



METHODICAL APPROACHES TO PHYSICAL EDUCATION IN THE SYSTEM OF HIGHER EDUCATION

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Annotation. *The article describes the universal attitudes of each person that affect physical health. The formation of a student's physical culture is a process of transition of the values of the content of education into the value relations of the individual. In order to substantiate the value foundations of the educational process in physical culture in higher education, it is necessary to determine the methodological approaches that can be relied on when forming the value relations of a student in physical culture.*

Key words: *physical education, physical training with psychological impact on health, warm-up.*

Introduction. Currently, scientific and theoretical approaches to improving the system of physical education of students in domestic higher education have been poorly studied [1, 3, 4]. This situation causes difficulties in determining the paths of development of theory and practice in this area. Experts have noted that the ideological aspects of science in the above-mentioned area are characterized by insufficient certainty [2, 5, 6]. In particular, the issues of implementing the principles of integrity, consistency in the formation of students' physical health, structuring of pedagogical processes are considered in general terms, there is no detail in the relevant scientific and methodological works. This negatively affects the improvement of the process of physical education of students in universities [1, 7, 9]. In the context of a qualitative transformation of all aspects of society, the

requirements for the physical fitness of young people necessary for their successful work are increasing, which has set the task of comprehensively improving the level of physical education of future specialists for higher education [8, 10, 11]. The formation of physical health and physical fitness of a person is the result of a conscious, comprehensive approach of each individual to their health [12, 13].

It is worth adding the influence of social factors that affect physical health.

At the macro level, this is the influence of the socio-economic state of the state on each person. For example, if the state is financially successful, it can promote a healthy lifestyle through the media, by providing and organizing a sufficient number of mass sports facilities (gyms, running and basketball halls, swimming pools), affordable, for the health and maintenance of the standard of living of the population [14, 17, 18].

At the micro level, this is the influence of culture and moral values on a specific physical education teacher at an educational institution or a trainer in a private gym. The health and physical fitness of students depends on each physical education teacher [15, 16, 19]. For example, a physical education teacher can be conscientious about their duties, set a goal - the physical health of their students and achieve the set goal by drawing up a competent program of classes (annually, if necessary, improving this program, since new physical training technologies appear every year).

However, not always and not everyone manages to understand the correctness of the compiled program. Some teachers offer excessive workload for their students, others replace physical exercises with writing essays, which does not solve the health problem.

It is necessary to point out the most important factor in ensuring the physical health and physical fitness of a person - psychological.

Many people do not understand the meaning of an integrated approach to their health [22, 23, 24]. A person can do physical education, but with improper nutrition, the correction of a person's physique may not get the desired result. Therefore,

without taking into account the psychological motivation for proper nutrition, any competently compiled program of physical training will not only be useless, but even harmful to health. It is dangerous to physically overload a person with excess or insufficient body weight. This can lead to both temporary discomfort and an undesirable outcome.

Thus, we support the “competency approach” aimed at developing physical education competencies in students, and the development of qualities important for the profession and life. The methodological effectiveness of the “competency” category, according to some scientists, is due to the fact that it is broader than the concept of “knowledge” and “includes not only cognitive and operational: technological components, but also motivational, ethical, social and behavioral” [25, 26, 27]. We also agree with the opinion of S.N. Klimov, who believes that the hermeneutic approach requires the teacher to be able to see the world through the eyes of the student, to put himself in his place, based on the characteristics of a dynamically changing socio-cultural reality; objectivity in relation to the personality of the student, non-introduction of subjective situational experiences, personal problems in the process of understanding the student; the ability to abstract from negative attitudes towards the personality of the person being educated, to avoid dividing young people into positive and negative participants in the educational process [28, 29]. Let us consider the experience of private entrepreneurial companies in the field of sports and health. Some specialists, having studied the psychological factor in sufficient depth, are trying to sell their individually developed physical training programs. These programs include psychological influence on a person, which consists in an accessible explanation of nutritional factors that affect physical appearance and general health. Subsequent daily monitoring of physical training and a person's diet stimulates adherence to a proper, and sometimes ascetic, diet. In combination with reasonable running physical exercise, adherence to a hygiene regimen and calorie counting, a long-term fixed effect of external and internal physical health is obtained.

Despite the positive results of most of these individual programs, they cannot be called progressive precisely because of their inadequate cost. The positive direction of these programs is accompanied by negative selfish motivations of their organizers and, as a consequence, a deterioration in the financial situation of those involved.

To solve the problem, an innovative technique was studied - the breathing practice "pranayama". It is worth considering that in the Republic of Uzbekistan there are critically few professional masters of this practice. The relevance of the "pranayama" technique is that it allows you to restore proper human breathing and saturate all the cells of the body with oxygen, and therefore energy, relieve stress, reduce blood pressure, and remove toxins from the lungs. The modern constant stressful state of a person, poor posture and an unhealthy lifestyle lead to chronic pathological breathing, poor health, and by the end of life, to the accumulation of diseases. The theory of this practice states that "earned" psychosomatic clamps of the respiratory system prevent a person from breathing deeply, as a result of which toxins accumulate in the lower part of the lungs, the excessive accumulation of which leads to a decrease in the body's immunity from bronchitis, acute respiratory viral infections and other diseases of the respiratory system.

We have also studied a means of physical activity - shaping and its types.

Modern shaping is a large selection of complex programs of varied content, but having one common goal - to "give shape" to the physique.

"Classic shaping". This direction is associated with physical activity, the purpose of which is to correct the physique. This direction is divided into two parts: body shaping (correction of flaws and bulges of the figure to the level of beauty and healthy thinness) and bodybuilding (shaping a sports trained figure with the formation of muscle mass and a six-pack).

"Shaping choreography". This direction is associated with elements of choreography, with the help of which you can improve your posture, make your gait

light, facilitate coordination of movements to a beautiful aristocratic movement. This type of shaping teaches a person to control his body.

“Shaping therapy” is a direction of therapeutic physical training for the rehabilitation of people with chronic diseases: obesity, osteochondrosis, cardiovascular diseases, etc. Due to its peculiarity, this direction is not universal, and a set of exercises is compiled by a trainer individually for each person with constant adjustments depending on the achieved intermediate results. These workouts can be effective and safe only if there is special equipment that allows monitoring, online or periodically, the parameters of a person's condition. The programs of these workouts must be agreed upon with specialists in the area of the disease, and the person himself must give prior consent to the proposed program, confirm the absence of poor health before the workout and the ability to change the training regimen depending on how he feels. This program must necessarily include a philosophical component of the classes, and the person himself must name a clear goal of the classes, which will allow, on the one hand, to exclude psychological reasons that aggravate the state of health, and on the other hand, motivate the person to achieve the goal he has indicated (weight, pressure, body type).

“Shaping-pro” is a program of physical and aesthetic improvement, including physical training, teaching the correct beautiful gait, posture, ease of movement of arms and legs. This program is usually accompanied by a philosophy of comfortable solitary life for people living alone and independent of public opinion. The program includes meditation lessons, which will further help develop extrasensory abilities. “Shaping for women” is a program that allows you to do physical exercises without sudden and dangerous movements. Usually, such programs are compiled in combination with other techniques, such as “hatha yoga”, etc. This program necessarily includes a philosophical component of the principles of life of yogis, which are based on the principle of asceticism in everything: nutrition, daily routine, philosophy of relationships with people and the World, as a result of which a person comes to a philosophical understanding that “All diseases are from nerves and an

incorrect regime of life of the body”. “Shaping Style” is a program for developing a unique style and image, developing one's own image, including clothing, hairstyle, and even makeup.

“Shaping Subtle Bodies” is a program for parallel physical and spiritual development. The program includes techniques that allow a person to reveal the abilities of clairvoyance, reading other people's thoughts, feeling one's own aura and one's seven subtle bodies.

Conclusion. The transition from the traditional disciplinary paradigm to the humanization and humanization of education in the field of physical education at a university involves the development of appropriate methodological support and the identification of value foundations of the educational process. Fulfillment of this requirement is impossible without taking into account the influence of social factors at the macro and micro levels. The psychological aspect plays a decisive role in building a model for the formation of physical health. The innovative methodological approaches to “pranayama” techniques and shaping varieties discussed in the article in combination with standardized methods will provide those involved not only with comfortable physical activity, but will also bring a psychological understanding of a healthy lifestyle.

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