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‘Topical issues of pre-university preparation of students in the field of physical culture and sports

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Annotation: The article presents the results of questionnaires to determine the professional interest of secondary school students in the field of physical culture and sports, the results of research on the methodology developed to prepare them for higher education in this field and the effectiveness of their implementation.

Keywords: educational process, level of preparation, motivation, physical qualities, physical development, anthropometric indicators, physical training, norms.

The attention paid by the President to the youth is very important. “Currently, 32% or 10 million of the country's population is under 30 years old. We are all proud that our young people are rightly able to take responsibility for the future of our country and become a decisive force for today and tomorrow.
We need to logically complete our large-scale work in this area, in particular, our national programs on education.

To this end, the most important task of the Government, relevant ministries and departments and the entire education system, our esteemed teachers and professors is to thoroughly educate the younger generation, to bring them up as physically and spiritually mature people.

It is time to take our work to a new level, to create modern jobs for our children, to ensure that they have a worthy place in life, ”he said.

Physical education is the basis of the young generation - an integral part of the educational system. This aspect of the educational process serves the purpose of educating students in all aspects of physical, mental and spiritual qualities, preparing them for life, work, defense of the Motherland, forming a member of society who has a bank of physical resources necessary for physical development.

The search for new directions in the training of specialists in the field of physical culture and sports is one of the main ways to improve the scientific and pedagogical process in higher education.
The Decree of the President of the Republic of Uzbekistan "On measures to further improve and popularize physical culture and sports in the Republic of Uzbekistan" states: ... ”are the main directions.
This, in turn, requires serious attention to the preparation of young people for higher education. In particular, the further popularization of physical culture and sports and the training of qualified personnel in line with modern requirements in this area is also a topical issue.

We conducted our research with students graduating from general secondary schools and studied their level of preparation for higher education institutions in the field of physical education and sports.

High staff turnover and low motivation raise the issue of finding ways to improve the retention and selection of students to enter higher education institutions in the field of physical culture and sports.

Motivation of schoolchildren and students to physical education classes and pedagogical activities was studied. The analysis of the results showed that the most influential motives are related to the development of physical qualities (84.3%), the desire of schoolchildren to engage in physical culture and achieve high results in the selected sport (68.7%). Among students, these motives were 53.2% and 31%, respectively. Health promotion was identified by 21% of schoolchildren and 38.4% of students.

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Motivation is key in understanding pedagogical activity. Interest in pedagogical activity is related to upbringing and teaching, it is understood as an individual's aspiration to professional activity. An analysis of the results showed that this was a misunderstanding approach in many school students, which meant that they did not have the necessary information about their professional activities in the field of physical culture and sports and were not given the opportunity to test their strength. Therefore, there is a need for additional training for schoolchildren on career choice and pedagogical activity.

The formation of a high level of professional interest in school students is based on the expression of passion for the chosen profession at a high and low-medium level. A high level of interest in the profession among school students has not yet been formed. A comparative analysis of the manifestation of interest in pedagogical activity showed that 58.3% of those surveyed showed a high level of interest in students, and the formed professional interest was 38.5%.

It was also interesting to study the physical status of general secondary school students in order to determine their level of physical development and physical fitness.

Adolescent atropometric characteristics — body length and weight, chest circumference, lung vital capacity, and dynamometric characteristics over the last school years were determined.

The results of the study are presented in Table 1.

Body length indicators are the main evaluating factor of physical development, which has the property of indicating the formation of the organism. In the tenth grade, the body length was 164.3 ± 3.8 cm, and in the eleventh grade the difference was 5 cm.

Table 1
Indicators of physical development of adolescents studying in the graduating classes of secondary schools in Fergana region

№	Indicators	10^{th} grade			11^{th} grade		
		X	σ	V,%	X	σ	V,%
1	Body length (cm)	164.3	3.8	2.3	169.3	3.9	2.3
2	Body weight (kg)	58	2.3	4	59	1.3	2
3	Chest circumference (cm)	78	8.4	10.8	80	4.1	4.7
4	Living capacity of the lungs (ml)	3655	203	8	3770	186	5
5	Right palm strength (kg)	37.8	3.9	10.3	38.2	4	10.7
6	Left palm strength (kg)	36.7	3.2	8.7	37.1	3.6	9.7
7	Waist strength (kg)	77	20.1	26.1	80	14.6	18.2

An assessment of body weight indicators revealed that they had been growing steadily over the school years. In the tenth grade, the body weight of adolescents was 58.0 ± 2.3 kg, while in the eleventh grade, an increase trend was observed to 59 ± 1.3 kg.

It was found that in 10th grade students, when the reliability r <0.001 compared to 11th grade students, the chest circumference decreases during the expiratory phase and the vital capacity of the lungs increases. When assessing the vital capacity of the lungs of school students, it was seen that no significant differences were detected in this test over the school years and that it was within the physiological norms.

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The strength ability of the students on the dynamometric readings of the right and left palms showed that no reliable changes were observed in the study data during the entire reading period. Thus, in tenth grade, right palm strength was 37 ± 3.9 kg, while left palm strength was 36.7 ± 3.2 kg in the distribution of insignificant variation. No reliable changes were observed in the indicators studied by the eleventh grade.

The waist strength of schoolchildren varies from 77 to 80 kg during the entire period of study, with a decrease in the rate of variation from 26.1 to 18.2%.

Analysis of anthropometric indicators of adolescents in general secondary schools in Fergana region showed an unreliable increase in indicators on all studied parameters ($r < 0.001$) during the phased study, which is the reason for the shortcomings in the traditional system of physical education of school adolescents.

The comparative analysis of the identified indicators with the norms of the current physical education program for the preparation of schoolchildren for higher education in the field of physical culture and sports can serve as a basis for the need to increase funding for general and special physical training of students.

A pedagogical experiment was conducted to determine the effectiveness of the methodology of preparing schoolchildren for higher education. Control and experimental groups were formed from 25 unreliable people on the indicators under review.

The control group participated in the training on the traditional physical education program, and the experimental group participated in the training on the physical education methodology developed by us.

In order to prepare our students for higher education in the field of physical culture and sports, we conducted an optional 4 hours of physical education classes per week for grades 10-11 and passed the test standards in this subject every 6 months. In this process, medical and pedagogical supervision was established. 2 hours of classes were organized on the basis of various exercises provided by the compulsory teacher, and the remaining two hours were organized on the basis of classes in the chosen sport according to the interests of students.

The results of the study showed that the indicators that characterize the physical fitness of school students have increased significantly. Significant growth was detected in the experimental group. The difference in the experimental group was 4.3% ($r < 0.05$) in speed and 3.8% ($r < 0.05$) in endurance compared to the control group.

We have meant here that in recent years, humanities universities in the field of physical education and sports have been taking tests for running only 100 m and 1000 mga due to the pandemic.

The implementation of the methodology developed for the preparation of schoolchildren for higher education in the field of physical culture and sports has shown that the physical fitness of graduating students is significantly closer to the performance of first-year students.

Experience has shown that 4 hours of optional physical education and sports classes per week for high school graduates have yielded good results and increased the level of physical fitness of students in the profession by 11.8%.

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