

SPECIFIC FEATURES OF VOCATIONAL AND PRACTICAL PHYSICAL TRAINING OF STUDENTS

Annotation: Vocational-practical physical training is a practical-oriented type of physical education, which takes into account both general and special diverse requirements.

Key words: physical training, physical education, practice, vocation.

The consistent reforms in the education system of our country, the realization of the young generation's mind, physical ability, talent, healthy and harmonious upbringing paved the way to the physical perfection of the owners of our country sooner. The goal is to bring our children's physical development and physical training closer to the level of developed countries of the world in this regard.

The solution of the problem is to educate a person who is formed on the basis of the national program adopted for the purpose of further improvement of the educational system of our country with the emergence of potential opportunities of society, to the extent that his strong, spiritual and physical potential is necessary, and this process is carried out gradually. Because the concept of restoration of civil society is inextricably linked with the development of the educational system, the design of new technologies and its introduction into pedagogical practice.

The wide coverage and complexity of its content implies knowledge of the laws of its implementation in the specific conditions of organization and conduct of the pedagogical process, as well as the formation of skills. From this comes the requirements of different types in relation to its preparation.

The differences between students in physical and psychological training are due to the need for vocational-practical physical training. Vocational-practical physical training means a system of physical education that provides a person with

a good level of formation and improvement of qualities and qualities that are important for a particular professional activity.

All this is definitely taken into account in the selection of physical education and sports facilities for professional and practical physical training of students.

However, the physical capacity of a person, the physiological limit of the intensity of his labor, is very sluggish and can be changed under the influence of physical education and the targeted application of sports equipment.

In order to ensure the high intensity and productivity of labor, it has been proven that physical education and sports training, which are methodically organized in the mode of rest and work, have a positive effect. Such training will increase the level of functionality, physical and emotional stability, reduce morbidity, accelerate the process of getting into work, provide the ability to maintain the optimal pace, speed and efficiency of working movements for a long time.

The above points show that in order to ensure the physical and psychological readiness of future specialists for optimal intensive work, to create conditions for successful professional education, to improve their skills, to maintain and restore the working crust during and after a busy working day, their professional and practical physical training in the period of study at a higher educational institution is

The influence of such factors, which have different manifestations of their influence on representatives of different occupational groups, is made difficult by this, because at the moment the natural physiological adaptability of a person is not able to grow beyond the accelerated pace of life and changing conditions. As a result, people experience high nervous - psychological exhaustion, fatigue, working capacity decreases, the likelihood of various diseases increases. In modern society, with the help of common social activities aimed at improving working conditions and working life, negative situations that arise can be eliminated in a specially organized manner. In order to overcome the negative consequences

associated with technical progress, pays special attention to active preventive measures.

In turn, modern production development and social Labor evolution are on the basis of a group of other factors that seriously affect the general direction of vocational-practical physical training.

Such factors can include changes in the role and functional significance of a person in the modern production process. They determine the direction of vocational-practical physical training of students in many ways. This does not reduce the overall value of individual labor productivity, although the share of Live (living) labor in relation to the total volume of production is gradually decreasing as production develops. Exactly now, due to the participation of a huge social labor mass in the production process, every lost minute of time due to a lack of reduced working capacity or preparation for action, also significantly reduces social labor productivity. The change in the structure of Labor efforts as well as the functional role of man in the process of developing production regularly exceeds the requirements for attention, reaction speed and accuracy, endurance and other qualities. It is becoming more and more difficult for a person to master complex and intense technological processes without special physical training. Therefore, the economic productivity of the current system of "science-technology-man" in many respects depends not only on the qualification of a person, but also on his physical condition and ability to work.

Another factor that affects the general direction of vocational and practical physical training of students is the validity of the law on the change and division of Labor, ignoring it can lead to an incorrect assessment of some phenomena in modern production and, consequently, to the restriction of special training of students. As a result, the necessary psychological, physical and mobility options for rapid transition or seizure from one type of professional activity to another are not provided. Such an exchange of activity dictates all-round abilities and implies the physical perfection of people.

Currently, according to the researchers, vocational and practical physical training of students for a high level of productive work in various fields of the national economy is carried out in the following main directions in higher educational institutions:

- master practical skills and skills in some sports;
- priority education of some physical and special qualities, which are very necessary for high labor productivity in a certain profession;
- acquiring practical knowledge (knowledge and skills of using physical education and sports in the mode of work and rest, taking into account changing working conditions, living conditions and age-specific features).

At the moment, the pupil knows that the body spends energy (energy) when performing physical exercises. If one does not clearly know the goal set for repeated performance to master, strengthen the activity of the movement, it is concluded that the stimulus to the educational activity is reduced, the student ceases to exercise, as a result of which the student experiences a negative attitude towards the subject or the teacher. Its prevention is achieved by the fact that it is based on the technology of the pedagogical process, the purposefulness of its management, and its tools are aimed at solving a specific task. This in turn necessitates the physical education teacher to have the necessary knowledge of the technology requirements for the educational process and the skills to apply them to practice. To this end, the program of knowledge on pedagogical technologies applicable to the process of physical education, which we recommend, implies in itself a minimum and maximum technological recommendations. It provides for the implementation of developing education in them, the broad introduction of a systematic active approach to the educational process, the formation, design of a diagnostic system, the use of new tools and information methods, starting from the smallest goals of the educational process.

It is necessary to draw up multi-factor statistical methods of vocational and practical physical training of future specialists. It will be necessary to determine the most important factors, which affects the professional work of the future

specialist, as well as the degree of interdependence of various parameters included in the model, as well as the form of attachment.

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