**O‘ZBEKISTON RESPUBLIKASI**
**OLIY TA’LIM, FAN VA INNOVATSIYALAR VAZIRLIGI**

**YANGI ASR UNIVERSITETI**

# UNIVERSITY 4.0: DIGITAL TECHNOLOGIES AND MODERN TRENDS IN THE EDUCATIONAL PROCESS

**INTERNATIONAL SCIENTIFIC AND SCIENTIFIC-TECHNICAL CONFERENCE**
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# UNIVERSITET 4.0: TA’LIM JARAYONIDA RAQAMLI TEXNOLOGIYALAR VA ZAMONAVIY TENDENSIYALAR

**XALQARO ILMIY VA ILMIY-TEXNIKAVIY ANJUMAN**
**2023 yil, 18 Mart**

# УНИВЕРСИТЕТ 4.0: ЦИФРОВЫЕТЕХНОЛОГИИ И СОВРЕМЕННЫЕ ТЕНДЕНЦИИ В ОБРАЗОВАТЕЛЬНОМ ПРОЦЕССЕ

**МЕЖДУНАРОДНАЯ НАУЧНАЯ И НАУЧНО-ТЕХНИЧЕСКАЯ КОНФЕРЕНЦИЯ**
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**“UNIVERSITET 4.0: TA’LIM JARAYONIDA RAQAMLI TEXNOLOGIYALAR VA ZAMONAVIY TENDENSIYALAR. xalqaro ilmiy va ilmiy-texnikaviy anjuman. – Toshkent, 2023. – 516 bet.**



Ilmiy va ilmiy-texnikaviy anjuman materiallariga oid mazkur to’plam, avvalo xalqlararo aloqa vositasi hamda mamlakatimizda so‘nggi yillarda ta’lim tizimini tubdan isloh qilish va ta’lim sifatini baholash, raqamli ta’limni rivojlantirish bo‘yicha keng ko‘lamli ishlarning bir qismi sifatida amaliyotga tadbiq etilishiga bag’ishlanganligi bilan ahamiyatlidir.

Shuningdek, to’plamda xalqaro miqyosida ilmiy-tadqiqot ishlarini olib borayotgan yosh va tajribali olimlar bilan muloqot qilish, ilg‘or tajribalar almashinuvini amalga oshirish; Ta’lim tizimini raqamlashtirishda xalqaro hamda respublikamizdagi ilg‘or tajribalardan foydalanishga oid nazariy yondashuvlar va tajribalarni o‘rganish, tahlil qilish, ulardan ta’lim amaliyotida foydalanish mexanizmlarini aniqlash; Ta’lim tizimini raqamlashtirishda xalqaro hamda respublikamizdagi ilg‘or tajribalardan foydalanish orqali ta’lim jarayoni sifati va samaradorligini oshirish imkoniyatlarini ko‘rsatish; Ta’lim jarayonida raqamli texnologiyalar va zamonaviy tendensiyalar aniqlashda xalqaro tajribalardan foydalanish usullarini ishlab chiqish; “Raqamli ta’lim” tizimini rivojlantirishda xalqaro tajribalardan foydalanish orqali ta’lim jarayoni sifati va samaradorligini ta’minlashga oid ilmiy-metodik xulosalarni jamlashtirish orqali ta’lim jarayoni sifati va samaradorligini takomillashtirishga qaratilgan ilmiy-metodik tavsiyalar ishlab chiqish ijobiy hal etishning nazariy jihatlariga keng o’rin berilgan.

To’plam talabalar, magistrlar, tayanch doktorantlar va barcha professor-o’quvchilar ommasi uchun mo’ljallangan.

Ma`ruzalar materiallarida yoritilgan tarixiy jarayonlar, ma`lumotlar va chiqarilgan xulosalarning haqqoniyligiga mualliflar javobgar.

# CIRCULAR TRAINING ONE OF THE EFFECTIVE FORMS OF CLASSES

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**Abstract.** The given article reviews problems of students' active attendance in classes, activates execution of exercises and recommends conducting with students practical lessons in circular method. The problem of preserving and strengthening the health of the younger generation has been and remains one of the most important problems of human society. Students, especially at the elementary level, is the most vulnerable part of the young people, because faces a number of difficulties associated with an increase in the teaching load, low physical activity, the relative freedom of college life, problems in social and interpersonal communication.

**Key words:** circular training, physical exercise, physical culture, health, practical lessons.

For many years we have learned the students attending classes of physical education and training in different sport sections. Therefore in front of us we set a task of investigating the importance of circular training and conducting classes that are taught at general humanitarian faculties of Andizhan University.

Circular training teaches students to reason independently, develop physical abilities, work out moving actions that are structurally close to sport and production activity; allow providing individualization of teaching and upbringing.

In the process of implementing the circular training the teacher sets the students concrete program action, manages its execution, makes assessment of the program performed, if required he corrects separate exercises and regulates the students' actions. The students, in turn, get the task, comprehend and perform it.

Physical qualities are called congenital (inherited genetically) morphological and functional characteristics which can be physical (material expression) human activity that receives its full expression in the appropriate motor activity. The basic physical qualities include muscle strength, speed, endurance, flexibility and agility.

Lots of special studies suggest that targeting of the development of one of the physical qualities may affect the development of others. - Under the force of a physical quality to be understood overcoming external resistance or counter it by muscular effort.

- Fast as a physical quality - the ability to perform physical actions in these conditions for a minimum period of time.

- Endurance - the ability of the body to overcome fatigue while maintaining the necessary intensity, precision, agility and quickness.

- Agility - the ability to quickly and accurately respond to unexpected situations, skillful movements in the possession of complex changing situations.

- Flexibility - is the ability to relax the muscles well, to carry traffic over large amplitudes. Simultaneously, the right combination of stress with relaxation reduces energy costs and prevents injuries musculo-ligamentous system.

The teacher of physical culture models special complexes of physical exercises and develops algorithmic prescription for their execution, organizes independent activity of participants and manages it in classes.

In circular training under algorithmic prescription one could understand strict performance of concrete exercises selected in a certain way and concentrated in specified time interval and provide fast development of moving quality in relatively time interval.

Physical training - is one form of physical education, which has expressed an applied focus, the content of which is the development of targeted movements and the development of physical abilities in relation to a particular kind of activity.

Historically, physical education emerged and developed primarily in connection with the needs of society in a full physical training people to work. With the development of society and the function of physical education and physical training significantly expanded and differentiated. Currently, physical fitness is one of the main factors in the formation of various motor skills, as well as integrated development of physical qualities in order to enhance and increase the motor abilities of man. As such, it is called the "total physical training" (OPT). In addition there are many different "specialized" species, such as: general and specific types of training in sport, physical fitness people doing mental work, etc.

The essence of programming circular training consisted of that the whole capacity of specially modeled complex of exercises was subject to their normalized performance in strictly specified time interval of certain consequence within gradual increasing of physical exercise and recording of individual peculiarities of students' physical development. Herewith, on all stages of circular training feed forward and feedback had to be kept between the teacher and student, and also we had to have strict control of physical development and health condition.

According to scholars' opinions, it is not possible to identify the circular training with a separate method. In essence, this is an organizational methodic form of classes including a number of methods strictly specified exercises.

The bases of circular training consisted of serial (solid or with intervals) repetition of several kinds of physical exercises selected unified in complex. Exercises were performed in the order of consequent passing 4-6 "stations" which were set in the gym or on the square with circle that the way through them formed a closed circuit, if the inventory, equipment and the place of exercises allow, it is possible to enlarge the "stations". On each "station" one type of moves or actions was repeated (squatting with weights, press-up, chin-up and etc). The majority of them usually had relatively local or regional directivity, that is, influenced mainly on certain muscular group (lower limb muscles, upper limb muscles etc), but there are, as a rule, 1-2 exercises of total influence. The number of repetitions on each station was set individually depending on factors so-called maximal test or maximum of repetitions of preliminary testing on available limited number of repetitions (as training norm they took 1\2, 1\3 to 2\3 of maximal test).

Mostly the complex of circular training included technically comparatively uncomplicated and preliminary well-learned moves, essentially, from among means of general preparatory and sport auxiliary gymnastics, as well as from among weight lifting and field athletics and some others. Although the main part of these moves had acyclic structure, in the number of circular training variants they were given artificially cyclic character by solid repetitions and thereby they were dosed as to the type of cyclic work. The whole "circle" was passed by students in exercise from 1 to 3 times together or with intervals (depending on the selected method), dosing the whole time of passing, intervals of resting and the number of repetitions.

In the circular training we used a number of methodic variants meant for complex education of various physical qualities. The essential variants included the following:

- circular training of continuous exercise type (the primary directivity is for developing general endurance);
- circular training of interval exercise type with intense interval resting (the primary directivity is for developing power and high speed power endurance)
- circular training of interval exercise type with ordinary intervals of resting (the primary directivity is for developing power and speed abilities in combination with effect on other components of general physical workability)

In the circular training the switching effect (activity change) is used and creates good conditions, for manifestation of high workability and positive emotions.

The research for comparative efficiency of using various methods of organizing general physical and special training, proved the advantage of circular exercises.

Under circumstances of scholastic process by utilizing the circular training the organism of the trainee enters into complicated interactions with environment. Under the influence of external and internal environment there is an efficient purposeful influence on psyche and all systems of

organism as a whole. Moreover, direct communication and feedback are kept between the student and teacher over a period of the whole training process.

During classes of physical education circular form of organizing classes has significant importance as it enables the majority of students to exercise at a time. Individual usage of maximal quantity equipment and inventory allowed gaining knowledge independently, developing physical qualities, improving separate abilities and skills, and obtaining high workability of organism.

Senior staff considers it expedient to use fixed forms of classes to increase the efficiency and conduct them using the method of circular training by utilizing various means of physical culture for purpose of educating main and professionally important moving qualities. The base of the pedagogical experiment has the method of circular training in classes of physical education both in control and experimental group. The main distinction of the groups was utilization of program of individualization in experimental groups in classes of physical education.

The process of physical education in high school is modeled with consequence of events (separate classes) that have certain level of uncertainty. The essential factors of uncertainty are the followings:

1) in high schools existing system of semester education for which period of rapid changing the load at the end of semester, and also period of full absence of classes in vacation period are typical;

2) objectively existing uncertainty in organizing classes under the teacher's management . Its presence is conditioned by principle impossibility of comprehensive consideration of individual peculiarities taught in conditions of group work;

The organization of classes is presented as process of reducing heir uncertainties. In accordance with the above-mentioned factors we analyzed 2 levels of uncertainty marked as based and individual. The reduction of uncertainty of classes was obtained with adjusting the size the load on the base of test results.

The test results of main physical qualities did not have reliable intergroup differences at the beginning of the experiment ($P>0,05$). At the end of pedagogical experiment it turned out that differences on physical quality – power (muscles of abdominal press), endurance (2000 m run) both in control and experimental groups were statistically important ($P<0,05$). In the factor of hand strength, shoulder girdle and speed abilities (100 m run) differences of EG($P<0,05$) are statistically important.

Thereby, the mentioned hypothesis about that consideration of individual psycho-physical factors, the usage of hardware environment of registering physical load and operative regulation in the process of exercises enables to realize successfully the principle of individualization and produces positive effect on physical development and qualification of trainees; it is confirmed by the data of the research.

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