

## **Untersuchung der studierenden bewegungsaktivitäten und des interesses an körperlichem training und sport lehrer der fakultät für physikalische kultur**

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**Anmerkung.** Dieser Artikel enthält Informationen darüber, wie die Popularität verschiedener Abschnitte des schulischen Lehrplans in den Bereichen Sportunterricht, körperliche Aktivität und Interesse an Leibeserziehung und Sport anhand von Fragebögen ermittelt werden kann.

**Schlüsselwörter:** Fragebogenergebnisse, körperliche Aktivität, Sportunterricht, Befragte, gesunde Lebensweise, Schulsport, Schülergesundheit.

## **Study of student levels of movement activity and interest in physical training and sports teacher of faculty of physical culture,**

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**Abstract.** This article provides information on how to determine the popularity of different sections of the school curriculum in physical education, physical activity and interest in physical education and sports, through questionnaires.

**Keywords:** questionnaire results, physical activity, physical education classes, respondents, healthy lifestyle, school sports, student health.

**Introduction.** Decree of the President of the Republic of Uzbekistan No. PF-5924 of January 24, 2020 "On measures to further improve and popularize physical culture and sports in the Republic of Uzbekistan" Consistent measures are being taken to create the necessary conditions for the rehabilitation of the country and ensure its proper participation in international sports arenas, as well as the implementation of specific programs to promote public health in physical culture and sports. selection of talented athletes, formation of national teams with skilled athletes who will achieve high results in sports and the creation of additional conditions for coaches, the general public, including general education. In order to popularize physical education among schoolchildren, students of professional and higher education institutions, to identify their talents, to hold a festival "Secondary school sports", a competition "Physical training institution" (district / city, region, republic) system development and introduction of the nomination of the best secondary school, professional and higher education institution with advanced level of physical fitness[1]. In this regard, in order to increase the mobility of schoolchildren, we conducted a survey of 367 students in primary medical groups aged 10-15 years of physical education and sports interests of students of secondary schools No. 4 in Fergana. The contingent is divided into three age groups: 10-11, 12-13 and 14-15

years. The number of students in these groups was approximately the same - 120, 126, and 121 students, respectively.

According to the survey, on average, only 78.2% of students attend physical education classes. With age, this figure gradually decreases: in 10-11 years - 86.7%, in 12-13 years -

78.6%, in 14-15-year olds - 69.4%. 42.8% of high school students said they would like to have three to six physical education classes per week. These are mainly students with high and above average motor activity. One-third (34.1%) of respondents preferred traditional physical education classes twice a week. 14.4% of secondary school students said that one physical education class per week was enough to support their health. Some high school-age students (8.7%) unfortunately do not want to take physical education classes. The research material suggests that there is a significant correlation between physical development, physical fitness, and physical activity with the desire of students of this age to engage in physical education [12,3,4,5].

The results of the survey allowed to determine the level of popularity of different sections of the school program in physical education. Students aged 10–11 years (54.2%) found action games to be the most fun. National wrestling (44.4%) and sports games (29.4%) remain popular among students aged 12-13 years. National sports (38.4%) and athletics (28.9%) are the most interesting for students aged 14-15 years. In each category of participants, there are also teens who are not interested in the suggested sections of the school program. The majority of them (26.4%) are students aged 14-15 years.

The survey shows that during the period of education in secondary schools, as students get older, their interest in traditional forms of physical education decreases. Negative attitudes toward traditional forms of physical education classes were found in practitioners with significantly higher physical status in all age groups. It can be said that one of the most effective ways to overcome this problem is the use of national sports in the educational process in the field of "Physical Education". According to our survey, 89.4% of respondents want to participate in national sports. The interest in such a training tool implies an unambiguous, detailed study and its widespread introduction into the practice of physical education classes at school. According to the results of the survey, only 9.5% of respondents were able to correctly name the national sports, namely National wrestling, belt wrestling, hand-to-hand martial arts and Turan hand-to-hand combat [6,7,8,9,10,11,12,13,14].

They gave a detailed description of these sports, were able to say the basic rules of the competition and determine the winners. 21.3% of high school age students are generally oriented in national sports. The majority of respondents (53.9%), unfortunately, know only some of the national sports in a fragmentary way.

According to our data, 15.3% of students do not know the national sports, could not name any of the sports included in the championship of Uzbekistan.

All students were invited to assess their knowledge in the field of physical education and sports on a 5-point scale. Assessment of this knowledge was 3.52 points for students aged 10-11 years, 3.51 points for students aged 12-13 years, and 3.46 points for students aged 14-15 years. 12.8% of respondents rated their knowledge of this section on 5 points, 34.6% - on 4 points, 42.0% - on points, 10.6% - on points. The age of the participants did not significantly affect the level of knowledge, but there was a tradition of a decrease in this indicator as the age of the respondents [15,16,17,18].

Evaluation of movement activity indicators goes hand in hand with the description being analyzed. Therefore, in order to increase interest in physical education, it is necessary to apply both movement regimes based on national sports and theoretical training in the department of physical education. According to our data, 20.4% of students aged 10-15 consider their movement activities to be adequate. According to the respondents, there is, first of all, an interesting program of exercise (32.7%), individualization of the learning process (30.0%) and the use of national sports in the classroom (26.7%) can help to increase their physical activity. 54.8% of the students said that they would participate in regular physical education classes if all the obstacles were eliminated. 23.7% of respondents said that all issues will remain the same. 26.2% of high school-aged students rated their motor activity as moderately adequate, 18.0% as above-average, and 22.3% as below-average. Only individual students (6.8%) scored high, and 16.6% - low. The vivid features of these descriptions have not been identified.

10.1% of students were not able to independently assess their motor activity, especially students aged 10-11 years. The majority of respondents (53.1%), in their personal opinion, have enough knowledge to practice independently, 27.8% of the contingent do not have such knowledge, and 19.1% of boys could not answer this question. As they get older, the proportion of students with sufficient knowledge to engage in physical activity independently increases (mainly students with sufficient levels of motor activity). The majority of adolescents (73.3%) said that physical activity is beneficial, 12.3% of respondents denied it, and 14.4% - did not answer this question. Most students (64.0%), unfortunately, were unable to articulate norms of movement activity that were relevant to their age. 69.2% of respondents are unaware of daily movement activity. Only 7.9% of teenagers have excellent grades in general education, 25.9% - good grades, the majority (61.8%) - mixed (good and satisfactory) grades, 4.4% - unsatisfactory grades. As they get older, the number of students enrolled in mixed grades increases [19,20,21].

The level of motor activity has a positive effect on the mastery of boys. 52.6% of students believe that physical education and sports are necessary to promote good

health. Increasing the additional physical activity of students requires a special approach to the rest of the respondents (47.3%) who believe that it is possible to live without exercise. Adolescents with a large proportion of this contingent have hypokinesia. The majority of respondents (55.3%) prefer to practice physical education in groups of 10-15 people under the guidance of a teacher, and 44.7% of boys - in small groups, but they also prefer to do it under the guidance of a sports teacher. According to our data, only 10.6% of students are regularly involved in the preparation and conduct of physical education activities in secondary schools, and the majority (62.9%) - do not participate in such activities. As they get older, the proportion of students who are passive in this work increases.

The level of physical activity has a significant impact on students' physical activity. Respondents' opinions on the assessment of physical education at school were different: 54.0% of respondents said that they enjoyed most lessons, and 26.7% - that such lessons were rare. The majority of respondents (19.3%) think that there are no interesting lessons on physical education. As they get older, the number of students who enjoy physical education classes decreases. According to our data, the level of physical activity affects the quality assessment of physical education training.

The results of the survey allowed to determine the indicators of self-assessment of students' health. 9.3% of respondents believe that they are "absolutely healthy" (mainly those who are physically active enough), 54.0% consider their health to be satisfactory, and 24.3% consider their health to be poor (mainly hypokinesia). Some students (12.4%) found it difficult to answer this question. The level of physical activity has a significant impact on students' assessment of their health. According to the survey, 59.1% of boys strive to lead a healthy lifestyle, and 21.5% of respondents - constantly violate this regime.

Assessing the level of physical activity affects the desire to lead a healthy lifestyle. Only 23.7% of respondents said that a healthy lifestyle is observed in the family. The rest of the answers were distributed as follows: yes, those who said yes - 12.3%, those who said no - 10.6%, those who said no - 20.4%, those who said it was difficult to say - 10.6%, those who did not answer - 8, 5%. 10.9% of boys regularly engage in morning physical activity (charging), 35.1% - in some cases, and 54.0% - do not perform at all. The level of physical activity of respondents aged 10-15 years has a positive effect on the prevalence of this description. For high school students, listening to recorded sounds (38.7%), watching videos and going to discos (26.7%), and communicating with friends (25.1%) are the most fun activities outside of class. In this type of activity, physical culture and sports have a low (eighth) rating.

The level of motor activity of the respondents has a significant impact on the ranking of physical education. 58.5% of adolescents are satisfied with the relationships with their peers in the process of physical education, and 27.8% are dissatisfied with such relationships. 33.5% of boys commented positively on their

relationship with sports educators and 24.8% on their relationship with other educators. 20.4% and 33.5% of students answered negatively to this question, respectively. 50.9% of boys are satisfied with the relationship in the family, 14.2% - do not have such a relationship.

Movement activity indicators have a significant impact on the relationship between educators and students. The majority of respondents (65.4%) reported that they did not smoke and did not regularly consume alcohol (82.0%) and narcotics (94.0%). As you get older, the prevalence of harmful habits increases. The fact that 53.9% of boys lead a sedentary lifestyle with beer, cigarettes, drugs and light interactions is not in line with their expectations. In 15.3% of the contingent, this lifestyle is more appropriate, and in 30.8% - any aspect.

Indicators of motor activity have a significant impact on the prevalence of harmful habits. The results of the survey show that, on the one hand, respondents have a desire to engage in physical education and sports, on the other hand, there are many factors that hinder this process.

In the motivational-needs description of physical education, it is seen that they affect the level of physical activity and should be taken into account in the educational process in secondary schools. The results of the survey show that the majority of adolescents aged 10-15 years (54.8%) have a positive attitude to physical education. These students believe that physical education and sports are an integral part of their lives. They understand the value of physical education and sports and actively use them in their life activities through exercise. The volume of their motor activity is more than 10 hours per week. 29.4% of respondents aged 10-11 years, 29.4% of those aged 12-13 years and 33.1% of those aged 14-15 years belong to another group with a positive passive attitude to physical education and sports. This means that young people who belong to this group understand that exercise has a positive effect on the human body and approve of sports activities, but not in the role of a fan or as an observer. They think that physical education is good, but unfortunately, they do not have time for it, and because of this, they are engaged in certain situations under the pressure of external factors (because they need to be evaluated).

The group of students with a negative attitude to physical culture and sports consists of a large number of children of secondary school age (10-11 years - 20.0%, 12-13 years - 15.1%, 14-15 years - 12.4%). Respondents in this group do not like to play sports because they are interested in more "intellectual" activities. Hypokinesia is vividly expressed in them.

**Conclusion.** On our part, an attempt was made to determine the level of self-mobilization of students in educational and sports activities. As a result, the following data were obtained. Students who are sufficiently active in terms of satisfaction indicators appear more attractive. Almost half of the students surveyed (42.4%) are

satisfied with their work, the hypokinesia contingent - 26.7%. The data presented show that the degree of stuttering of students depends on their motor activity (only positive enough).

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