

DEVELOPMENT OF PHYSICAL QUALITIES OF STUDENTS BY MEANS OF ATHLETICS

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Abstract

The method of physical training of students by means of athletics with the use of repeated, interval and competitive methods for the purpose of complex development of physical qualities is proposed and its effectiveness is proved.

The influence of experimental methods on the development of various physical qualities of young men is analyzed. A comparative analysis of the test results with the discharge standards of cross-country athletics disciplines was carried out.

Key words: Students, athletics, physical training, speed-strength exercises, interval method, competitive method.

As a result of the study of the effectiveness of the traditional system of physical education, an insufficient level of physical fitness of students was revealed. According to a number of authors, the greatest difficulty for students is the standard associated with the manifestation of general endurance. In the physical culture program for universities and in the TRP complex, running disciplines are represented by distances of 100 and 3000 m. Our survey of students and practical experience show that the least students like to do exercises related to overcoming long distances at a steady pace.

At the same time, at the student age, the desire for rivalry and the competitive component of motivation in physical education and sports are highly developed. Preparatory and competitive exercises from the arsenal of athletics are a comprehensively developing tool that allows improving the basic physical qualities of students. In the competitive disciplines of athletics, the most accessible for students are running distances, which are widely represented at various student competitions. Achieving certain results in the running disciplines of athletics is impossible without versatile and special physical training, without a sufficient level of development of speed, strength and speed-strength qualities, as well as coordination abilities. In our opinion, special athletics exercises aimed at developing the physical qualities necessary in running disciplines should be used in the physical training of students.

Taking into account the low level of physical fitness, insufficient motivation for the process of physical training of most modern students, it is necessary to search for new pedagogical

approaches, means and methods of physical education of students in universities. In addition, in the conditions of Ferghana State University, most of the academic year classes are held in a game room, which limits the choice of means used to develop endurance.

In our opinion, in the current conditions, the potential of using speed-strength exercises from the arsenal of athletics for the comprehensive development of physical qualities of students has not been fully disclosed.

The purpose of our study is to evaluate the effectiveness of the methodology of physical training of students in academic classes using repeated, interval and competitive methods, including speed-strength athletics exercises for the complex development of physical qualities. The following research methods were used in the work: analysis of scientific and methodological literature, pedagogical experiment, pedagogical testing, methods of mathematical statistics.

The study was conducted on the basis of the Fergana State University of Railways in the period from September 2022 to May 2023 year 48 young students of the 2nd year took part in the pedagogical experiment (24 of them – experimental group and 24 people – control group). In the experimental group (EG), training sessions were conducted according to the method of training students developed by us, including speed-strength exercises from the arsenal of athletics using repeated, interval and competitive methods.

The students of the experimental group were focused on improving athletic performance and meeting the standards of sports categories, which, in our opinion, served as an additional factor that increases the motivation of students in the process of developing and testing physical qualities.

The level of development of physical qualities of students was assessed using control exercises. Overall endurance was assessed by the test "Running 3000 m", strength endurance – "Pulling up in a high crossbar", speed qualities – "Running 100 m", speed-strength qualities – "Long jump from a place", flexibility – "Leaning forward from the main rack", coordination abilities, manifested in locomotion – "Shuttle running 3 × 10 m". Before the beginning and at the end of the experiment, students of both groups were tested. The testing conducted before the experiment did not reveal significant differences between the indicators of the level of development of physical qualities of students in the control and experimental groups (table).

Indicators of testing the physical qualities of students before and after the pedagogical experiment ($M \pm m$)

Investigated qualities	Tests, ed. ed.	Periods of the issl.	EK (n=24)	KG (n=24)	P1
Overall endurance	Running at 3000 m, with	Before	843±46	844±52	>0,05
		After	812±41	839±45	<0,05
		P2	<0,05	>0,05	
Strength endurance	Pull-up, number of times	Before	7±5	8±4	>0,05
		After	9±4	9±4	>0,05
		P2	>0,05	>0,05	
High-speed qualities	100 m running, with	Before	14,5±1,9	14,5±1,8	>0,05
		After	13,4±1,8	14,4±1,7	<0,05
		P2	<0,05	>0,05	
Speed and power qualities	Long jump from a place, cm	Before	233±15	232±14	>0,05
		After	242±11	235±12	<0,05
		P2	< 0,05	> 0,05	
Flexibility	Tilt forward,cm	Before	6±2	6±3	>0,05
		After	10±4	8±4	<0,05
		P2	<0,05	<0,05	
Coordination abilities	Shuttle run 3×10 m, s	Before	7,4±0,5	7,6±0,5	>0,05
		After	6,9±0,4	7,4±0,6	<0,05
		P2	<0,05	>0,05	

P1 is the reliability of the differences between the indicators of the students of EG and KG; P2 is the reliability of the differences in the indicators of the group before and after the experiment.

Note: P1 is the reliability of the differences between the indicators of the students of EG and KG; P2 is the reliability of the differences in the indicators of the group before and after the experiment. Analysis of the test results at the end of the experiment showed a significant positive change in most indicators of the development of physical qualities of students in the experimental group, except for the indicator characterizing the level of strength endurance of the muscles of the arms and shoulder girdle.

In the control group of students, positive changes were detected in the test characterizing the quality of "flexibility", in other indicators during the experiment, the changes were not statistically significant.

When comparing the average group test scores of students at the end of the experiment, it turned out that the test results the "3000 m run", "100 m run", "Long jump from a stand", "Forward tilt from the main stand" and "3×10 m shuttle run" were significantly higher in the experimental group than in the control group.

A significant improvement in the speed, speed-strength qualities and coordination abilities of students of the experimental group can be explained by the influence of loads of alactate-anaerobic orientation and speed-strength exercises from the arsenal of training athletes.

EG students have an increase in overall endurance, which, in our opinion, is associated with the use of repeated and interval methods, as well as a combination of aerobic and power loads that provide better oxidative capabilities. A statistically significant increase in flexibility is due to the fact that speed-strength exercises were combined with stretching and relaxation exercises.

Before the start of the experiment, the results in the 3000 m run in only five students of the experimental group met the standards of youth categories, and in the 100 m run, the indicators of three students were at the level of adult categories and ten – youth sports categories.

Analysis of the test results at the end of the experiment showed that 11 students of the experimental group met the standards of youth categories in the 3000 m run, 9 students – the standards of adult categories and 13 – the standards of youth categories in the 100 m run. Thus, the conducted research proves the effectiveness of the methodology of physical training of students in academic classes using repeated, interval and competitive methods, including speed-strength athletics exercises, for the complex development of physical qualities.

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