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THE INTERRELATION OF THE BLOCK-MODULAR SYSTEM OF MOTOR FITNESS OF YOUNG MEN IN THE LESSONS OF PRE-CONSCRIPTION MILITARY EDUCATION AND PHYSICAL CULTURE

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Abstract. The results of pedagogical research aimed at the experimental substantiation of the developed and modernized block-modular training system for improving the motor training system of young men of senior classes with the interdependent participation of teachers of pre-conscription military education and physical culture are presented. Modular training contributed to the effective provision of flexibility to adapt to the individual needs of senior school age boys to the level of their basic motor training that meets the normative requirements for the physical fitness of pre-conscription youth. The use of the principle of modular training allows a teacher of pre-conscription military education and a teacher of physical education to make adjustments in the course of the educational process without violating its single target content.

Key words: block-modular system, basic motional training, pedagogical monitoring, pedagogical testing, rating of physical readiness, training influence, regional factors, physical status, pre-conscription youth, physical fitness.

Monitoring of the modern educational system of the Republic of Uzbekistan causes the need for serious physical training of pre-conscription youth students completing their studies in the school education system, which is an obligatory part of the educational process at the stage of their preparation for service in the Armed Forces. The hypothesis of the study assumed that with the mutual coordinated work of a physical education teacher and apre-conscription military education teacher, it would significantly reduce the preparation time for senior schoolchildren for military service, based on the implementation of a developed and experimentally substantiated program of directed improvement of their motor training.

At all stages of the pedagogical experiment, it is necessary to take into account the tasks set in the normative documents to improve the system of physical training of young men in the school education system:

- improvement of applied physical qualities;
- mastering special professional motor skills and abilities provided by the curriculum for physical culture and pre-conscription military education;
- strict accounting of the impact on the organism of student youth of unfavorable regional factors that significantly affect the increase in the level of physical status of

senior students(1,2,3).

The entire pedagogical process should be aimed at increasing the general physical readiness of the studied contingent, with a methodologically competent approach to building the pedagogical process aimed at consistently increasing the volume and intensity of physical activity with an accentuated training orientation of classes. Innovative approaches to planning the educational process in physical education was aimed at achieving the proper norms corresponding to the normative requirements indicated in the Manuals on physical fitness for pre-prescription youth. In the course of the pedagogical experiment on the contingent of student youth, students in the senior grades of the general education system, a block-modular training system (according to I.A. Koshbakhtiev) and experimentally tested on students of the faculty of "Pre-prescription military education") with the modernization of the means of physical education in the educational process aimed at developing general and special physical fitness in each block, taking into account the peculiarities of the pubertal period of their growing up. Scheme 1.

Modular training is a pedagogical technology based on a block-modular basis and allows students to independently work with the program proposed to him, which includes information data and methodological guidance on various professional activities(4,5,6).

The purpose of modular training is to provide flexibility to adapt to the individual needs of young people to their level of basic training. When using the principle of modular training, it becomes possible to make adjustments in the course of the educational process without violating the single target content.

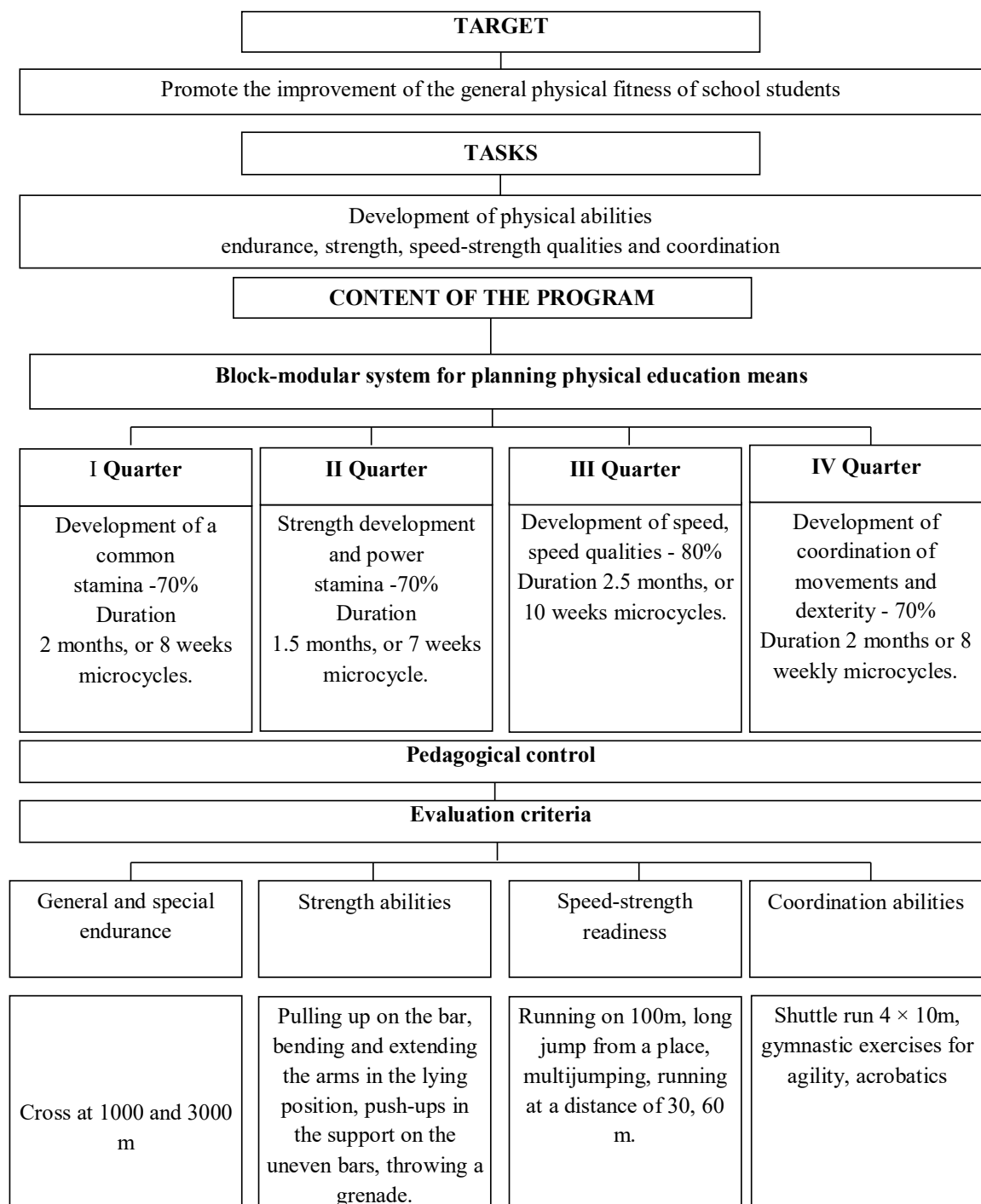
So, the section on physical fitness was divided into two double annual cycles, where in the X grade it was recommended to conduct general physical training classes aimed at increasing motor qualities as endurance and strength capabilities of young men, in the XI grade a cycle consisting of 2 blocks aimed at special physical training in order to improve coordination and speed abilities(12,13,14,15).

The construction of a modular system in the process of a pedagogical experiment was carried out according to the scheme of conjugate-sequential organization of planning of educational physical activity, where the sequence of passing the educational material corresponds to the strict order and sequence of the introduction of physical training means of senior students with a predominant focus on the development of motor abilities, taking into account the systematic increase in volume and the intensity of the load with a training effect on their body(6,7).

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Scheme 1. An experimentally based program for physical training of pre-conscription youth in the school system

Pedagogical monitoring, carried out throughout the entire training cycle of young men of senior school age in the classroom on pre-conscription military education and physical culture, with the inclusion of the developed assessment grades on the basis of a differentiated approach to assessing the general and special physical fitness of young men, identifying their rating of physical fitness and searching for innovative methods and pedagogical teaching technologies that contribute to directed motivation for practical exercises to improve the motor abilities of student youth. Training sessions on pre-conscription military education and physical culture in the senior grades of the school system are carried out in separate sections of physical training using the methods of complex conduct of classes carried out at the expense of the developed complexes of physical exercises performed with increased intensity and long duration, taking into account the impact on the body of regional factors(8,9,10,11).

The use in the educational process of methods of strictly regulated physical exercises aimed at identifying the training efficiency of their impact on the body, it was found that in grades X and XI the greatest effect was achieved with the developed and experimentally substantiated means of physical education and introduced into the learning process with a focus on improving motor abilities high efficiency was revealed during repeated pedagogical testing of physical fitness of young men. Assessment of the proper level of physical abilities of student youth on a ten-point scale when introducing various forms of conducting classes into the educational process averaged 8.27 points ($V = 9.31\%$), the use of the game method averaged 5.60 points ($V = 20, 36\%$), the competitive method 5.47 points ($V = 26.51\%$). At the same time, it was revealed that the less effective method looks like a simulation test of 4.00 points ($V = 37.50\%$) and the method of individual motor programming 3.67 points ($V = 34.06\%$).

The scientifically grounded physical training program developed and introduced into the educational process of school education, its purpose and objectives provide a methodologically competent selection of means and methods of physical improvement of high school students in quarters for the entire training cycle. Modular training helped to ensure the flexibility of adaptation to the individual needs of senior school age boys and the level of their basic motor training. It was revealed that when using the principle of modular training, it becomes possible for a teacher of pre-conscription military education and a teacher of physical culture to make adjustments in the course of the educational process without violating its single target content.

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