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MONITORING THE PHYSICAL FITNESS OF GIRLS IN GRADES 8-9 OF RURAL SECONDARY SCHOOLS

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Abstract. Der Artikel stallt die Ergebnisse einer vergleichenden Stufen Analyse der korperlichen Vorbereitung von Madchen, die in den Klassen 8 bis 9 landlicher Sekundarschulen lernen vor.

Schlusselwort(er): Uberwachung, korperliche Vorbereitung, Krafttraining, Testbatterie, regionale Faktoren.

Relevance. Monitoring of special scientific and methodological literature revealed the absence of scientifically grounded indicators of physical fitness of girls studying in rural schools of the education system, which gave rise to research to study their physical fitness and the dynamics of changes by years of study. The special significance of the physical fitness of girls studying in rural schools is acquired because their involvement in active physical culture and sports is associated with certain regional climatic and geographical factors and a low level of physical culture and sports facilities, as well as a significant decrease in the daily motor activity of women. Contingent at the pubertal age stage of their development, which determines the relevance of the chosen direction of scientific research(3,4,5,6).

Purpose of the study. To determine the level of physical fitness of girls of secondary school age, students in rural schools of the education system of the Fergana region, with a comparative analysis of the results of their physical fitness with the normative requirements of state standards and health tests "Barchina".

Research methods. In order to identify the level of general and special physical readiness of girls in grades 8 - 9 throughout the period of their training, based on the normative requirements of motor tests, borrowed from the state standards for physical education and health tests "Barchina".

Research results.

Monitoring of special scientific literature revealed the absence of scientifically grounded indicators of physical fitness of girls studying in rural schools of the school system of the Fergana region, which aroused interest in studying their state and dynamics of physical fitness by years of study.

The battery of tests determining the physical fitness of rural girls included running 100 m, cross 1000 m, standing long jump, throwing a tennis ball and general flexibility.

The results obtained in the course of experimental studies were processed by the method of mathematical statistics and are presented in Table 1.

Analyzing the speed capabilities of girls studying in grades 8 - 9 of rural secondary schools, it was revealed that the distance of 100 m, students of grade 8 covered in 18.3 ± 0.24 seconds, similar unreliable ($t = 1.08$) results were recorded and for girls in grade 9 who ran 100 meters for 0.4 seconds. (2.19%) faster and averaged 17.9 ± 0.30 sec.

Comparative analysis of the results of speed capabilities obtained during the pedagogical testing among girls studying in rural schools, with the estimated gradation of motor fitness provided by the school program material on physical culture, it was revealed that 3.4% of girls met the normative requirements for grade 5, score 4 for the result it was 14.2%, and the majority of the girls studied fulfilled the normative requirements for identifying speed capabilities in them for satisfactory marks and amounted to 48.7%.

Analyzing the results of the speed capabilities of girls in grades 8-9 of a rural school, obtained during the pedagogical testing of physical qualities, it was revealed that girls in grade 8 had an average result equal to 18.3 ± 2.31 seconds, and girls in grade 9 ran the distance in $17,9 \pm 2.16$ sec. making an insignificant difference of 2.19%. ($t = 1.08$)

Evaluating the motor quality-endurance in girls of secondary school age, which characterizes the ability to perform long-term physical activity without reducing its effectiveness and assessed by indicators at a distance of 1000m. It was revealed that girls in grade 8 had a result on average of 4.37 ± 1.05 minutes, and among ninth-graders, the average result did not significantly worsen to 4.42 ± 1.1 minutes, making up a difference of 4.16% ($t = 1.36$).

Table 1.

Physical fitness indicators of girls in grades 8-9 of rural secondary schools ($x \pm \sigma$)

№	Indicators	8-class		9-class		Difference %	t
		X	σ	X	σ		
1	Running 100 m.s.	18.3	2.31	17.9	2,16	2.19	1.08
2	Running 1000 m.min	4.37	1.05	4.42	1.12	1,14	1.36
3	Long jump from a place, sm	1.66	1.56	1.70	4.03	2,36	3,62
4	Throwing a tennis ball. m.	18.6	1.34	19.1	1.67	2,62	3.8
5	Lying on your back, raising your legs to 90 degrees.	17.1	2.02	19.9	3.09	14,08	4.56
6	General flexibility, sm	+4,1	0,12	+4,2	0,17	2,39	1,61

S.R. Uraimov., S.I. Allamuratov and G.N. Ernazarov., studying the physical capabilities of applicants, indicated that an important type of speed-strength abilities is "explosive" strength, where the ability to large values of strength abilities in the shortest time is manifested and is of significant length. (2,7,8)

countryside, according to the results of pedagogical testing as long jumps from a place where, along with significant strength, a significant speed of movement is required, it was found that girls in grade 8 had an average result of $1,66 \pm 2.5$ m, and among girls of the 9th grade, the result tended to an insignificant improvement by 4 cm (2.36%), which, in our opinion, indicates a decrease in the attention of physical education teachers to this motor quality in the process of conducting basic light lessons athletics(12,13,14).

Throwing a tennis ball among girls in grades 8-9 of rural secondary schools is a mandatory main special test task and is present in school program and normative documents provided for passing in the first quarter at athletics lessons.

Analysis of the test results in throwing a tennis ball revealed the fact that girls of the 8th grade, on average, threw the ball at 18.6 ± 1.34 m, and schoolgirls of the 9th grade showed an average result of 19.1 ± 1.67 m, which is the difference in the increase in the result by 3.62% ($t = 1.36$).

The results of testing the general flexibility, determined in the test, the forward bend, it was revealed that all girls had a result exceeding + 4 cm, which indicates a positive factor of changes and in the course of physical culture lessons in the "gymnastics" section, higher perfection can be achieved(10,11).

The analysis of the results of the studies of the physical fitness of girls in grades 8-9 students in a rural secondary school gives grounds to assert that the level of physical fitness of the studied female contingent of rural schools is at a low satisfactory level and requires significant corrections in the educational process on physical culture with a comparison of the normative base school programs on physical culture with the requirements of health tests "Barchina", taking into account the introduction of innovative pedagogical teaching technologies into the educational process.(1,9,15)

Conclusions. The level of physical fitness of girls in grades 8-9 studying in rural educational institutions is at a low satisfactory level, with the exception of indicators of general flexibility and speed-strength abilities.

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