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Features of the interdependence of indicators of physical status of students of I-IV stages of military education faculties

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Annotation: The article analyzes the correlation between the performance and physical development of students of all levels of the Faculty of Military Education through research conducted with students studying at the Faculty of Military Education**.**

Keywords: Movement readiness, physical development, correlation, loading, tests, indicators, movement activity.

Vocational-practical physical training reflects the compliance of physical training with the requirements of the profession, a significantly different structure of physical activity and represents a pedagogical process aimed at providing specific physical training for the chosen professional activity. This process of training enriches the content of the individual fund of professionally necessary movement skills and abilities, cultivates physical and abilities directly related to them, and from them directly arises professional competence. Specific exercises for the chosen specialty and the methodology of their application represent the modeling of the forms and forms of movement coordination that are part of professional activity and are aimed at setting higher requirements for motor skills.

The practice of physical education, the results of special studies have broadened the perception of the content of professional-practical physical training. It is found that in the process of this training, a set of qualities and attributes that a primary military education teacher will need in his / her professional activity is successfully formed. This allows us to identify three priority areas for improving the level of professional and practical training of trainees. The first is related to the increase in the volume and total time of physical education, the activation of sports, the second strengthens the special direction of physical education, and the third is related to the complex solution of the most discussed general and specific tasks of vocational training.

In the course of our research, we studied the movement training required for the professional-practical physical training of students of the Faculty of Military Education.

At the Faculty of Military Education in the process of checking the readiness of students of I-IV stages of analysis were used generally accepted tests, the level of which was determined by comparing them with the standards of physical training that meet the requirements of the Armed Forces of Uzbekistan. Indicators of physical development of students were determined according to the generally accepted method of complex control. The results of the experimental studies were developed using the Windows Excel data analysis package. Due to the fact that the scattering of the sample results obeyed the laws of uniform distribution, the Student t-criterion parametric statistical method and correlation analysis were used. Correlation coefficients were calculated to determine the correlations between the different components of functional and motor readiness (P.M.Obraztsov, 2004). In the analysis of correlation coefficients to determine the correlation between the indicators of movement readiness and physical development of students, the data obtained during the study were 0.50 <r <0.59 weak, 0.60 <r <0.79 strong, 0.80 <r <0, 95 was defined as a very strong, 0.96 <r <1 linear relationship.

The results of the correlation analysis of the interrelationships between the physical development and movement readiness of students of the I stage obtained during the pedagogical experiment showed a strong correlation between the strength of the right and left paws (r = 0.93); strong between inhalation and exhalation (r = 0.89); allowed to determine that there is a strong (r = 0.62) correlation between lung vital capacity and right paw strength parameters. There was a weak (r = 0.55; 0.54) correlation between body mass and respiration and expiration phases, indicating an insufficient level of physical development of students returning from military service in the Armed Forces and

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admitted to special faculties. Assessing the physical fitness of the students being tested, it should be acknowledged that a strong correlation was found between the grenade throwing performance (r = 0.63) and the mokisimon running distance of 10x10 m.

Strong correlation between respiration and expiration in stage II students (r = 0.82); a close relationship between body weight and respiratory and expiratory phases (r = 0.74); a strong correlation was found between the strength of the right and left paws (r = 0.62). Negative correlations were found between OTS and right paw strength (r = 0.50) - weak correlation. In assessing the results of the correlation between the performance of students at this stage, there is a strong correlation between pulling and turning on a horizontal bar and lifting legs hanging on a horizontal bar (r = 0.60) and a weak correlation between bending and stretching arms (r = 0.58). identified (Appendix 6).

Assessing the correlation between the indicators of physical development and movement readiness of students of stage III, it was found that the linear relationship between the strength of the right and left paws (r = 0.97) and between the phases of breathing and exhalation (r = 0.92); strong correlation between bending arms on bars and lifting legs hanging on a horizontal bar (r = 0.73); A weak correlation (r = 0.50; 0.59) was found between the 3000 m run time and the long jump test from standing position. This indicates that students are not sufficiently prepared to perform the loads associated with demonstrating endurance movement quality (Table1).

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Table 1
Comparative analysis of physical fitness of 1-4 year students of military education faculties

Courses	University	Running to 100 m	Long jump from standing position	Pulling on a horizontal bar	Cross to 3000 m	Throwing a grenade	Bend your arms while lying down and write	Corner catch in Bruce	Pulling on a horizontal bar and climbing around	Mokisimon Running 10x10 m
1	FSU	13,6	2,23	12,52	13,01	38,54	26,18	11,36	13,5	25,18
1,2	BSU	13,78	2,24	13,24	12,78	38,48	26,52	11,92	13,2	24,13
		t=-2,30	**t= -0,42**	**t= - 1,84**	**t=3,69**	**t=0,14**	**t= -0,89**	**t= -1,55**	**t=0,94**	**t=4,77**
1,3	TSPU	13,29	2,26	12,88	12,82	38,84	26,4	10,84	13	24,71
		t=4,42	**t= -1,07**	**t= - 1,06**	**t=2,63**	**t= -0,68**	**t= -0,52**	**t=1,55**	**t=1,25**	**t=1,80**
2	FSU	13,33	2,27	13,73	12,53	39,36	27,28	14,85	14,4	23,74
2,2	BSU	13,42	2,3	13,84	12,32	39,56	27,48	14,48	14,6	23,76
		t= -1,47	**t= -1,15**	**t= - 0,24**	**t=2,09**	**t= -0,48**	**t= -0,55**	**t=0,95**	**t= - 0,60**	**t= - 0,66**
2,3	TSPU	13,11	2,31	13,84	12,42	39,64	27,68	14,36	14,28	23,86
		t=2,82	**t= -1,17**	**t= - 0,22**	**t=2,01**	**t= -0,63**	**t= -1,17**	**t=1,32**	**t=0,36**	**t= - 1,09**
3	FSU	13,44	2,26	13,59	12,81	39,4	27,7	12,9	14,2	23,92
3,2	BSU	13,64	2,28	13,72	12,65	40,12	27,56	14,08	14,24	23,93
		t= -3,57	**t=-0,77**	**t= - 0,35**	**t=1,26**	**t= -1,89**	**t=0,36**	**t= -3,10**	**t= - 0,12**	**t= - 0,05**
3,3	TSPU	13,4	2,28	13,36	12,91	39,76	27,76	13	14,16	23,99
		t=0,8	**t=0,77**	**t=0,67**	**t= -1,41**	**t= - 0,9**	**t= -0,15**	**t= -0,27**	**t=0,13**	**t= - 1,59**
4	FSU	13,73	2,24	13,18	13,36	37,75	25,57	12,24	12,32	25,06
4,2	BSU	13,9	2,2	13,04	13,13	38,72	25,6	12,76	12,48	25,33
		t= -2,93	**t=1,74**	**t=0,38**	**t=2,41**	**t= -2,62**	**t= -0,07**	**t= -1,53**	**t=-0,44**	**t= - 2,07**
4,3	TSPU	13,77	2,15	12,68	13,03	38,24	25,36	11,32	12,52	25,3
		t= -0,68	**t=2,72**	**t=1,25**	**t=3,30**	**t= -1,11**	**t=0,5**	**t=2,70**	**t= - 0,54**	**t= - 1,04**

A similar picture was found in graduate students, where there is a strong correlation between the phases of respiration and expiration; negative relationship between body weight and exhalation phase (r = -0.63); a weak (r = 0.57) correlation is observed between the dynamometric characteristics and the respiratory phase. There is a negative weak correlation (r = -0.53) between the parameters of movement training of students of the IV stage, and a negative weak correlation (r = -0.50) between the time of pulling on a horizontal bar and running for 100 m (r = -0.50). but there is a strong negative correlation (r = -0.62) between the pull-up on the horizontal bar and the running time at 3000 m.

Examination of the physical development of students of the Faculty of Military Education showed that body length does not increase with the transition to a larger stage when r <0.05, body weight increases when r <0.01, right

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and left paw strength increases when r <0.05. In turn, graduates were found to have a much higher body weight (76-78 kg), which is higher than students of other universities.

It was found that students' movement readiness gradually changes as follows: running speed of 100 m, long jump from a standing position, running time of 3000 m, leaning at an angle on the beams, lying down, bending the arms and writing, deteriorating in the fourth stage. increases (V = 28.9–17.8%). A comparative description of student physical fitness data with student performance in similar fields at other universities showed that they lag behind them in some respects.

An analysis of the results obtained during the initial study of students' movement readiness revealed that FSU first-year students averaged 38.54 ± 6.5 m. students of Bukhara State University and Tashkent State Pedagogical University showed results of 38.48 and 38.84 m, respectively, then the result increased unreliably by 1.6 m (t = 1.3) and in the third stage by 3.6 m. increased by 4.2% and 9.2%, respectively. In stage IV, a reliable decrease of the result to 38 ± 6.1 m (t = 6.3) was found, which corresponded to the satisfactory physical capabilities of the students of the special faculty. It should be noted that the students of Bukhara State University were slightly ahead of their peers and showed an average result of 40.12 m.

All students passed the special test on a horizontal bar with a "satisfactory" grade, with an average score of 8.9 to 12.2 times. This indicates the need to make adjustments to the teaching process in the training of future teachers.

An analysis of the results of two similar tests designed to assess the strength of the abdominal press - "Leaning on the beams at an angle" and "Hanging on a horizontal bar and lifting the legs" - showed that students were able to exercise satisfactorily and adequately. targeted improvements are required.

The analysis of the correlation between the performance and physical development indicators of students of all levels of the Faculty of Military Education showed that as the stage progressed, the movement training of students had a wavy character and decreased until the end of training.

An increase in body weight was found in graduate students, indicating a decrease in their motor activity and the need to make specific adjustments to the learning process aimed at improving the movement training of military training teachers before the next conscription.

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9. PAPT - professionally applied physical training.