfully implemented in the educational process.

At the same time, the organizational and managerial aspects of physical self-improvement of students require their scientific substantiation, since the effectiveness of self-study largely depends on the quality of its organization.

The main goal of physical education students' self-study is to correct the individual level of physical fitness, taking into account the general and special requirements of the future profession. The main task of the physical self-education of future specialists is the improvement of psychophysical qualities and motor abilities that are professionally important for future work.

The private tasks of self-improvement include: versatile physical fitness based on the integration of sections of the program of the discipline "Physical culture and sports", health preservation and promotion, correction and prevention of occupational diseases, maintaining a high level of physical and mental performance, developing sustainable motivation for physical exercises.

Given the great role of independent physical training in the formation and improvement of professionally important abilities, we propose to divide independent training sessions into:

- special training sessions according to individual programs of physical exercises, which have a professional and applied orientation;
- independent classes in specialized sports;
- amateur and professional training sessions with a sports focus on improving professionally important qualities.

The key aspect of the effective use of independent physical training of students can be the development of author's methods that ensure the formation of professional physical culture of the personality of students, taking into account the degree of their physical activity and motivational orientation.

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