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MOTOR TRAINING OF STUDENT YOUTH IN THE PROCESS OF TRAINING IN SPECIALIZED MILITARY-TECHNICAL LYCEUMS IN CONDITIONS OF HYPERTHERMIA

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Abstract. The article provides information on determining the theoretical and practical training of students of military-technical lyceums through questionnaires, analysis of state standards of physical education for specialized military-technical academic lyceums.

Keywords: physical training, students, technology, innovative teaching, questionnaires, curriculum, research

The pedagogical process in physical education in specialized military-technical lyceums of the Republic of Uzbekistan is associated with the introduction of innovative pedagogical teaching technologies into the educational process, based on the experience of the leading pedagogical teams of the country and the experience of foreign countries, which make it possible to improve the theoretical and practical training of student youth. Modern scientific research of the system of training young people studying in such lyceums is determined by the focus on improving the process of physical education with the aim of successfully preparing them for service in the Armed Forces and further training in higher military educational institutions(1).

The reform of the education system during the years of Uzbekistan's independence required a radical revision of the content of the educational process in accordance with the urgent tasks of the country's socio-economic development, ensuring the necessary conditions that meet international standards. The own model of education, created over the years of independence, is being successfully implemented in all levels of educational institutions, where a special role is assigned to the improvement of physical culture and sports.

The study of special scientific literature has shown that there are no complex scientific studies related to the organization of physical education of students in specialized military-technical lyceums in regions with a high external temperature of the environment(2,3,4,5).

Hence, the problem of motor training of young students in the process of training in specialized military-technical lyceums is urgent and requires a significant adjustment of the program and normative documents.

The purpose of the study is to increase the efficiency of the educational process of

students of military-technical lyceums in the conditions of hyperthermia at the stage of their education and preparation for service in the Armed Forces and admission to higher military educational institutions.

Based on the goal, we set the task to determine the state of physical education, the continuity of indicators of physical development, general and special physical fitness of students of specialized military-technical lyceums of the Republic of Uzbekistan, to conduct a comparative analysis of experimental indicators by years of study and their relationship in conditions of hyperthermia.

For this, sociological studies were carried out aimed at identifying theoretical knowledge on the physical training of students of the specialized military-technical lyceum "School of Temurbeks" in the city of Fergana, located in the hot climatic zone of the republic. The results of the survey showed (Fig. 1) that 36.6% of students in the first year of study and 43.3% in the second year of study indicated general physical fitness. 20.1% of first-year students and 24.8% of second-year students could answer this question, 16.4% of first-year students and 5% of graduates could not answer this question.

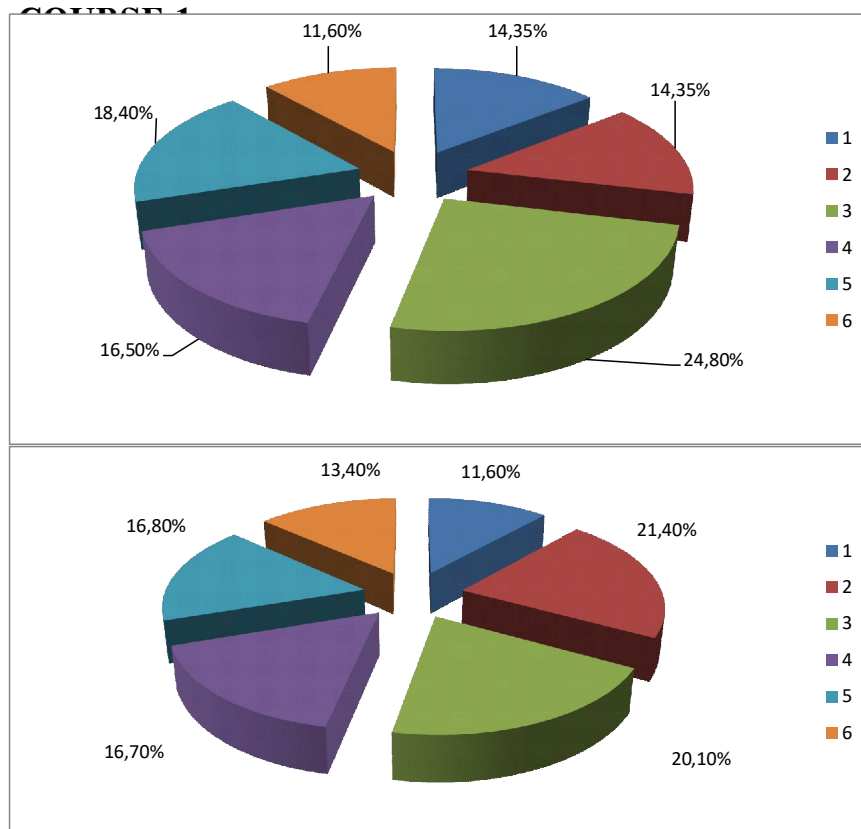
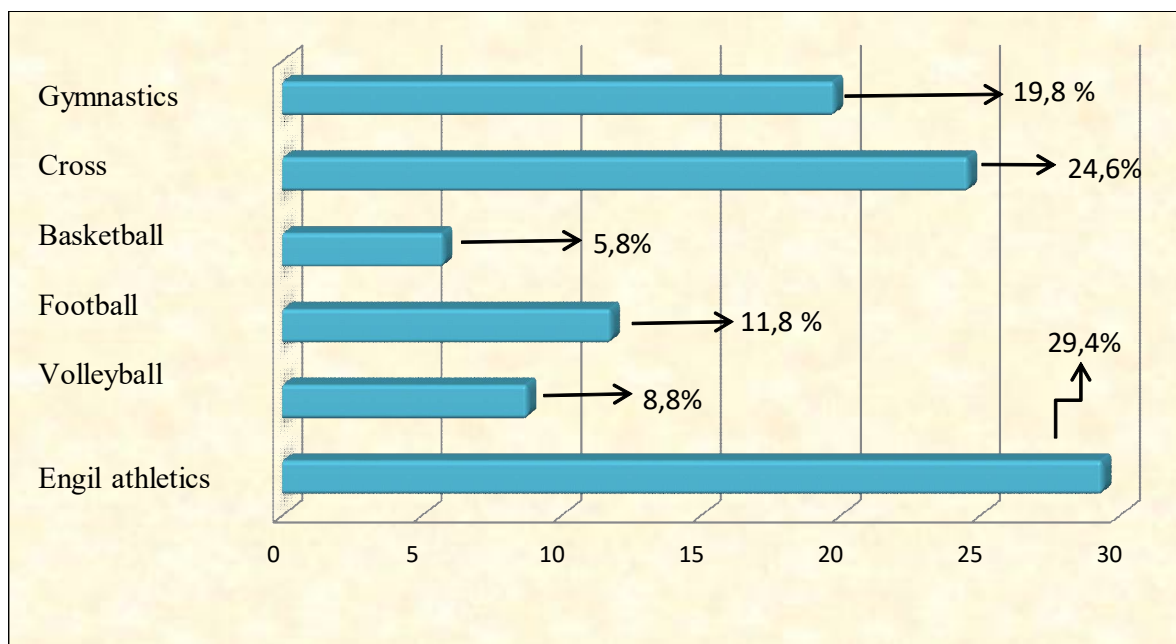


Fig. 1. The results of sociological research of students of the military-technical lyceum on the importance of applied physical training in the educational process

To the question "Remember the standards for the physical training of students of the military-technical lyceum, provided for by the curriculum," 16.7% of first-year students

and 16.5% of second-year students gave a positive answer. They know certain standards in the 1st year - 31.6% and in the second - 10%. Could not answer - 15.8% of freshmen and 5% of second-year students.

The preference of students to physical exercises with an individual orientation (8.8 ± 1.9 ; $V = 22.1\%$), using the competitive method (6.7 ± 3.3 ; $V = 43.7\%$), with elements of a training orientation ($8, 2 \pm 2.1$; $V = 26.3\%$), complexes of physical exercises for special physical training (8.1 ± 2.1 ; $V = 26.5\%$), independent studies outside the classroom ($6.6 \pm 3, 5$; $V = 50.7\%$) and classes at the place of residence (6.5 ± 2.6 ; $V = 40.6\%$) (Fig. 2).



According to the results of a questionnaire survey of students, it was found that:

- Applied physical training of students of a specialized military-technical lyceum is of current importance with the prospect of training in the system of higher military educational institutions;

- a significant part (82.7%) of students prefer the introduction of innovative teaching methods into the educational process, which will significantly increase students' interest in motor readiness with strict control of teachers for functional load tolerance(15,16).

Monitoring studies of basic physical education classes revealed that students satisfactorily cope with the requirements of the program material, and two-time basic classes per week do not provide the minimum needs to reduce the hypodynamic factor.

The experience of leading practitioners in this education system allows us to conclude that organized training sessions in physical education with a methodologically competent approach to their construction, optimal dosage of the volume and intensity of physical activity, taking into account the functional capabilities of students, can provide a satisfactory deficit of motor potential in the process conducting basic classes(6,7,8).

Analysis of the curriculum for physical education of the military-technical lyceum showed that in a two-year cycle of training, 136 hours are allocated for practical training, of which 40 hours (29.6%) are allocated for athletics, 36 hours (26.4%) for cross training, 24 hours (17.6%) for gymnastics and 36 hours for sports games, 16 hours (11.8%) for football, 12 hours (8.8%) for volleyball and 8 hours (5.8%) for basketball.

Physical exercises of a speed-strength nature are preferred by 62.7% of the first and 74.3% of second-year students, 54.1% of the first and 65.1% of the second years prefer to play sports, 49.4% of first-year students and 52, 4% of graduate students.

Anthropometric characteristics obtained during testing of the level of physical development of young men of the first year showed that the body length was 170.8 ± 6.1 cm, and in the second year there was an unreliable increase by 4.5%.

The body mass indicators of students do not significantly progress by years of study, 58.0 ± 5.67 kg in the first year and 60.8 ± 5.1 kg in the second year, with a variation of 12.1%, in the second year.

The revealed tendency for the increase in body weight among graduates closely correlates with the data on the positive impact of organized classes using modern innovative technologies in the educational process(9,10,11,17).

Conclusion. The analysis of the research results showed that in order to increase the effectiveness of applied physical fitness it is necessary:

- an increase in the volume of compulsory physical education classes up to 10 hours per week;
- conducting classes with a training orientation to improve applied motor training for the entire period of training;
- to improve the material and technical base with the installation of simulators for the development of individual motor qualities;
- to conduct scientific and practical seminars, master classes with the invitation of leading specialists of this profile;
- to more widely introduce innovative pedagogical technologies into the process of physical education, taking into account modern scientifically grounded recommendations;
- regularly hold competitions among students of the military-technical lyceum in applied physical training(12,13,14).

It is necessary to modernize the content of physical education, taking into account the innovations proposed in the training system to eliminate the influence of the hypodynamic factor with the introduction of appropriate adjustments in the educational process in conditions of hyperthermia.

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