

SELECTING ATHLETES IN UNIVERSITIES METHODS OF USING MODERN TECHNOLOGIES

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The theoretical possibilities of selecting athletes in higher educational institutions, the methods of using modern technologies in the training of athletes, and the actual problems of purposeful organization and conduct of sports training are to be highlighted.

The development, popularization of physical education and sports in our country and its transformation into a nationwide movement is an important factor in strengthening the health of citizens, the harmonious upbringing of the younger generation. Therefore, in our country, special attention is paid to physical education and sports as one of the important directions of state policy. One of the important factors of the high performance of Uzbek athletes on international fields is the special emphasis on mass sports among students and youth.

Our country, which has historically managed to gain a reputation in a short period of time in the international arena, became known to the world community not only as a country dominated by ancient culture, great thinkers, scientists, poets and captains, but also as a state with tremendous success in the international sports movement. There is no continent or any major sports conference in the world, where the anthem of Uzbekistan in honor of our athletes was not sounded and our flag was not raised. Now we can safely say that our country has become a major sports State and has historically followed the path that other countries need for many years in a short period of time

As a vivid expression of this, we can give an example of the Universal achievements of Uzbek boxers at the 2016 XXXI Summer Olympics in Rio de Janeiro. To date, Sports and physical education have become an integral part of the student lifestyle. It is important to provide young people with a wide range of opportunities, conditions, to guide them in the right way, to educate them in the right way, to become a mature person in every possible way. Our youth should not only be comprehensively educated and spiritually beautiful, but also healthy, satisfied, physically energetic. To be like this, it will be necessary to pay attention to the publicity of the sports movement, develop physical education, to instill the willpower qualities of young people, to prepare young people and girls for work and defense physically. The involvement of girls in sports, the creation of the necessary conditions for their regular participation in mass sports are among the important directions of the development of sports in Mamlaka-Tim.

Consistent measures are being taken to popularize physical education and sports in higher education institutions, to create the necessary conditions and infrastructure for promoting a healthy lifestyle, especially among young people, to ensure the worthy participation of the country in international sports fields. In higher educational institutions, it is advisable to carry out selection work, identifying students in physical education classes by looking at their abilities. Physical education of students is becoming more modern day by day. Healthy lifestyle of modern youth,

The student is undergoing structural changes in the process of physical education in order to increase the level of Health and development of young people. The article examines various structural forms of Organization of the process of physical education of students in modern conditions. Consequently, it is advisable for the teachers of the Department of physical education to use different forms of training or combine them in order to effectively develop physical qualities in students. An increase in the level of functional training is also manifested by all studied students, but significant changes occur in students of the individual form of Education.

If the differences are not significant for students studying in specialty programs and modules, relevance for students of an individual form. Therefore, in terms of efficiency, the individual form of training is most suitable for increasing the level of functional training of students. The student helps young people to use modern technologies, making them more confident in themselves. Each student must independently engage in a sport selected according to the teacher's assignment, in order to master it at a higher level. Such exercises are performed taking into account the student's health. For students in the Sports Group, independent exercises remain training exercises so that they achieve high results. The remaining students must work on the curriculum. In addition to training, it is advisable if students are engaged in hygienic Gymnastics and athletic exercises. These include running, walking, and other exercises.

Hygienic gymnastics can be practiced at any time of the day, 1-2 hours after meals and 2-3 hours before bedtime. In the conditions of our country, conducting hygienic gymnastic exercises outdoors gives good results. Hygienic gymnastics when drawing up exercises, it will be necessary to determine in a clear order how long it will last and their type. Before performing gymnastic exercises, dumbbells, stones, barbell are selected depending on the strength of the participants. In this tariqa, each exercise is repeated 8-10 times. Exercises 10-15 minutes dumbbell; 8-10 minutes shock absorber; It is possible to carry out an exercise with a barbell for 8-10 minutes, lifting stones, for 5-7 minutes, and if the training is compiled in this order, it will give a good result. For better results, the number and time of such mshqs can be changed depending on the strength of the student. Depending on the purpose, the type of exercise can be changed.

Students are required to engage in 20-40 minutes each day, 1-1.5 hours after meals, depending on their preference, and 2-3 hours before bedtime, in which classes are structured in sets of 2-3.

It is recommended to do it in front of the mirror to determine if the exercises are being performed correctly. After performing a group of exercises, you can rest for 1-2 minutes. Rest should be active. Breath is released when the muscles are relaxed, the release of breath should correspond to each exercise with maximum strength. Training: it is completed with exercises such as walking, exhaling, it is recommended to relax the muscles and wipe the body with a wet towel. After training, a person should be tired and refreshed. Otherwise, as training has weighed, it can lead to fatigue and various diseases, it will be necessary for ush to reduce the number of exercises in training or slow down its speed.

In institutions of higher education — it is advisable to organize sports club training at least 6 hours a week for the selection (selection) of talented young people and the formation of a sports reserve of national teams in sports and schools of higher sports skills of the Republic, as well as participation in sports competitions

Students in higher education institutions that exercised control of individual sports they would use modern technology to increase the experience of more sports with them would kizikish aniklash shugulanish kizikish is the ambition to go

As is known, quantitative indicators of aerobic endurance are of the greatest importance for assessing a person's overall physical fitness and the level of his physical fitness. An objective indicator of human health is a multiple increase in oxygen consumption. However, this statement does not always coincide with the statement of experts that the main indicator of human health is the activity of the cardiovascular system.