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**ANALYSIS OF INDICATORS OF PHYSICAL FITNESS OF YOUNG MEN
SENIOR SCHOOL AGE**

Jalilov U.J.

Teacher of Fergana State University

Abstract. The article presents the results of experimental studies of the physical fitness of senior schoolchildren of secondary schools in Fergana and their comparative analysis with the regulatory requirements of "State standards for physical education", the requirements of IPT-97 and health tests "Alpomish".

Keywords: exercise, experiment, physical preparation, normative, result, dynamics, analysis.

The relevance of the problem under study is determined by the focus on further improving the system of training senior schoolchildren for service in the Armed Forces of the Republic of Uzbekistan.

The pedagogical process in physical education is closely related to the introduction of innovative pedagogical teaching technologies based on the experience of leading school pedagogical teams that allow improving the theoretical and practical training of students for service in the Armed Forces(1,2,4,6).

The conditions for increasing the effectiveness of the process of training specialists in physical education have been created: material and technical base in secondary educational institutions equipped with modern sports equipment; compulsory 11-year general secondary education was restored; the Ministry of Innovative Development and Preschool Education was created; Center "Development Strategy" is successfully implemented in the system of educational institutions(3).

Ensuring the proper level of physical fitness of pre-conscription age boys is one of the urgent, difficult and poorly developed pedagogical problems(13,14).

Annual monitoring of the motor fitness of young students, their comparative dynamics with the results of experimental data obtained over the last decade showed that in the existing state regulatory documents there is no clear continuity, consistency and uniform requirements for their motor readiness. The lack of uniform normative requirements for the motor fitness of young men, at this level of education, significantly affects the system of their preparation for the upcoming service in the Armed Forces.

In this regard, taking into account their relevance, the results of physical fitness of 32 young men-students of X and 36 students of X1 grades of secondary schools in Fergana were generalized. (5,7,12)

The level of physical fitness of young men was carried out using a battery of identical normative exercises from health tests "Alpomish", the Manual on physical training of the Armed Forces of the Republic of Uzbekistan (IPT -97) and State standards for physical culture intended for students of the X and X1 grades of secondary schools in Fergana.

Table 1
The results of the implementation of the educational standards "State standards for physical education" X1 grade boys of secondary schools in Fergana in %

№	Control exercise	Class	Appraisal						Unsatisfactory
			excellent		good		Satisfactorily		
			Standard	Execution in%	Standard	Execution in%	Standard	Execution in%	
1	2	3	4	5	6	7	8	9	10
1	Running 100m.s.	X	14,2	$\frac{107}{65,24}$	14,5	$\frac{9}{5,49}$	15,0	$\frac{35}{21,34}$	$\frac{13}{7,93}$
2	Running 3000m.s	X	780,0	$\frac{130}{79,27}$	900,0	$\frac{31}{18,90}$	990,0	$\frac{2}{1,22}$	$\frac{1}{0,61}$
3	Long jump from a place, cm	X	460	$\frac{260}{15,85}$	420	$\frac{79}{48,17}$	370	$\frac{50}{30,49}$	$\frac{9}{5,49}$
4	Throwing grenades (m)	X	38	$\frac{31}{18,90}$	32	$\frac{55}{33,54}$	26	$\frac{60}{40,24}$	$\frac{12}{7,32}$
5	Pull-up (times)	X	12	$\frac{42}{25,61}$	10	$\frac{22}{13,41}$	8	$\frac{32}{19,52}$	$\frac{68}{41,46}$
6	Rise flip times	X	4	$\frac{13}{7,93}$	3	$\frac{24}{14,63}$	2	$\frac{31}{18,90}$	$\frac{96}{58,54}$

Analyzing the obtained preliminary experimental data on the manifestation of strength qualities and the fulfillment of the normative indicators provided for by the school curriculum for physical education, it was revealed that 25.61% of young men of the senior classes cope with the standards for an excellent assessment, 35.54% passed the standard for an assessment well, for satisfactory 40.24% and could not cope with the task 7.32% of boys. (Table 1)

Another picture is observed in the pull-up test on the crossbar, where, with 60.9% of school graduates, they could not fulfill the standards of the Alpomish health test. An even more unsightly picture in another strength exercise - lifting with a coup to close-up, which is one of the main normative exercises (NFP-97). where 77.44% of X1 grade boys did not cope with the standard task(8,9,10,11,15).

When determining the speed capabilities of young men of the studied contingent in the test provided for in the training regulations "State standards for physical education" running for 100 meters, the established standard for the assessment is excellent at 14.2 s. fulfilled 65.24%, 5.49% for the assessment, 21.34% showed a satisfactory result, and 7.93% of boys failed to fulfill the standard. (3)

In speed-strength exercises: long jump and throwing a grenade at a distance, the percentage of those who did not fulfill the Alpomish health test standards was \$ 62.11 and 63.98% among X grade students; among students in grade X1 35.98% and 47.56%, respectively. All students in the X grade and most of the students in the X1 grade met the academic standards in long jump. (four)

The normative requirements of NFP-97 were fulfilled by 23.60% of the tenth graders and 14.03% of the students of the X1 grade, and only 6 students of the X grade and 9 - X1 grades performed excellently in throwing a grenade; 20 tenth graders and 31 pupils of X1 grade threw a grenade at the "badge" standard.

In the exercise of high-speed nature - running on 100 meters, the following results were obtained: 51.55% of the pupils of the X grade and 65.24% of the X1 grade fulfilled the educational standards with "excellent". At the same time, 51.55% of the X-grade boys and 29.27% of the X1-grade boys failed to fulfill the Alpomish health test standards.

An analysis of the fulfillment by each student of all five standards (the sixth standard - lifting by a coup was not considered, because, as follows from the requirements of health tests "Alpomish." "Alpomish" health tests requirements, of which 12.42% did not cope with all the control exercises.

In the X1 grade, 47.56% of pupils could not fulfill the standards of one, two or several exercises; 1.83% did not fulfill all the norms; 12.20% fulfilled all the standards for the "badge", 56.65% fulfilled the standards at the "offset" level.

The conducted researches revealed insufficient motor readiness of young men-students of X-X1 grades, especially in exercises requiring the manifestation of strength, speed-strength qualities, which are especially important in military-physical training for successfully overcoming the obstacle course.

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