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ON THE DEVELOPMENT OF PHYSICAL QUALITIES AND IMPROVING THE HEALTH OF UNIVERSITY STUDENTS

***Аннотация:** в данной статье исследованы значение и основные компоненты физического образования в школе, рекомендации по улучшению практического развития учеников с целью укрепления здоровья и повышения результатов обучения.*

***Ключевые слова:** физическая культура, физические способности, физическая подготовка, тренировка, личность, школьник.*

***Abstract:** the article examines the essence and main components of the process of physical education in high school, recommendations for improvement and practical development of students of the subject material, to promote health and improve educational performance.*

***Keywords:** physical culture, physical abilities, physical preparation, training, personality, student.*

Physical culture in the University is an integral part of training and education of skilled professionals, aims to provide a strong physical training to University students.

The most important indicators of personality physical culture are: the level of development of basic physical qualities – strength, endurance, speed, agility, flexibility; the volume of motor abilities and skills, first of all vital skills in running, jumping, throwing, swimming; hygiene skills and habits on a daily basis to take care of

your health, hardening of the body and physical fitness; follow the regime of physical activity; strong interests and motives of the individual to physical perfection [2, p. 9].

The effectiveness of physical exercise depends upon how methodically competently to hold courses, and how regularly they occur. In the process of physical training are prerequisites for professional-applied physical training. It is established that the more Mature students movements and the greater their diversity, the faster and more efficiently is learning new skills and sports, professional.

Mastering motor actions always have a substantive nature, for they aimed at solving a specific motor task (skillfully overcome jump the obstacle accurately and quickly pass the ball to a partner during a sports game, away to throw a grenade, etc.). Under the direct supervision of the teacher mastering the technique of motor actions. In this students should demonstrate awareness and growth of self-learning, especially complex technology, can lead to the formation of the wrong skills, as well as injuries [1, p. 72]. Private information about the movements is complemented by the information that receives from the concerned teacher. In view of this information, subsequent actions are corrected.

Physical knowledge of the University students can apply with great benefit for the rational organization of their studying, and in the future – at work, improve their physical development and strengthening of health, increase of sports-technical readiness, active and emotional relaxation. Each student should be able to make and execute complex morning hygienic gymnastics and to hold warm-up by yourself.

To monitor the progress of students by years of study provided the training standards and requirements. In our University, the content includes the compliance level of national preparedness Presidential complex tests. Classes for General physical training widely used types of athletics that are held outdoors. They have a beneficial effect on the cardiovascular, respiratory, muscular and other systems of the body, develop physical quality and enhance health. The sports base of the university has enough for this sports facilities.

Each of the students in the class and independently improving skills in running, remedying the shortcomings in the art. Identified deficiencies in the technique of running students in the classroom self-eliminate through a special cross-country exercises.

Sports games are characterized by the originality of running and jumping on small size platforms, the need to suddenly move from one motor action to another, to operate in the continuous time limit imposed by the degree of resistance of the enemy. Because of this improved function of internal organs and systems (metabolism, circulation, respiration, etc.). Movements become more precise, coordinated, confident. Increases muscle strength, strengthens the ligaments, a proper posture.

Various activities in the game is possible only in the presence of ability quickly to assess the situation at any given moment and to make their own decisions. For this you need to be able to allocate attention, to see the situation and remember it, to be guided and be able to analyze, therefore, as lessons involved improving abilities to the manifestation of will, courage, determination, initiative, autonomy in decision-making, and the ability to restrain negative emotions and comradely mutual assistance.

Studying sports and games, students acquire special skills and significantly increase the level of diverse physical fitness.

In the pedagogical process of physical education solved in a specific unlike other types of education objectives. This learning of different motor skills, transfer of knowledge on physical culture: aimed to improve the physical development of students, posture, and physical qualities – strength, endurance, speed, etc.

In the process of physical education also created opportunities for the formation of personal qualities. The impact on the physical sphere necessarily involves working in their mental sphere (create, volitional processes, emotions), because the human body is a unified whole.

Using the acquired knowledge and practical skills, each student must not only maintain a healthy lifestyle, but also become an active Explorer and promoter of physical culture.

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