

PROSPECTS OF ORGANIZATION OF PHYSICAL TRAINING OF MILITARY PERSONNEL DURING PROFESSIONAL TRAINING

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Annotation: Military servant own health over control take to go one row quality and amount from the indicators consists, in particular: of the situation good and bad, activity, mood upbeat or depression, to sleep that he is not full, whether he has an appetite, the body weight, heart of beating speed, pain types of work ability in sports achieved the results analysis do it to receive. Knowing consists of will be Physical preparation in the process military of servant's theoretical knowledge and organizational-methodical skills is formed. Physical preparation personal of content special military preparation level more to increase, spiritual and spiritual qualities to education and of divisions combative solidarity to improve factor.

Keywords: Purpose of physical education, relevance of sports, concept, session, healthy lifestyle, development.

Introduction. Physical exercises safety rules and hygienic requirements strictly compliance did without of nature wellness from the factors right and efficient used without execution necessary. Participating in sports and physical education helps people develop social skills such as teamwork, communication, leadership and cooperation. These skills are essential for success in many areas of life. Physical education and sports often require adherence to rules, adherence to a schedule, and accountability for one's actions. These experiences can instill in people a sense of discipline and responsibility. Public physical education and sport programs can be inclusive, encouraging the participation of individuals of all backgrounds, abilities and genders. It fosters a sense of community and an appreciation of diversity. It is a great opportunity to teach sportsmanship, fair play and respect for opponents. These values extend beyond the field or court and into everyday life. In sports and physical activity, people often set personal goals and work hard to achieve them. It develops perseverance, resilience and growth mindset. By introducing young people to various physical activities and sports, state physical education programs aim to create a foundation for lifelong active and healthy habits.

Materials and methods. Research shows that physical activity can positively affect cognitive function and academic performance. Community physical education, when integrated into schools, can contribute to improving educational outcomes. In general, mass physical education and sports play an important role in comprehensive development, establishing a healthy lifestyle, and building a strong, harmonious society. They contribute to physical, mental, social and emotional well-being, and have a positive effect on people of all ages and backgrounds. While some of these problems have evolved or changed since then, there are also some common problems that were common back then. In recent years, there has been an increasing trend of sedentary lifestyles, especially among young people. Increased screen time, lack of physical activity, and a shift to passive forms of entertainment have contributed to this problem. Not everyone has equal access to physical education and sports programs. Socio-economic disparities, physical disabilities and other factors can limit participation and enjoyment of sport and physical activity. In some cases, there can be too much emphasis on competition in sport, which leads to the neglect of developmental aspects and the enjoyment of physical activity. This highly competitive environment may deter some individuals from

participating. Gender imbalances persist in sport, with female athletes often facing unequal opportunities, less funding and less media coverage than their male counterparts. The effectiveness of physical education programs largely depends on the qualifications and skills of teachers. A shortage of physical education teachers can hinder the quality of education. Addressing these challenges requires a comprehensive approach involving governments, educational institutions, communities and individuals. Creating an inclusive and supportive environment in efforts to promote physical education and sports, raising awareness of the benefits of physical activity, improving access to facilities and resources, and lifelong commitment to a healthy and active lifestyle attention should be paid to promotion. Popular physical education and sports literature often talks about the health benefits of regular exercise. The literature highlights how sports and exercise can improve cardiovascular health, reduce the risk of chronic disease, and increase overall well-being. Many contemporary works emphasize the importance of inclusion and diversity in sport and physical education. The authors discuss the importance of breaking down barriers and promoting equal opportunities to participate in sports for individuals of all abilities, genders, and backgrounds. Strength of quality development heavy load and power requirement to be done deeds by means of of muscles stress level to increase factor to be physical exercises fulfillment requirement is enough for this purpose heavy load raise it transport, gymnastic shells and exercise in exercise machines demand to be done exercises perform, own weight with depends exercises perform like physical exercises is used. 1 minute during executable compound strength exercise : this exercise 1 minute during will be done. In this case, the initial " Attention " team and " Exercise to perform let's enter " performance team after giving : the first 30 seconds during - up looking lying down without , hands to the waist quoted , feet couple transmitted initial from the situation hands and feet to the tip given way bending deeds maximum a lot times is executed (at the time of the legs you don't notice to bending road is placed . Initial to the situation when he returns shovel to the ground touch condition). 30 seconds after , play "TIME". team after giving, the next 30 seconds during - hands to the ground relied on condition acceptance done and rest for a break don't do it, body extended hand bend and correction practice maximum a lot of times performed (hands, chest cage to the ground thank you until bends). This exercise is 2 minutes during will be done . In this case, the initial " Attention " team and " Exercise to perform let's enter " performance team given : first minute during - up looking lying down hands behind the head , feet couple transmitted initial from the situation elbow to the knee touched way bending deeds maximum a lot times is executed (Initial to the situation when he returns shovel to the ground touch condition); 1 minute pass , " time " performance team given , the second minute during - to the hands relied on the situation acceptance to relax for a break don't do it , body hands extended to the ground struggling lie down in the situation hand bend and correction practice maximum a lot times performed (hands , chest cage to the ground thank you until bends). Strength detection test is performed sequentially the following from exercises consists of Military servant row from the status " Exercise to perform from the " enter " command after exercise. Immediately with turn around up looking hands behind the head put lying down, knees without folding legs up lift, put your feet over your head to the ground touch and d. to h return (If tiptoe to the ground if not, practice not done that is considered Exercise 10 times is repeated. Hands behind the head put the right (left) leg with on the knee (knee to the ground for free up to) jump sit down situation acceptance make, body up jump carrying legs situation change the left (right) and d. to h return. Exercise 10 times is repeated. Above shown four exercises one times execution that the first cycle is conducted . Exercise second and next cycles initial in order done like done increase must will be This is it four exercises continuously is done quickly . If exercise perform during stops or two from the second a lot time during a break if done exercise perform will be stopped . This exercise is done to the number looking is evaluated. As technology advances, the literature often examines the impact of digital tools, wearables, and data analytics on sports training, performance analysis, and injury prevention. Sports

nutrition and fitness publications are widely available, providing information on proper nutrition, hydration, and training regimens to enhance athletic performance and recovery. Much work has focused on the importance of youth sports in promoting the long-term development of athletes. The literature emphasizes age-appropriate training, avoiding early specialization, and creating a positive and supportive environment for young athletes. Popular literature often includes discussions of sports psychology and mental training techniques such as visualization, goal setting, and stress management to help athletes perform at their best. Research in this field examines the social and cultural aspects of sport, examining topics such as the impact of sport on personality, fan behavior, and the role of sport in shaping national or regional cultures. The sports biomechanics literature examines the mechanics of human movement in sports and how this knowledge can be used to prevent injuries and optimize performance. Keeping up-to-date with the latest physical education and sport literature is essential to understanding emerging trends, research findings, and best practices. Researchers, teachers, coaches, and sports enthusiasts use popular literature as a valuable resource to improve their knowledge and contribute to the development of the field.

Concluding of the view that inclusion of physical education in the standard school curriculum to ensure regular physical activity of every student. This may include incorporating physical education into the daily schedule and emphasizing its importance alongside academics. Providing continuous professional development opportunities for physical education teachers and coaches. In training, attention should be paid to the importance of modern teaching methods, inclusiveness, promotion of a positive sports culture. By implementing these practical recommendations, communities can promote a culture of physical activity and sport, leading to healthier, more active communities and overall well-being. In short, mass physical education and sports education is a system of organized activities aimed at the physical development of a healthy, socially active and civilized person through physical education and sports.

References

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