

THEORY AND METHODOLOGY OF TEACHING PHYSICAL EDUCATION

Kamalova Gulnora Mahamatjanovna

Department of Theory and Methodology of Physical Education and Sports

Fergana State University

Annotation. *The article examines the theory and methodology of teaching physical culture. It describes the basic principles that must be taken into account when conducting physical education classes.*

Key words: *physical education, training, methodology, principles, theories and methodologies of training, physical activity.*

Physical education is an important component of a healthy lifestyle. It helps maintain physical fitness, increase performance and strengthen the immune system. However, in order to achieve these goals, it is necessary to properly organize physical education classes.

Teaching physical education at a university is one of the ways to develop competencies for a healthy lifestyle and physical development for students. As part of this training, students gain knowledge about proper nutrition, daily routine, basic hygiene and a healthy lifestyle. They also learn how to perform exercises and activities correctly, which helps them maintain and improve their physical condition.

The methodology of teaching physical education is the doctrine of structure, logical organization, methods and means of activity. General principles of teaching physical culture, developing motor abilities, and nurturing personality traits in the process of physical exercise have been developed and described by many authors in the theory and methodology of physical education [2. P. 89]. Biology and physical education (biochemistry of sports), mathematics and physical education (analysis of speed, speed, agility), physics and physical education (for example: to gain stability on your feet, take a stance with your legs apart, which increases the area of support and lowers the center of gravity) , geography and physical culture (orienteering) [3. P. 56].

The basic principle of teaching physical culture is an individual approach. Each student has his own characteristics and needs, so it is necessary to take them into account when developing a lesson program. It is also important to consider the age and level of training of students.

Another principle is to gradually increase the load. You should not start with heavy exercises that can lead to injury. The load should gradually increase so that the body has time to adapt to new conditions.

The educational process in the field of physical education at a university is structured so that the following tasks are solved:

- formation of students' knowledge about physical culture and its role in human life;

- development of physical qualities necessary for professional activities;
- formation of skills in organizing physical education classes;
- development of leadership qualities and communication skills through participation in sports events and team games.

To achieve these goals, various teaching methods are used, such as lectures, practical classes, seminars, training and competitions. It is important that the teacher takes into account the individual characteristics of each student and creates conditions for the development of their potential.

Also an important element of training is monitoring the execution of exercises and compliance with safety rules. This will help avoid injury and ensure maximum performance.

It is important to use a variety of teaching methods. This can be both classical exercises and games, competitions and other forms of activity. This will help students not only develop physical fitness, but also improve their communication and social skills.

An important element of teaching physical culture is monitoring the execution of exercises. The teacher must ensure that the exercises are performed correctly in order to avoid injuries and achieve maximum effect from the classes.

The formation of methodological skills and abilities in students is the basis of the professional skills of a physical education teacher. These skills and abilities are combined into components of the teaching activity of a physical education teacher:

- goal setting, selection and justification of optimal learning content, forms of organizing students' activities in the classroom and methods of educational influences;
- programming goals, objectives, content of training, forms of organization and methods of implementing the educational process according to the cycles of the educational process;
- practical implementation of the educational process in physical education lessons;
- students in lessons, assessing the results of interaction;
- justification of recommendations for starting a new cycle of the educational process.

The purpose of the course, its objectives, the originality of the content, purpose, as well as materials on the experience of professional physical education institutions are implemented in the process of lectures, seminars, practical, independent classes, educational practice, and individual independent work. Lecture classes present basic scientific and theoretical information (scientific facts, concepts, patterns), elements of teaching practice experience, concepts, rules, etc. Seminar classes are designed to deepen, expand and consolidate scientific and theoretical information and other course information, as well as development cognitive, creative abilities of students, ongoing monitoring of the quality of learning material, organization of educational discussions, business games. In practical classes, individual aspects of teaching the subject "Physical Culture" are analyzed and assessed, the development of methodological skills and abilities in students, the formation of elements of didactic thinking in them, their mastery of

methods of scientific and methodological work, the use of scientific data in the practice of teaching this academic discipline. The content of independent classes consists of such types of educational activities of students as studying (note-taking, summarizing) literature, developing educational and methodological documentation for physical education teachers, heads of educational institutions, student diaries and other sources of information on the organization of the educational process (independent review and analysis of lessons using different methods, introducing students to independent physical education activities, studying the student's daily routine, teacher preparation for the lesson, etc.). "Physical culture" in the process of formation as a subject of study in a comprehensive school acquired the corresponding functions - the goal, content of education, forms of organization of the educational process and methods of its implementation, didactic processes, which, together with others, constitute the teaching methodology: teaching and learning. The methodology of teaching physical culture is based on scientific and theoretical developments of basic and related sciences: research by N. A. Bernstein - on the physiology of movement control; P.K. Anokhin - on the physiology of functional systems; P.I. Bozhovich, L.S. Vygotsky, P.Ya. Galperin, V.V. Galperin, N.F. Talyzina, A.Ts. Puni - in educational psychology; Yu.K. Babansky, V.P. Bepalko, M.A. Danilov, V.V. Kraevsky, V.S. Lednev, I.Ya. Lerner, N.D. Nikandrov - on the theory of education; V.V. Belinovich, V.K. Balsevich, L.P. Matveev, A.A. Guzhalovsky, Z.I. Kuznetsova, N.A. Lupandina, A.P. Matveev - on the theory of physical education. Conditions were created for the formation of the scientific and theoretical foundations of the subject "Physical Culture" as a carrier of a system-forming principle in the structure of the organization of physical education in educational institutions. The subject "Physical Education" - an element of the structure of the content of general education - is subject to the influence and influence of many factors that determine (determine) the education system as a whole and its individual components. At the same time, the degree of influence of various factors on each element of the structure of the content of education or the pedagogical (didactic or educational) system is different.

Thus, when teaching physical education, it is necessary to take into account the individual characteristics of students, gradually increase the load, use a variety of teaching methods and monitor the execution of exercises. This will help you achieve the maximum effect from your exercises and maintain your health for many years. In general, teaching physical education at a university is an important component of the formation of a healthy lifestyle and professional training of students. Properly organized classes will help not only maintain physical fitness, but also develop the social and leadership skills necessary for a successful career.

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