



DEVELOPMENT OF PHYSICAL QUALITIES IN YOUTH STUDENTS BASED ON DIFFERENTIAL TRAINING SYSTEM

Uralov Sardor Abdulla o'g'li
Master Student of Termiz State Pedagogical Institute

Qurbonova Muborak Soat qizi
Master Student of Termiz State Pedagogical Institute

Anatisation

In the article, it is explained that the development of physical qualities of students in higher education institutions on the basis of differentiated education is a socio-pedagogical necessity.

Keywords: Education, differentiation, technique, higher education, institution, physical culture, physical quality, student, development, differentiated education.

The comprehensive reforms implemented in our country have been the highest goal of the individual society - aimed at finding a solution to the problem of educating a physically and morally mature, mentally mature, spiritually rich person. The modern social processes taking place in our republic have increased the nation's need for high spiritual potential.

Decree No. PF-6099 of November 3, 2020 "On measures to improve the personnel training system and increase scientific potential in the field of physical education and sports" dated November 03, 2020 Resolution No. PQ-4877 and Resolution No. O'RQ-394 "On Amendments and Additions to the Law of the Republic of Uzbekistan "On Physical Education and Sports" dated September 4, 2015 as well as in other regulatory and legal documents related to the field¹ to create all the conditions for engaging students in physical education and sports activities; in them, special attention is paid to the formation of physical education and sports skills, taking into account their individual abilities and health status. Also, in our society, many opportunities have been created to constantly engage in mass sports, to make a healthy lifestyle our daily life, to create conditions for physical education and mass sports in higher education institutions and other organizations. At the same time, implementation of specific programs that help to strengthen the health of the population in the field of physical education and sports, wide involvement of young people in sports; "Introduction of innovative forms and methods to the selection (selection) process of talented athletes is defined as an important task."

One of the main tasks of modernizing the system of physical education and sports in modern conditions is to introduce advanced pedagogical technologies into the educational process, taking into account the individual characteristics of students. In recent years, there has been a tendency to decrease the level of health and physical fitness of students of higher education institutions that are not adapted to the field of sports. Therefore, today the problem of differentiated use of tools and methods in physical education and sports is particularly urgent.



Based on the research in the field of education in developed countries, the USA, Germany, France, China, Japan, and the Russian Federation, the study of individual and group differences between educational subjects in order to optimize the education and training processes based on a differential approach and at the same time great attention is paid to the issues of physical training.

The factor of training highly qualified specialists capable of creating new technologies and scientific developments is differential (differentiated) education. In the conditions of changing the educational system, the humanization of the process of education and upbringing takes an important place. However, this is possible only on the basis of a comprehensively developed and sociologically based methodology of scientific knowledge in the field of education. It should be based on concepts that reflect the true laws of society and individual development.

Values created and used by society for the purpose of physical training, physical development and physical training of students in technical higher education institutions, improving their abilities and movement activity, forming healthy lifestyle skills, social adaptation, creation of a set of norms and knowledge is one of the most urgent issues. In this case, it is important to organize the educational process based on a differential approach to the development of students' physical capabilities in the field of physical education and sports.

The directive documents developed by our government indicate the main directions of reforming the physical education and sports system, i.e., "the total number of people who regularly engage in physical education and sports should be increased to 30% in sports organizations and institutions. increase the total number of growing youth up to 20 percent; gradually increasing the quality of trainers and specialists in state sports educational institutions, in particular, the number of employees with higher education to 80%; development and implementation of an efficient and transparent system of selection of talented athletes among young people" and others. Therefore, during the development of the physical qualities of future specialists in technical higher education institutions, that is, today's students, on the basis of differential methods, to create conditions for the protection and strengthening of their health, the development of amateur physical education and sports activities, the organization of sports events, public sports and physical education-health events is of special importance.

Differentiation (lat.: "differentia"- "different", "different")- taking into account the individual qualities and abilities of a person, classification.

One of the main tasks of modernizing the system of physical education and sports in modern conditions is the problem of differentiated application of pedagogical tools and methods, taking into account the individual characteristics of students. However, the demand for the development of physical qualities of students in technical higher education institutions is increasing and the need for scientific justification of the socio-pedagogical necessity of this issue is determined by the following:

- 1) in the rapidly changing lifestyle of recent years, the dynamic movement of young people decreases, physical activity is reduced, as a result, excess fat accumulates in tissues and organs, and body weight exceeds the norm by 20 percent or more. the occurrence of manifest diseases;
- 2) diseases that develop against the background of gland disorders in the body as a result of hypothalamus and endocrine obesity, which develop due to high-calorie foods, consumption of sugary



and alcoholic beverages, sleep disorders (lack or excess sleep), sitting in front of the computer for a long time and lack of physical activity;

3) observation of cases of chronic difficulties in mastering the training load in physical culture classes for an "average" physically trained student, as a result of which young people with immature physical qualities do not seek to further improve them and lack of interest in physical education classes. 'to eat.

4) the problem of a differential approach to education attracts the attention of physical culture teachers, sports coaches and specialists, and the need to organize the differential use of various tools and methods in physical culture training, etc. All this shows that the differential approach in pedagogy and psychology is considered as a method of studying individual and group differences between educational subjects in order to optimize the processes of education and upbringing.

Therefore, in the development of the physical qualities of students in technical higher education institutions, in accordance with the purpose of training, the methods and tools of learning by students (technological operations), substantiating the methods of managing educational activities (teacher activities), requires an individual approach to the subject himself, to his personal activity.

Differential education is a type of education organized taking into account the typological differences, showing pedagogical and psychological differences, intellectual and physical development of representatives of various social, class, ethnic, age and other groups.

"Differential education does not mean adapting the student to the didactic system, but, on the contrary, creating the necessary conditions for his comprehensive development and maturation as a person, taking into account his individual characteristics." This type of education should create the necessary conditions for students to develop themselves, gain independent knowledge, fully demonstrate their internal capabilities and abilities, physical training, and cognitive activity.

Differentiated education serves to cultivate qualities such as independence, initiative, responsibility, as well as independent, creative and critical thinking skills in students. In the organization of this education, pedagogues are required to approach each student as individually as possible, to respect his personality, to express confidence in him. Therefore, the participants of the differential education teaching process represent the need to create a favorable pedagogical environment for mutual cooperation in the form of pedagogue-student or student-student, student-student group, student-student team, and personal development.

A pedagogue should strictly observe a number of conditions while using different types of education in physical culture training.

These requirements include:

- being able to see each student as a separate, unique person;
- respecting the student; ability to correctly assess the student's physical and mental condition;
- consideration of the student's wishes and interests;
- tolerant attitude towards each student; confidence in the student's strength, potential and aspirations;
- to create a comfortable educational environment for every student; create an opportunity for students to work independently or in small groups;



- teaching students to independently control their activities, to determine the effectiveness of their activities, to analyze the factors of success and the consequences of mistakes;
- not to pressure any student during the educational process;
- not to exaggerate the shortcomings of individual students;
- if the student's inability to acquire knowledge is noted, then without making a firm conclusion, determine the reasons for this;
- to eliminate the cases of the student's inability to acquire knowledge without harming the student's honor and pride based on the identified reasons;
- to be able to create an "atmosphere of success" for every student during the educational process;
- to help every student to succeed in education;
- to improve the physical qualities of the student, to help him to follow a healthy lifestyle.

"In the process of differential education, the student has the opportunity to develop a creative, critical approach to the learning material, to put forward new ideas, to justify them, to defend one's opinion, to find an effective solution in problem situations, and to master the skills. will have" [p. 9.56.]. In order to form a mature and physically healthy person with a high culture, special attention is paid to the education of the person, the development of a person's physical capabilities, and the acquisition of skills and knowledge in the field of physical culture and sports.

Thus, the issues of achieving the future professional development of learners, adapting them to social life based on the harmony of healthy thinking and beliefs are leading. Also, the issues of developing the physical qualities of students with different physical development, developing healthy thinking and high moral qualities in specialists with mature professional potential are gaining special relevance. The development of physical qualities of students in technical higher education institutions creates a foundation for the formation of strong will, healthy mind, sanogenic thinking and human qualities that will be necessary in their future activities.

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