IQRO JURNALI / 2023
GUVOHNOMA № 060680
E-ISSN : 2181-4341

VOL–2 ISSUE–1
https://wordlyknowledge.uz/

STANDARDS FOR CORRECT ORGANIZATION OF INDEPENDENT EDUCATION OF PHYSICAL CULTURE EDUCATION STUDENTS

Bobokulov Chori Urolovich

Lecturer at the Termiz State University
E-mail:Boboqulovchori0@gamil.com

Eshkobilov Elmurod Menglimurod's Son
Lecturer at the Termiz State University
E-mail:eshqobilovelmurod25@gmail.com

Anatisation: In this article, the author comments on the work being carried out to improve pedagogical opportunities for organizing independent education of students of higher education institutions, and the shortcomings in these works are the current problem.

Key words. Independent education, planning, mastering, method, physical load, competition, agenda, improvement, training, pedagogue, standard.

As stated in the decision of the Cabinet of Ministers dated December 31, 2020 No. 824 on the procedure for introducing the credit-module system into the educational process in higher education institutions: the study load is all types of educational activities by the student — the number of hours required to achieve the expected educational results based on the implementation of a lecture, practical training, seminar, laboratory work, course project (work), practice and independent work was shown separately.

In the credit-module system, 1 credit is equivalent to an average of 25-30 academic hours of study. That is, in order for a student to collect the appropriate credits in a particular subject, it is necessary to master a certain amount of educational load. The study load is divided into 40-50% classroom hours, 50-60% independent working hours in the bachelor's degree, 30%-40% classroom hours, 60-70% independent working hours in the master's degree.

It can be seen from this that more than half of the total educational hours are occupied by independent education hours.

In the current competitive environment, the changes occurring in the process of education and professional training require the development of the concept of self-education.

Independent education is - a student's ability to research, study, and perform practical exercises independently in a certain subject, and he plans these activities together with a pedagogical worker and a trainer. Also, the student performs it in accordance with the goals and tasks he has set for himself, on the basis of the instructions developed with the methodical recommendations of the pedagogue without his direct participation.

The new education system considers the interests of the individual to be the priority, adequate to the modern trends of social development. If the previous concepts were intended for the signs of learning such as knowledge, skills, social education, then the symbols of a new view of education - competence, individual creativity, independent search for knowledge and its improvement are the needs of today and the future. .

The importance of independent work is increasing among the established forms and methods of teaching. Teaching practice confirms that the knowledge obtained only through independent work makes a graduate a specialist who can think effectively, solve professional problems creatively, and confidently defend his position.

The formation of the internal need for self-learning becomes both a requirement of the time and a condition for the realization of personal potential. A person's ability to live up to his claim to a high position in society depends entirely on his individual participation in the process of independent assimilation of new knowledge.

Therefore, one of the goals of professional training of a specialist is to provide students with fundamental knowledge, based on which they should learn independently in the direction they need.

Independent work of students is one of the effective means of developing and activating students' creative activity. It can be considered as the main reserve for improving the quality of training of specialists. The methodological basis of independent work of students is that the educational goals are focused on the formation of skills for solving typical and non-standard tasks, that is, on real situations in which students must demonstrate their knowledge. a proactive approach. a certain discipline.

The essence of independent education is defined in didactics as the ability of a person to obtain information from various sources without external help. No image can be formed in a person without independent cognitive actions. The greatest success in education is achieved when the student focuses on independently performing preselected intellectual operations.

The main goal of students' independent work is to increase the professional training of specialists aimed at forming a system of fundamental and professional knowledge, skills and qualifications that can be applied practically and independently in practice.

In the process of organizing students' independent work, the teacher solves the following tasks:

- deepening and expanding students' professional knowledge and forming their interest in educational and educational activities;
- teaching students to master the techniques of the cognitive process;
- development of their independence, activity, responsibility;
- development of cognitive abilities of future specialists.

Different tools play an important role in the student's independent learning of science.

They are methods of organizing independent education, working conditions, physical exercises, sports equipment, daily routine, work techniques, hygienic factors, healing forces of nature, etc.

We can distinguish the following types of organization of independent education of students in the teaching of physical culture:

- Listening to lectures, participating in seminars, active participation in practical training;
- Work together with teaching staff in developing topics for lectures, seminars, and practical training;
- Working with literature and visual aids;
- Preparation of essays and term papers;
- Preparation for modular control and tests;
- Fulfilling age test norms and improving it;
- Participation in various sports competitions;

Each of these types requires students to work hard on their own. The student should develop a plan in advance for independent preparation with physical education and literature reading. Therefore, they should reveal the mechanisms of physical training, organization of physical loads, ways to improve performance, as well as nutrition, rest, etc. The daily schedule plays an important role in the optimal organization of the life and activities of full-time students. The daily schedule of these activities is recommended by the trainer and teaching staff.

First-year students must adapt to independent study work. Therefore, first-year students should adapt to living and working conditions at the university. For this, targeted pedagogical support of scientific and pedagogical staff is necessary. First of all, it is necessary to improve work

with students with low physical, mental and psychological indicators.

Independent education involves directing students to active ways of acquiring knowledge, developing students' creative abilities and physical qualities, and moving from innovative education to individualized education, taking into account the needs and capabilities of the individual. It's not just about increasing the number of hours for independent study. Strengthening the role of independent education of students means a fundamental revision of the organization of the educational process at the university, it should be built in such a way as to develop the ability to acquire knowledge, to form the student's ability to self-develop and creatively apply.

Today, planning of independent education of students of physical culture, organizational forms and methods, system of monitoring results is one of the weakest points in the practice of higher education, and pedagogical theory, especially in relation to modern educational and methodical education, is lacking. is one of the studied problems. It is necessary and necessary for us to improve pedagogical opportunities that will help to activate the activities of students aimed at performing independent education. We can describe them as follows:

- If the student knows the usefulness of his independent education. If the student knows that the results of his work will be used in lectures, methodical instruction, practical training, preparation of independent work or in other ways, then the attitude towards completing the task will change significantly for the better. and the quality of work will increase. At the same time, it is important to form the student physically, to show him how necessary the work is. This includes analyzing the results of athletes and coaches who recorded high results.

- Participation in sports competitions, Olympiads in academic subjects, competitions in scientific research or practical work, etc.

- Use of motivational factors to control knowledge (summary grades, rating, tests, non-standard exam procedures, awarding of actives). These factors, under certain conditions, can create a desire for competitiveness, which in itself is a strong motivational factor for student self-improvement.

-Incentives (scholarships, bonuses, incentive points) for the success of students in studies and creative activities and sanctions for poor studies. For example, you can give an increased mark for a work submitted before the due date, otherwise you can reduce it.

- Approaching the work from the constant to the new, i.e. moving from the traditional to the non-traditional.

In the process of independent work, the student can use various forms of studying the material:

Mastering the theoretical material of the studied subject;

Practical strengthening of knowledge on theoretical material using the necessary tools (solving problems, performing exercises.);

Application of acquired knowledge and practical skills to analyze the situation and develop the right solution (preparation for group discussion, work prepared in the framework of sports games, analysis of practical approach to a specific situation, development of projects, etc.) ;

Forming the student's understanding of the studied topic in the process of learning. He can compare various practical and theoretical works, create an idea about the trend of development, the relation of the work to be done, connect these works with his ideas.

The ability to apply learned ideas, if necessary, model them according to their context and find the most suitable solutions.

Learning as personal development is a way of learning in which the learner understands himself as a part of the world in

which he is learning and in which he operates. In this case, it is assumed that the student changes his context, develops his own theories and models.

A number of conditions must be met for the effectiveness of students' independent work:

-The right combination of audience and independent work volumes;

- Methodologically correct organization of the student's work in and outside the class;

- To provide the student with the necessary methodological materials in order to turn independent work into a creative process;

- Organization of independent work control requires the teacher to follow a number of methodological recommendations.

- Strong educational work and, first of all, the motivating factor of independent education is the personality of the teacher. A teacher can be an example to a student as a professional and creative person. The teacher can and should help in revealing the physical abilities of the student, in determining the prospects of his internal growth.

Independent work fulfills the tasks of all types of educational work. Any knowledge that is not strengthened by independent activity cannot become a real property of a person. In addition, independent work has an educational value: it forms independence not only as a set of skills and abilities, but also as a characteristic that plays an important role in the personality of a modern highly qualified specialist.

In short, the important thing about these aspects is that not only the result is discussed, but also the decision-making process that led to this result. Knowledge of the effectiveness of decision-making methods and their implementation will help to combine optimal decision-making methods and activities for an independent entity. Therefore, any type of training that creates conditions for independent thinking and cognitive activity of the student is related to independent education. In a broad sense, independent education should be understood as the sum of all independent activities of students both in the classroom and outside, in contact with the teacher and in his absence.

References:

1. Хамдамов, Ш. Ж. (2022). БАРҚАРОР ИҚТИСОДИЙ РИВОЖЛАНИШНИНГ НАЗАРИЙ ЖИҲАТЛАРИ. *Экономика и образование*, *23*(Maxsus_son), 19-24.
2. Khamdamov, S. J., Akramova, D., Kuranbaeva, S., Shamsieva, U., Musaeva, Y., & Kalandarova, S. (2022). *The role of vascular factors in Parkinson's disease and vascular parkinsonism* (Doctoral dissertation, Prague/Czech Republic).
3. Ҳамдамов, Ш. Ж. (2021). ЎЗБЕКИСТОНДА ИНТЕНСИВ ИҚТИСОДИЙ ЎСИШ ОМИЛЛАРИНИНГ ЎЗАРО САЛМОҒИНИ АНИҚЛАШ. *Экономика и образование*, (5), 84-88.
4. Matmurodov, R., Khalimova, K., & Abdukodirov, E. (2019). Cardiovascular disorders in parkinsonism depending on the form of the disease. *Journal of the Neurological Sciences*, *405*, 198-199.
5. Rakhimbaeva, G. S., & Akramova, D. T. (2020). Role of Increasing Levels of The Hormone Cortisol in Cognitive Impairment in Parkinson's Disease: Vascular Parkinsonism. *European Journal of Molecular & Clinical Medicine*, *7*(6).
6. Akramova, D. (2017). Dependence of the indicators of cognitive potential of p300 to the forms of epilepsy. *Journal of the Neurological Sciences*, *381*, 333.
7. Khamdamov, S. J., Akramova, D., Kuranbaeva, S., Shamsieva, U., Musaeva, Y., & Kalandarova, S. (2022). *The role of vascular factors in Parkinson's disease and vascular*

parkinsonism (Doctoral dissertation, Prague/Czech Republic).
8. Matmurodov, R., Khalimova, K., & Abdukodirov, E. (2019). Cardiovascular disorders in parkinsonism depending on the form of the disease. *Journal of the Neurological Sciences*, *405*, 198-199.
9. Akramova, D., Rakhimbayeva, G., & Narzikulova, M. (2018, January). Clinical research-lipid spectrum of blood serum at ischemic stroke against the methabolic syndrome. In *CEREBROVASCULAR DISEASES* (Vol. 45, pp. 376-376). ALLSCHWILERSTRASSE 10, CH-4009 BASEL, SWITZERLAND: KARGER.
10. Халимова, Х. М., Рашидова, Н. С., & Холмуратова, Б. Н. (2021). ГЕНДЕРНАЯ ХАРАКТЕРИСТИКА И ОСОБЕННОСТИ ТЕЧЕНИЯ ПЕРВИЧНЫХ ГОЛОВНЫХ БОЛЕЙ. *ЖУРНАЛ БИОМЕДИЦИНЫ И ПРАКТИКИ*, *6*(1).
11. Rashidova, N., Khalimova, K., Rakhimbaeva, G., & Holmuratova, B. (2018, December). Comparative Characteristic of Glial Fibrillary Acidic Protein in Women with Genuine and Idiopathic Epilepsy. In *EPILEPSIA* (Vol. 59, pp. S88-S89). 111 RIVER ST, HOBOKEN 07030-5774, NJ USA: WILEY.
12. Халимова, Х. М., Рашидова, Н. С., & Холмуратова, Б. Н. (2021). ГЕНДЕРНАЯ ХАРАКТЕРИСТИКА И ОСОБЕННОСТИ ТЕЧЕНИЯ ПЕРВИЧНЫХ ГОЛОВНЫХ БОЛЕЙ. *ЖУРНАЛ БИОМЕДИЦИНЫ И ПРАКТИКИ*, *6*(1).
13. Халимова, Х. М., Рашидова, Н. С., & Холмуратова, Б. Н. (2021). ГЕНДЕРНАЯ ХАРАКТЕРИСТИКА И ОСОБЕННОСТИ ТЕЧЕНИЯ ПЕРВИЧНЫХ ГОЛОВНЫХ БОЛЕЙ. *ЖУРНАЛ БИОМЕДИЦИНЫ И ПРАКТИКИ*, *6*(1).
14. Муродов, М. М., & Чулиев, Л. Э. (2021, October). Турли Объектлар Асосида, Яъни Пахта Тозалаш Корхоналарининг Толали Чиқиндилари Ва Павлония Ҳамда Банан Целлюлозаларидан Е-466 Олиш Технологияси Ва Унинг Физик-Кимёвий, Механик-Структуравий Хоссалари. In *" ONLINE-CONFERENCES" PLATFORM* (pp. 316-320).
15. Murodov, M. M., Yusupova, N. F., Urabjanova, S. I., Turdibaeva, N., & Siddikov, M. A. (2021). Obtaining a Pac From the Cellulose of Plants of Sunflower, Safflower and Waste From the Textile Industry. *European Journal of Humanities and Educational Advancements*, *2*(1), 13-15.
16. Xolmatov, B. X. (2023). MARKAZIY OSIYODA “XALQ DIPLOMATIYASI” NING RIVOJLANISH TENDENSIYALARI. *Oriental renaissance: Innovative, educational, natural and social sciences*, *3*(1), 865-874.
17. Samadov, A. U., Nosirov, N. I., & Umirzoqov, A. A. (2022). OVERVIEW OF THE CONCEPTS OF GOLD RECOVERY FROM STALE TAILINGS OF A GOLD RECOVERY PLANT. *BARQARORLIK VA YETAKCHI TADQIQOTLAR ONLAYN ILMIY JURNALI*, *2*(1), 3-8.
18. Nasirov, U., Umirzoqov, A., & Fathiddinov, A. (2021). ANALYSIS OF THE MODERN DEVELOPMENT OF MINING AND PROCESSING COMPLEXES IN UZBEKISTAN. *Збірник наукових праць ΛΌГОΣ*.
19. Usmanovich, S. A., Ikhtiyorovich, N. N., & Abdurashidovich, U. A. (2022). Processing of Layout Tails of Gold-Extracting Plants. *Central Asian Journal of Theoretical and Applied Science*, *3*(1), 7-13.
20. Murodov, M. M., Yusupova, N. F., Urabjanova, S. I., Turdibaeva, N., & Siddikov, M. A. (2021). Obtaining a Pac From the Cellulose of Plants of

Sunflower, Safflower and Waste From the Textile Industry. *European Journal of Humanities and Educational Advancements*, *2*(1), 13-15.

21. Муродов, М. М., & Чулиев, Л. Э. (2021, October). Турли Объектлар Асосида, Яъни Пахта Тозалаш Корхоналарининг Толали Чиқиндилари Ва Павлония Ҳамда Банан Целлюлозаларидан Е-466 Олиш Технологияси Ва Унинг Физик-Кимёвий, Механик-Структуравий Хоссалари. In *" ONLINE-CONFERENCES" PLATFORM* (pp. 316-320).