

The quality of the main indicator of agility-coordination skills in students

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Abstract: *Methods of overcoming muscle tension, which has a negative effect on the manifestation of the noted agility, are studied through the sciences of sports physiology and the theory of physical education.*

Keywords: *Physical development, Sports psychology, sports activity, Pedagogical skills.*

INTRODUCTION:

One of the specific qualities of agility is learning how to rationally relax muscles and improving it. Any movement is, in a certain sense, the result of muscle stimulation and relaxation. Knowing how to activate and relax (the right muscle at the right time) plays an important role in the effective performance of any movement. The tension of the muscle group, which should be relaxed for a while to perform the movement gracefully, destroys the ease (stiffness) necessary to perform the movement, free movement.

It is divided into two groups because it happens through mental and muscle tension if we cannot perform the movement quietly and confidently. Mental tension mainly occurs through factors that cause emotional excitement (seeing a strong opponent, competition environment, spectators, etc.) and has a negative effect not only on agility, but also on other functional and physical qualities of the body. This is manifested in the form of inability to concentrate, delay in changing the structure of activities, violation of the sequence of actions, etc. You can get the necessary information about ways to deal with these discomforts in the science of "Sports psychology". Mental tension is observed with the occurrence of muscle tension.

Muscle tension occurs due to various reasons and manifests itself in the following three forms: a) muscle tension due to increased muscle tone (hypermyotonia); b) tension that occurs when the muscle does not have time to release tension and relax as a result of performing it too quickly; c) coordination tension (occurring due to the presence of some excitability in the phase of muscle relaxation due to unimproved coordination).

Methods of overcoming muscle tension, which has a negative effect on the manifestation of the noted agility, are studied through the sciences of sports physiology and the theory of physical education.

Agility exercises are tiring. When performing such exercises, the muscles need a very precise and high level of sensory demand, and when fatigue occurs, performing the exercise is less effective. Accordingly, rest intervals (intervals) are used when the body is sufficient for the relatively complete



recovery of spent energy. Performing agility training exercises after high energy expenditure exercises gives an unexpected result.

The level of resistance to fatigue during physical exercise is called the quality of endurance.

A person who performs physical labor (sports activity)⁵ feels that it is becoming difficult to continue his activity little by little. Sweat begins to flow, the redness of the face increases, the color changes, the muscles feel tired, coordination of movement, the sequence of execution of the elements of the movement technique is disturbed, the depth of the breathing rhythm changes. Additional unnecessary actions appear and are added to the current action. This is mainly caused by physiological, biochemical and biomechanical changes in the body. And the continuation of the activity is done at the expense of mental, volitional and other qualities. This condition is called compensatory fatigue phase.

If, despite the increased level of willpower, the work intensity decreases, we observe that the phase of fatigue without compensation has begun.

What is fatigue? Fatigue is a temporary decrease in working capacity during work (exercise). It has been proven in practice that fatigue is different for different people during the same work activity. because each individual's endurance is different.

Great attention has been paid to the topic of exhaustion from the scientific legacy of our grandfather Abu Ali Ibn Sina. He started writing in the year one thousand and twenty-four and in the year one thousand and twenty-four became a perfect historical scientific work, in "Kitab ul gangon fit Tib", he explained that chronic physical exercise causes fatigue and divided it into four types:

1. Ulcerative fatigue - in which something like an ulcer is felt on the surface or under the skin.
2. Fatigue - in which a person feels heat and relaxation in his body as if he has been crushed or bruised.

Organization of physical education, sports fitness classes among students

Mass physical education and sports events occupy a large place in the life of vocational colleges. First of all, it develops the physical fitness of students, graduate students, teachers and employees of the institute, educates them in useful skills and qualifications, and creates a foundation for them to engage in physical education. Secondly, taking into account the preparation and interest of the games, it creates conditions for competitions. The participants of the sports competition of various preparations, who follow the rules of the competition and collect points, increase the interest in physical education and sports in this institution.

Mass physical education and sports events are divided into educational training, propaganda and propaganda, and sports competitions, depending on their direction. Sports competitions are one of the organizational-mass, health, physical education and sports events that bring great benefits. If the signs of the elements of physical education are used correctly along with other activities, people will strengthen their health, prolong their life and improve their mood.

The types of physical education mentioned by Ibn Sino include wrestling, pushing with fists, archery, fast walking, javelin throwing, swinging, jumping on one leg, fencing and javelin, riding a horse, using two hands. Shaking, simultaneously standing on tiptoes and stretching arms forward and backward include quick movement exercises.

Here, you can see that the types of physical education exercises recommended by the great scientist Ibn Sina have not only reached us today, but international competitions of these types are being held.

Physical education specialists carry out the tasks of physical training and physical development of the young generation, preparing them for work and life, and improving the health of the population. Therefore, they should be mature experts in their fields and skilled athletes. In the process of physical education, they should set an example with their high theoretical and practical training in training for



movement, formation of movement skills and skills, and training in physical exercise techniques. At the same time, educational specialists should be distinguished by their moral and spiritual maturity, their willingness to help students in any way, and the fact that they are skilled friends in training their will and spiritual qualities.

The versatility and complexity of the educational process puts a lot of responsibility on the physical education specialist.

Pedagogical skills of physical education specialists are determined by their complete theoretical and practical mastery of the educational materials they are taught. The level of use of pedagogical methods and technologies in training students for physical exercises also determines the skill level of physical education specialists. Physical education specialists not only educate the physical qualities, exercise techniques and tactics in the participants, but also develop in them the feelings of patriotism, the ideas of national independence, the responsibility to introduce the Motherland to the world with sports achievements, as well as moral and aesthetic qualities. At the same time as formation of movement experiences and development of physical abilities of the employees, education of their ideological goals in the development of the homeland, education of them as active participants in the construction of a new society is one of the main tasks of physical education specialists.

Pedagogical skills of physical education specialists are as versatile as physical education processes. Pedagogical skills are manifested in the improvement of the physical qualities and abilities of participants, in the development of independence in movement activities, in the education of the public spirit, in the understanding of the personal characteristics and actions of participants, in the skillful realization of their interests, demands, needs and aspirations. Physical education specialists must be masters of their work and love it, be physically fit, healthy, and have a high level of sports technical skills. The wider the qualifications and special knowledge of the specialists in the field of physical education, the more opportunities there are for the implementation of educational tasks. Every pedagogue should have the ability to educate with his subject.

The appearance of the teacher is a special feature of physical culture and physical education in the process of physical education. While the teacher is trying to improve the physical condition of the students, he should be physically fit, his body structure should be harmoniously developed, his movements should be aesthetically expressive, and his movements should be meaningful and free. At the same time, a physical education specialist should be cultured, aesthetically educated, artistically educated, tasteful, meticulous, creatively active, sweet-natured, and should pay great attention to training the qualities and qualities of the students. The teacher should be cheerful and have a sense of humor, along with sweet words and being kind to the students. Also, it is important for them to have demanding and pedagogical manners in performing activities.

In the process of physical education, specialists should pay great attention to speech culture. The impact of the teacher's speech depends on its logical consistency, artistically literate, clear, clear, figurative expression. The ability to use speech, to set the voice well, and the wealth of intonation are used to give orders and recommendations in the process of learning and performing actions during physical education. The impact and educational power of words enriched with emotional, expressive and personal characteristics of the teacher will be great.

The personal qualities of physical education experts, hard work, sincerity, generosity, impartiality, honesty, principles and other qualities also affect the formation of the spiritual image of the practitioners. A small mistake or a trivial habit of the teacher can create bad thoughts in the mind of the students. Because the students do not follow the teachers' words, but their behavior and actions. In order to solve educational tasks, a physical education teacher should be morally and aesthetically educated in accordance with the requirements of the idea of national independence.



Sports referees should also have pedagogical skills. As a result of bad refereeing, disputes arise, it arouses hatred among the participants of the competition, and as a result, all the educational work of the coach is ruined. The success of sports referees in exerting pedagogical influence depends on their ability to perform their tasks directly. Sports referees should not ignore athletes' rudeness and immorality. They should also act as coaches. Judges who can be an example not only to the athletes but also to the spectators with their experience, high qualification, pedagogical skills and good behavior will spread the high sports culture in the competitions. Such refereeing does not allow attempts by the participants to violate the requirements of sports ethics. The appearance of judges is also important. Their appearance can motivate athletes to compete or discourage them. In the process of physical education of students and teenagers, it is necessary to pay a lot of attention to this thing in the competition of teenagers.

The qualification of physical education specialists to manage the education process is perfect. In order to manage the education process, physical education experts should be aware of and master the best practices of physical education in the country and abroad. The following principles should also be given importance in the educational process.

Education should be in the direction of the idea of national independence.

Individual approach to each employee in accordance with their age characteristics.

Set high demands on employees and respect them

Carrying out the educational process in an active, cheerful way.

Ensuring educational impact with pedagogical requirements.

It is necessary to develop the spiritual qualities of those engaged in the process of training in physical activities and to connect it with life, society, and the needs of labor. To educate employees in the spirit of national independence, how they live, what they think about, with whom they work in the production of friendship, how they study at the school, how they behave in the family, in public places. Physical education experts should know how to spend time and others.

It is necessary for physical education specialists to know the level of development of physical abilities of the participants, to study individual character traits, intellectual qualities, moral qualities, and static needs. Educators should keep a diary of pedagogical observations in the study of students, and write down the characters, behavior and other facts of those engaged in it. It is possible to effectively organize the process of physical education only on the basis of comprehensive knowledge of the participants.

Pedagogical experiences can arise on the basis of setting high demands on those engaged in good relations and respecting their personality. Demanding and respecting the fulfillment of tasks is an inseparable part of the educational process. In the practice of the principles of physical education, it happens that they do not respect students while setting high demands. As a result of the rudeness of such an approach, those who engage in it become silently angry or rude. They are also not interested in sports. Along with demandingness, one should treat the workers with care, kindness, and sincerity. Kindness, speaking well, having the right relationship with students are the pedagogical ethics of the coach. The coach must have good manners during the competition.

Pedagogical etiquette makes it possible to see the good features of the teacher and to form other good features based on them. The coach's friendly attitude causes athletes to develop a passion for self-education. It is considered extremely important to find a way to be strict and compassionate, demanding and kind, serious and human at the same time. The success of the coach depends on how the activities of the participants are organized. The unique feature of physical culture allows to create a life-giving, inexhaustible enthusiasm in the collective. Feeling cheerful about the world, strengthening confidence in the success of education, strength, enthusiasm, unity, strengthens the confidence of each



team member in his own strength. Group captains are assigned to physical training groups and help educators.

No one doubted the saying "The age of a person is equal to the age of his veins". Practical exercises on healthy running help to improve the functioning of the cardiovascular system. A dense network of capillaries is written for those who practice healthy jogging, the elasticity of the cardiovascular system increases, it is strengthened and rejuvenated.

Improving body structure and physical development is one of the main conditions for physical education of students, and it is achieved through regular use of special exercises aimed at developing strength in the process of health. The development of the body structure allows to improve the height, which ensures the normal functioning of the spine.

The services of physical education and sports specialists play an important role in attracting students to physical education and sports. The role of properly organized physical education and sports and wellness events is important in raising students to become physically healthy and spiritually mature people. Physical education and sports, wellness events are important for students to become mature specialists, improve their theoretical and practical knowledge, and form moral qualities.

In vocational colleges, the term "Physical development" is used in the process of medical supervision in order to monitor the health of each student. However, for older people, the concept of "Physical development" cannot be a criterion of development, but at the same time, it serves as a criterion of the body's strength and reserve of physical strength. In this case, it is more correct to use the term "Physical condition". Because the scope of anthropometry is being expanded in order to study physical qualities and physical fitness. Sizes obtained by anthropometry are used to assess physical development using one or more methods. They are standard and correlation methods. The state of the body's functional networks is determined by examining breathing. The following experiments are examples of this.

Barbell experience: the student rests for 5 seconds in a sitting position, then takes a deep breath, exhales, stops breathing and breathes again, holds the breath, holding the breath for 30-50 seconds.

Genchi's experience: after a full exhalation and inhaling, the student exhales deeply and does not inhale, holds himself from exhaling. For those who are normally healthy and do not engage in physical education, the breath holding time is 20-30 seconds. Respiration depends on the body's resistance to oxygen deprivation and anaerobic productivity. Therefore, holding the breath for a long time helps to develop the will.

Standard tests are used to determine the effect of physiological changes on physical stress. The ability to perform a physical task in a clearly defined manner at a high level of physical stress is called physical work ability. Physical work capacity is an indicator of human body activity. It depends on the activity involved in managing the entire network of activities. It is known from the experience of the doctor's supervision that physical activities are adapted to the rate of contraction of the heart. The intensity of physical work serves as an important indicator in the energy exchange of aerobic production.

Harvard step-test: a student goes up and down a ladder 45 cm high for girls and 50 cm high for boys. The rate of descent is measured with a metronome. Each period consists of 4 steps. The working time is 5 minutes for boys and 4 minutes for girls. After finishing the work, the student sits on a chair and counts his pulse. The speed of recovery is measured from the 2nd, 3rd, 4th minutes, so that if the pulse returns to a state close to its original state, this student has physical fitness. If a student who has completed the Harvard step-test has symptoms of fatigue, the test is stopped, and the time spent working is counted in minutes and calculated according to the specified formula.



During the medical-pedagogical observation-physical education training, students are supervised in cooperation with the doctor, teacher and coach. It is necessary to answer these questions: what are the conditions of training? Are safety regulations followed? Is the standard of cleanliness and hygiene maintained? The condition of conducting classes means the volume and intensity of physical training of students. This will prevent injury.

Cleaning of clothes and shoes by students, compliance with hygiene rules, keeping a self-monitoring diary, the conditions of the places where sports games and trainings are held, and the cleanliness and hygiene control of these places are carried out by employees of the cleanliness and epidemiological department. , conducted by doctors of physical education and treatment dispensaries, physical education and sports specialists.

The cleanliness of sports facilities, rules and norms of hygiene are observed, the condition of the equipment and equipment, the cleanliness of the clothes and shoes of the sportsmen are checked. Attention is paid to the type of physical exercises and the conditions of training. For indoor sports facilities, it is necessary to observe that the rooms for undressing and dressing, service rooms for athletes are in a clear row.

The interior of the building should be cleaned frequently with wet rags. Heating radiators should be covered with protective boards. Doors should be well closed. Microclimate temperature: 15 C, relative humidity 55-60%, air movement speed should not exceed 0.5 mG`s, 0.25 mG in table tennis and wrestling halls, 0.15 mG in washing, undressing and massage rooms `s, air exchange for one viewer is 80 mG`s. It is necessary to check in advance the hygienic requirements for outdoor sports facilities, the presence of water taps for drinking, lighting networks in toilets.

In vocational colleges, students are divided into basic, sports and special medicine groups for conducting physical education classes. At the beginning of the academic year, students' gender, health, physical development, readiness and ability to perform physical exercises are taken into account.

Students who have passed a medical examination and have general physical fitness are admitted to the main group. Physically mature and well-prepared students are recommended to join the General Physical Training and Vocational Practical Physical Training groups.

Students who have a medical certificate stating that they are ill are admitted to the special group, the groups are formed based on the functional ability of the students and referrals of physical education doctors.

Students exempted from practical training by medical personnel may not perform physical exercises. He prepares reports for such students, students who have recently come out of surgery, who have broken bones, and who have infectious diseases, if they are released under conditions. Students who are engaged in sports, belong to the sports category, are deeply and regularly engaged in any type of sports, have passed medical examination, and can fulfill the sports requirements are accepted for the sports group. These groups are divided depending on the educational facilities of the university, state opportunities, sports equipment and the specialty of the highly qualified teachers. Of course, it is necessary to pay attention to the voluntary choice of sports by these teams depending on the students' interest in sports.

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