



INDEPENDENT TRAINING OF PHYSICAL CULTURE STUDENTS AND ITS ORGANIZATION

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Received: September 10 th 2024	In this article, the author comments on the work being done to improve pedagogical opportunities for organizing independent education of students of higher education institutions, and the shortcomings in this work are the current problem.
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Independent education is a student's ability to research, study, and perform practical exercises independently on a certain subject, and he plans these actions together with a pedagogical worker and a trainer. Also, the student performs it without his direct participation, based on the instructions developed with methodical recommendations of the pedagogue in accordance with the goals and tasks he has set for himself.

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.

Various 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

needed here. First of all, it is necessary to improve work with students with low physical, mental and psychological indicators.

Independent education implies directing students to active ways of acquiring knowledge, developing creative abilities and physical qualities of students, 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, organizational forms and methods of independent education of physical culture students, the system of monitoring results is one of the weakest points in higher education practice, and pedagogical theory, especially in comparison with 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 assignment 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 put an increased mark for a work submitted before the deadline, otherwise you can reduce it.

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

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.

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