

MONITORING OF THEORETICAL KNOWLEDGE OF HEALTH PROFESSIONALS ACCORDING TO THEIR LEVEL OF PHYSICAL FITNESS

Boltaboev Hamidullo Habibulloyevich

Doctor of Philosophy in Pedagogical Sciences, University of Business and Science

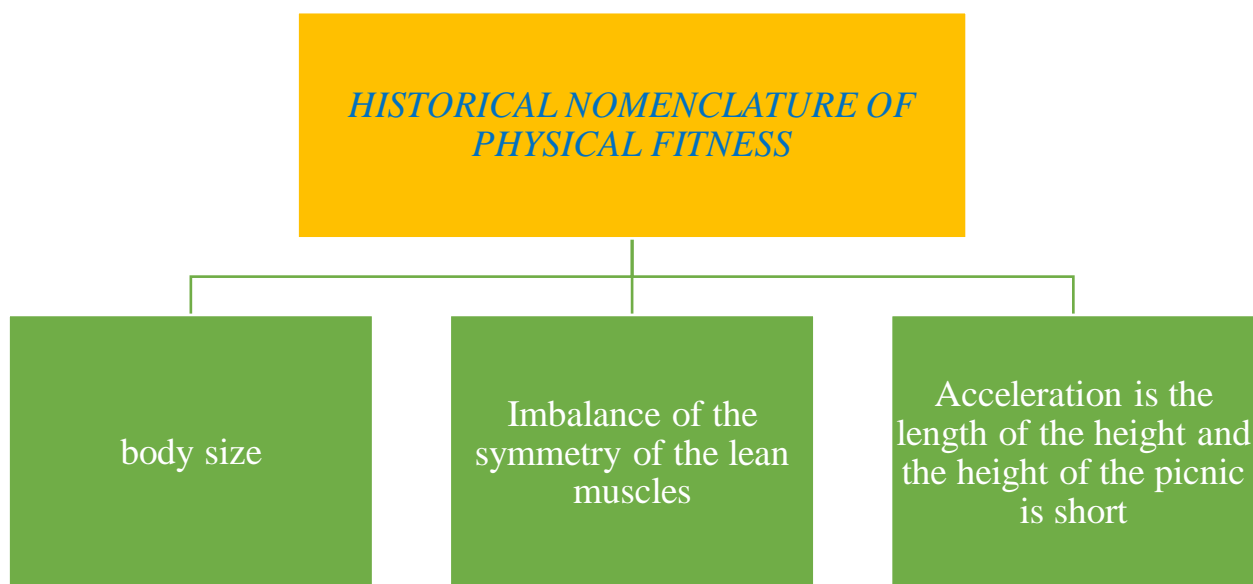
(PhD)., professor hamidullohabibulloyevich.127@gmail.com,

Annotation: The article provides theoretical knowledge related to determining the level of physical fitness and individual physical fitness from indicators of human physical status. It is intended for field specialists, future bachelors and masters, physical education teachers, sports trainers.

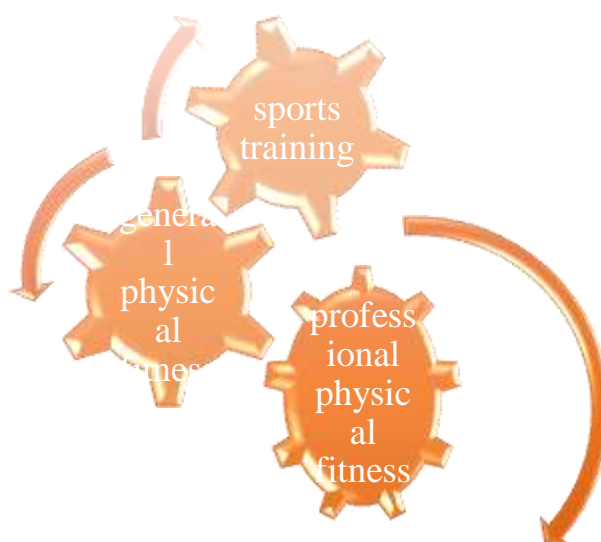
Key words: Physical status, physical fitness, level of physical fitness, physical development, physical maturity, physical maturity, physical maturity.

Kirish

The level of physical fitness of the population is in the attention of the President of our country. Knowledge related to the indicators of the level of "physical development", "physical training" in the content of the "physical status" of a member of our society, during the years of study at a general education school and a higher educational institution, and for specialists in the field, their training as professional theoretical and professional practical knowledge is recorded in the content of the physical education system of our country. Even recently, the appearance of an individual: height, "size" of the body, athleticism, fullness, "leanness", imbalance of muscle symmetry, We have witnessed that the assessment of the physical fitness of the "athlete" based on the length of the "acceleration" height and the "picnic" height, the proportion of the skeleton and muscles of the "athlete" continues to this day (Fig. 1). It is noted in the special literature that assessing the physical status of a person based on the height and other indicators we mentioned above is not a sign of physical maturity, physical maturity or physical perfection (Sh. Kh. Khankeldiev, E. Ya. Bondarevsky, A. Abdullaev, O.V. Goncharyova and others). Figure 1



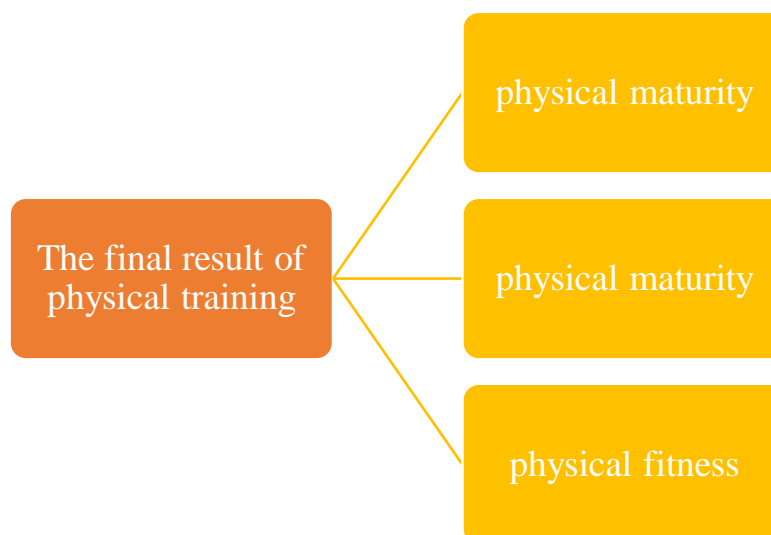
One of the main conditions for starting physical training is to improve the shape of the body. This is mainly done by developing the muscles of the body, tracking its weight (weight control), training, straightening (correcting) height control. The above is called the process of physical training. A number of authors, distinguishing between physical fitness - depending on the physical appearance of the individual's body, height, stature, body structure and other aspects, it is necessary to call people with high physical fitness. has its scientific theoretical proof. In the process of physical culture, physical education, sports, there are three main directions of physical training, which are based on the same criteria of human physical training - "general physical training", "vocational physical training", "sports training" style, will be launched (Fig. 2).



The first studies and scientific opinions on the structure of physical training were conducted by professors Ш. Х.Ханкельдиев, Е.Я.Бондаревский, and today this opinion has become the definition of physical training.

Assessment of physical fitness. For the practice of physical culture and scientific-theoretical and practical researches, in the assessment of the physical fitness of the human body, the indicators of physical fitness that are established or accepted in the form of a test are mainly used. However, in most cases the tests chosen, those who have successfully passed control exercises, functional tests, tasks face difficulties and unfairness in passing other tasks and tests. The reason is that the diversity of the level of development of the test takers is not taken into account in the standards set for the preparation, the results are advanced and the indicators of the preparation tests are wrongly defined as the same for them. Someone is tall, someone is heavy. It is natural that a tall person will not perform well in a speed test compared to a short person. We have set the same standards for them and we are evaluating them based on their performance in submission.

Therefore, in the current practice of physical training process, it is not possible to evaluate physical fitness through the standards set by submitting the standards of physical fitness. Honored Physical Culture Officer of the Russian Federation, Corresponding Member of the Academy of International Pedagogues, Professor Yu.I. Yevseev, in his definition of human health in the study guide written for students of higher educational institutions not specializing in physical culture (2008), states that high "physical fitness" is not a guarantee of health. indicated. Such opinions are expressed in other literature (Л.П.Матвеев, Б.А.Ашмарин, М.С.Абрамов, Ю.И.Евсеев, А.Абдуллаев, Ш.Ханкельдие, Ю.Юнусова). The theoretical and practical opinions in the special literature about the reasons for the decline in physical fitness, observations about its consequences, and the results of researches are also reflected in the heritage of our ancestors (Fig. 3).



Our grandfather Abu Ali Ibn Sina wrote the following in his "Laws of Medicine" about the appearance of the human body (height - height, weight loss, defects in the body skeleton, artificial withering of its muscles or hereditary obesity, etc.) and their consequences. For example, "Obesity constricts blood vessels and leads to mental exhaustion. One of the effective ways to treat it is to refrain from eating a lot and to form the habit of going to the bathroom more often.

Currently, there is a tendency to replace the concept of physical fitness with the concept of "physical fitness" or "physical maturity" (М.С.Ахматов, 2005. О.В.Гончарова,, 2005. and others). Literature and researches related to specialization during the former Soviet Union (Е.Я.Бондаревский, Ш.Х.Ханкелдиев, 1986. В.К.Бальсевич, В.А.Запорожнов, 1987 et al.), we found that the interpretation of physical training and its content is related to the demands of sports.

Trying to understand the difference between physical training and physical ability, he explained the difference as the difference between mental work and physical work, or the similarity and closeness between physical culture and other types of culture. Therefore, the concepts of physical fitness and physical ability are very close to each other and differ from each other. It is extremely rare to be able to possess all the qualities of movement or the qualities of several bodies at the same time. However, it is observed that this condition occurs more often in some of the compound adjectives. In the textbook "Healthy Lifestyle Physical Culture" (2009) written by Professor Ш.Х.Хонкельдиев, А.Абдуллаев and others for students of higher educational institutions, the concept of "physical ability" is defined as the ability to meet the

requirements of one or another human muscle activity and its effective it is defined as a set of psychological-physiological and morphological characteristics that ensure its fulfillment.

In conclusion, it is worth noting that the results of our research and analysis of their results: a) show that there are not a few people who wrongly think that people with high physical fitness have "Physical Ability"; b) always "good people", have a "prestigious" appearance, in other words, from their appearance,

The fact that "wrestlers" are not always strong, durable, and agile has a theoretical and practical basis; c) in the course of physical culture education or during sports activities, "those who, after a large dose of physically demanding activity, can continue this activity for a certain period of time without reducing the intensity of performance, have the quality of endurance" if we pay attention to the definition of "owners" (Л.П. Матвеев (1991)), it is possible to be capable of some of the qualities of action.

USED LITERATURE

1. Mirziyoyev Sh.M. Jismoniy tarbiya va ommaviy sportni rivojlantirishni 2019-2023 yillar uchun mo'ljallangan konsepsiyasi, 2020 y. 30.10. PF -6099-son va ommaviy sportni yanada rivojlantirish chora-tadbirlari to'g'risida" farmoni.
2. Abdullayev A. va boshqalar. "Sog'lom turmush tarzi jismoniy madaniyati". Farg'ona, 2009 y. 13 sahifa.
3. Тиселко А.Д. и др. «Физкультура, спорт, здоровье», Ульяновск – 1988. 19-ст
4. Abdullayev A. va boshqalar. "Sog'lom turmush tarzi jismoniy madaniyati". Farg'ona, 2009 y. 13 sahifa.
5. Сидоров А.А., Прохорова М.В., Синюхин Б. Д. Педагогика: Учебник для студентов, аспирантов, преподавателей и тренеров по дисциплине «Физическая культура». М.: Терра спорт, 2000. -272 с.
9. Boltaboyev H. The theoretical foundation of a healthy lifestyle, physical education and physical activity of pupils //european journal of research and Reflection in educational science in Voles. – 2019. – Т. 7. – n. 12.