



Technology of Harmonious Organization of Psychological and Physical Training of Students-Wrestlers

Erimbetov Bayrambay Karlibaevich,

PhD, associate Prof. of

Karakalpak State University Head of the Department of theory and methodology of Physical Culture

ABSTRACT

This article deals with the organization of psychological and physical training of student wrestlers. Proposals and recommendations on the harmonious organization of psychological and physical training have also been developed

ARTICLE INFO

Received: 8th October 2022

Revised: 8th November 2022

Accepted: 13th December 2022

KEY WORDS:

student, wrestling,
technique, psychological,
physical, harmony,
balance, integration,
workload, training,
continuity, system,
education, science,
technology.

The physical health of the members of society contributes to the development of its development, the well-being of the population, the enlightenment and spirituality, increasing the state power codification. The teaching of Physical Culture, which is a component of the training and education system, is of particular importance in ensuring the comprehensive perfection and activity of the members of society. Taking this into consideration, special attention is paid to improving the physical culture of the population in our country. In this regard, the Decree of the President of the Republic of Uzbekistan dated on January 24, 2020 PF-5924 "On measures to further improvement and popularization of Physical Culture and sports in the Republic of Uzbekistan", Decree dated on November 4, 2020 №PP-4881 "On measures to develop and increase the international prestige of the national sport of wrestling", Resolution №259 on May 25, 2022 "On measures for the popularization and development of ethnosport types", Resolution PP-4877 on November 3, 2020 "On measures to improve the training system and increase scientific potential in the field of Physical training and sports", Resolution №PP-414 on November 3, 2022 "On measures to train personnel in the field of Physical training and sports and further improve the system of scientific research" and the adoption of other regulatory documents are evidence of attention to Physical training and sports. The main goal is upbringing a comprehensively mature and physically healthy person with a high spiritual in the country, the establishment of priorities aimed at gaining skills and knowledge in the field of Physical training and sports, the introduction of innovative forms and methods in the selection process of honored athletes. At all spheres of the training system lies the issue of popularizing physical culture by increasing sports facilities, improving the organization and conduct of various sports competitions on a regular basis

among pupils and students. This in itself indicates that the legal basis for improving the physical culture of the training system is developing.

In our country, as in all spheres, in Physical Culture, ideas based on a democratic approach and universal human resources were previously absorbed. The training system plays an important role in the integration of physical culture into the standard of living. Especially in this regard, it is necessary to pay special attention to the teaching of physical training and sports to students of higher educational institutions.

Specialists (L.P.Matveev, P.D.Neverchuk, R.Abdumalikov, X.Rafiev, T.S.Usmankhujaev, A.Abdullaev V.B.) by physical culture in students of higher education institutions carried out research aimed at the development of Physical Culture.

We also focused our research on the development of physical training and sports among students of higher educational institutions.

The purpose of physical training is to form physical maturity from childhood, strengthen health, and increase working capacity. So it is necessary to treat physical culture as an integral component of this system and regularly improve it. All the spheres of the education system can be viewed as a separate treatment of Physical Culture and ensure its continuity, achieving the goal pursued in training. In this regard, it is necessary to pay special attention to the physical culture of Primary school pupils and constantly enrich the developed countries with modern requirements based on experiences. This indicates the need to study the processes of organizing the educational and physical training of students of the direction of Physical Culture in higher educational institutions on the basis of modern methods. That is why, wishing to achieve high results in wrestling sports, it will be necessary to pay special attention to the organization of work on the development of the training of qualified specialists, while introducing the achievements of science into the system.

It is especially effective according to the level of sports activity of students of the direction of Physical Culture in higher educational institutions, as well as to build a material and technical base for sports and rely on modern methods of organizing their training and physical training.

In this process, in order to further develop the national sport wrestling, the student will analyze the physical fitness of the wrestlers, develop their psychological training through the study, develop measures aimed at improving the training of experienced personnel.

№	Criteria	Harmonization mechanism	Application process: special experience/training
1	Excitement	The emergence of excitement, its impact on the state of athletes, as well as the methods of overcoming it are explained	Experience and test work of overcoming excitement will be organized during test sessions and preparatory competitions
2	Physical activity and competition process involvement	Harmonization of physical activity and the competition process, in which attention is paid to the formation of skills and abilities to adapt to the competition process	Experience and test work on the formation of skills and abilities to adapt to the competition process will be organized
3	Formation of the worldview of student-wrestlers	Student-wrestlers are informed about the factors that try to change the results of the competition by influencing their mental state in the process of the competition	Student-wrestlers are given scientifically based instructions on the consequences of influencing the mental state of the athlete in the process of the competition, restoring the mental state by overcoming the athlete himself

Figure 1. Criteria for combining psychological and physical fitness of student wrestlers.

As criteria for harmonizing the psychological and physical fitness of student wrestlers, it is considered necessary to focus on excitement, involvement of physical training and the competition process, and the formation of the student-wrestlers worldview (fig. 1)

Analyzing the competition processes in general, it is obvious that wrestlers need to harmonize physical training and the competition process among themselves.

Based on the above-mentioned opinions and the results of the study conducted, the following conclusions can be made:

First of all, the current state of education of Uzbekistan determines the feasibility of revising the functional task of Physical training and sports in the education of the student's personality. In this regard, it is necessary to identify requirements based on the updated content of Physical training and sports work in universities, aimed at solving new problems on the effective management of student sports training;

Secondly, Physical training as an educational sphere expands its tasks and functions, it becomes an important part of the culture of modern society and prepares students not only for physical, but also for social activities. Therefore, in the management of Physical training and sports practice, it is important to use a rich source of modern pedagogical technologies that not only serve to develop the student's physical qualities and motor skills, but also ensure the effective formation of his worldview, a system of values, a stimulating sphere and self-organization;

Thirdly, a brief analysis of various aspects of the development of student sports showed that at the present stage, the system of its management has created the necessary conditions for the further development of Physical training and sports activities at the Higher institutions. However, for the effective development of student sports, it is necessary to develop measures for the development of the structural-systematic and functional structure of the management system.

List of used literature:

1. Law of the Republic of Uzbekistan of September 4, 2015 "On Physical training and sports"(new edition)".- B.29.
2. Resolution of the President of the Republic of Uzbekistan №3306 on October 2 2017 "On measures for the further development of the national sport "wrestling"
3. Decree of the President of the Republic of Uzbekistan dated November 4, 2020 PQ-4881 "On measures to develop a national sport of wrestling and further increase its international prestige."
4. Decree of the President of the Republic of Uzbekistan dated May 25, 2022 №259 PP "On measures for the popularization and development of Ethnosport types".
5. Decree of the President of the Republic of Uzbekistan dated November 3, 2020 №4877 PP-487 "On measures to improve the system of training personnel in the field of Physical training and sports and increase scientific potential".
6. Decree of the President of the Republic of Uzbekistan dated November 3, 2022 №PP-414 "On measures to train personnel in the field of Physical training and sports and further improve the system of scientific research."
7. Abdiev A.N. Scientific and pedagogical foundations for the formation of professional skills of a coach in students specializing in martial arts/PED. science. dock. ... dis. - T.: UzDJTI publishing house, 2004. - 210 b.
8. Makarenko S.I. Handbook of scientific terms and designations.-St. Petersburg: Science-intensive technologies, 2019. - 254 p
9. Zheleznyak Yu.D., Petrov P.K. Fundamentals of scientific and methodological activity in physical culture and sports. – M., 2014.
10. Platonov V.N. Motor qualities and physical training of athletes. – M., 2022.