



## SCIENTIFIC PEDAGOGICAL FUNDAMENTALS OF INDIVIDUALIZATION IN EDUCATION OF FUTURE TEACHERS OF PHYSICAL CULTURE

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### Abstract

In the article, the essence of scientific pedagogical principles of individualization of physical culture of students in the educational process is studied. Individualization is the essence of students' physical education and sports activities that have a major impact, it consists of physical exercises that maintain health for the organization of the circle.

**Keywords:** education, individual approach, individualization, Physical Culture, physical education, pedagogy, pedagogy, health, skills and qualifications, student.

### Introduction

After the national independence, a new boskich began in pedagogical science in the Republic of Uzbekistan. In particular, pedagogical studies have been conducted, national pedagogical culture has been studied in depth, there have been research on the use of Khalla based on national characteristics of the achievements and experience of teaching and educating a person. Therefore, through the gradual development of the educational system at the level of modern requirements and on the basis of the experience gained, the upbringing of the growing younger generation of healthy, mature and high-spiritually competent people who participate in the life of society is one of the priority directions of the policy of our state [3,8]. Thinking about the true essence of the reforms in the field of education: "the future begins with steam, it is not surprising that now the future is given to the rich, if the attention to the issue of education is not paid." Spiritual and moral purification, faith, moderation, faith, ornomus, compassion and similar truly human qualities do not come by itself, all lies in the upbringing of the time" [1, 5-6] the renewal of society, the development and prospect of life, the effectiveness of reforms in all spheres depends on the training of highly qualified, competitive professionals passes through the alohila uktirib.

"We will build a free and prosperous, democratic state of Uzbekistan with our brave and noble people" (14.12.2016) at the joint meeting of the chambers of the Oliy Majlis dedicated to the solemn ceremony of President Shavkat Mirziyoyev to enter the post of President of the Republic of Uzbekistan (14.12.2016). In his speech, the most important task of the entire educational system, our respected teachers and professors - "to give a thorough education to the younger generation, to educate them as physically and spiritually mature people". In particular, the president stressed that "our youth has an independent thinking, high moral and spiritual potential and mobilizes all the power and opportunities of our state and society to become people who do not come to their peers in any sphere in the world, to find perfection, to be happy" [2].

In the period of reforms in our Republic there was a composition based on unity and continuity, which covers all the ages and stages of adult education as well as the younger generation. Large-scale projects



on the creation of new types of educational institutions - academic lyceums and professional colleges are continuing, the construction and reconstruction of secondary schools, academic lyceums, colleges and higher educational institutions are carried out on the basis of specially developed projects, today a new outfit of educational institutions is being created, educational institutions are provided with modern sports palaces, educational and

Today, enriching the process of continuous education with new methods and methods remains one of the pressing issues of the present day. In this sense, in the process of continuing education, educators have a special importance in working with educators individually during the lesson, in the formation of their skills and qualifications. That is, when working with students, individualization of the course process is provided.

## Why is individualization of Education important?

Individualization should lead to the emergence of age-specific features, abilities, interests and needs in a child on the basis of the process of acquisition of knowledge [5].

It is known that the effectiveness of the development of physical attributes is directly related to the biological maturity of the athlete, R.M.Matkarov expressed in his research (1999 y). Usually, the development of motion attributes is associated with the characteristics of the dynamics of energy systems. In this sense, the principle of individualization can be seen as one of the important foundations of both physical education and sports activities of higher educational institutions, because as a result of its proper formation, the process of healthy development of students in the lessons of Physical Culture is carried out effectively. This principle implies that, due to the individual characteristics of each student, taking into account its opportunities, age, educational process, educational materials require the approach of the student in such a way as to prevent physical exertion.

- In the field of physical education, it is very important to follow this principle, the reason for which a harrowing exercise dictates the arrival of a certain level of physical load on the student's body members. This physical load is given at a level greater than the physical characteristics of the student participating in the lesson, which leads to physical exertion of his body, which in turn negatively affects the health of the student. The rational use of the principle of individualization in training prevents the occurrence of the above condition, ensures the correct course of the formation of physical skills and characteristics in students and the process of health improvement of the body, because working alone with a student creates the opportunity to learn about his physical qualities, as well as the student participating in the training, Parts that form the knowledge in the lesson process (visual aids, the explanatory process, educational materials, physical exercises, knowledge. skills, qualifications, that is, those who have contributed to the curriculum) should not exceed the student's capabilities. In excess of the level of meyor in the educational process, each assigned task brings negative aspects to the study and form the qualities that lead to the deterioration of the student's health.

- Excessive mental or physical overload, which is given in physical education and sports training, leads to exhaustion of the body and tension of the body. It is for this reason that physical exercise in teaching materials in the process of teaching is necessary to take into account the formation, individual characteristics and the level of preparation due to the age of the student or students. Each person has



individual characteristics and has both individual differentiations in physical and mental development. Taking into account these qualities gives students and students the opportunity to properly engage in their educational activities.

- - The individual characteristics, that is, the attributes that shape the skill in the process of education, include: 1) the characteristic of perception; 2) attention; 3) memory; 4) contemplation; 5) client's individuality; 6) Fe'l - dignity; 7) inclination; 8) redness and 10) the degree of formation of physical and spiritual qualities.

- - The most convenient time for studying individual characteristics in the process of training, this is the process of training, competitions and situations that are important in the student's activities. For a master teacher, it is necessary to know the level of general development of each student, his attitude to behavior and science.

- - Knowledge of the individual characteristics of students creates great opportunities for the teacher during the lesson. As an example, it is possible to bring a groom, that is, a higher student with knowledge and physical qualities is assigned a more complex task, from easy to complex, to equalize the qualities in the student, giving the lower student an easier task, knowledge and physical qualities, thus forming skills and qualifications in the student. This means that knowledge of individual characteristics allows to individualize the educational process for the educator, depending on the qualities and level of preparation of the student. The exercise given in the processes of physical education and sports training, as we have mentioned above, should not be more heavy, the Legii should not be light, the reason for the regular execution of the same exercise will be that the student has formed a skill in relation to it, and for him this exercise will seem light. It is worth noting that in the course of teaching in traditional pedagogy, it is recommended to go from easy to complex in mastering the teaching materials, from the known to the unknown, to search, from the abstract to the exact. Pirak, Russian didactic scientist V.V. If we take davmdov's similar approach, he also says:we start to teach not from the simple, but from the general, and not from the near, but from the basic, and not from the parts, but from the system, not from the parts, but from the whole. If we analyze this approach, then in order to understand the generality, without understanding the simple in our eyes, a general analysis is formed on the basis of complex, zero knowledge, knowledge can not be denied, that is, dialectic thinking can be cited as an example. Learning tiznm without understanding the parts is complicated, but for understanding, it is preferable to learn it perfectly into pieces. From this it is possible to understand that it is necessary to correctly choose the methodical approaches and methods that will be scaled to them in order to prevent students from being exposed to the complexities in the educational process. For this reason, we suggest that the individual approach will be the right choice in this process in our opinion. The reason individualization

- - It is a system of means that allows a person to understand his own peculiarity in a person who is being formed in it, that is, he seeks to overcome these shortcomings by knowing in time his strengths or weaknesses, qualities and also tries to be included in the Spiritual Formation.



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