



## **PROFESSIONAL-APPLIED PHYSICAL STUDENT TRAINING**

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<b>Received:</b> 28 <sup>th</sup> January 2022 <b>Accepted:</b> 28 <sup>th</sup> February 2022 <b>Published:</b> 17 <sup>th</sup> April 2022	The article deals with the problems of professionally applied physical training in the system of teaching students in higher educational institutions, the means of professionally applied physical training, as well as their organization and conduct are given.

**Keywords:** Professional-applied physical training, education, student..

In the conditions of scientific and technological progress, the problem of the correlation between the means of physical culture and educational activity of students acquires an important economic significance, which consists in the use of physical education to prepare for specific professional work and increase its productivity. In this regard, professional-applied physical training is of particular importance in the system of physical education of students.

Professional-applied physical training (PAPT) is a specially directed and selective use of physical culture means to prepare for a certain professional activity. The goal of PAPT is psychophysical readiness for successful professional activity.

The specific tasks of the PAPT students are determined by the characteristics of their future professional activities and are to:

- to form the necessary applied knowledge;
- to master applied skills and abilities;
- educate applied physical qualities.

Applied knowledge is directly related to future professional activities that students receive in physical education classes. Knowledge about the patterns of achieving and maintaining high professional performance in labor activity is of great practical importance.

Applied skills and abilities provide quick mastery of the necessary labor operations, safety at home and when performing certain types of work.

Applied physical qualities is a list of physical qualities necessary for each professional group, which can be formed while practicing various sports.

It is possible to form special qualities in the process of PAPT not only with the help of specially selected exercises, but also with regular classes in appropriate (applied) sports in each case. It should be borne in mind the features of the so-called non-specific adaptation of a person. It has been established that a well-trained and physically developed person acclimatizes faster in a new area, more easily tolerates the effects of low and high temperatures, is more resistant to various infections, penetrating radiation, etc.

When solving specific tasks of professional-applied physical training of future specialists, one should pay attention to the fact that such training is carried out in close connection with general physical training, which is the basis of physical education at a university. At the same time, only general physical training cannot fully solve the problems of special training for a particular profession.

Professional-applied physical training should be based on good general physical fitness of students. The ratio of general and vocational training may vary depending on the profession. For representatives of the humanitarian professions, good general physical fitness is quite enough for psychophysical readiness for a future profession. In other cases (legal, technical specialties, etc.), general physical training cannot provide the necessary level of readiness for professional work. Here, special and voluminous professionally applied physical training is required in all respects, which often needs independent training of students.

During the educational process, the level of preparedness of students in the section of professional and applied physical training is controlled by special standards. Usually these standards differ for students of different faculties and differ depending on the semester and course of study.

The organization of PAPT students in universities involves the use of specialized training during and outside of school hours. For this purpose, specialized training groups for PAPT can be organized in the main educational department, and training groups for applied sports can be organized in the sports department. Students studying in a special department master those elements of PAPT that are available to them for health reasons.

The PAPT of students in the classroom is carried out mainly in a practical form.

PAPT during extracurricular time is necessary for students who have insufficient general and special psychophysical preparedness.

Forms of PAPT during extracurricular time are as follows:

- sectional classes at the university in applied sports outside the university;
- Amateur classes in applied sports outside the university;
- self-study;
- competitions in applied sports.

One of the forms of PAPT is mass physical culture and health and sports events.

The selection of PAPT means is carried out taking into account the peculiarities of the educational process at each faculty and the specifics of the future professional activity of students.

Students' PAPT funds are classified as follows:

- Applied physical exercises and individual elements of various sports;
- applied sports;
- healing forces of nature and hygiene factors;
- Auxiliary tools that ensure the quality of the educational process in the section PAPT.

The main means of PAPT students is physical exercise. When selecting them, it should be taken into account that their psychophysiological effect corresponds to the physical qualities being formed.

Intense mental activity of students in the learning process, combined with insufficient physical activity, leads to a decrease in general and mental performance and health.

The level of mental performance, of course, depends on the state of health and general performance, and the ability of a person to perform mental or physical work for a long time is determined by endurance, which is determined primarily by the functions of the cardiovascular and respiratory systems. An important factor determining the improvement of the cardiovascular and respiratory systems of a young student's body is the optimal combination of mental stress and various means of physical culture.

Of the numerous physical exercises, cyclic exercises such as running, walking, hiking, and swimming should be considered the most appropriate and affordable for use. Mobile and sports games are effective, which are characterized by many cyclic and acyclic movements and high emotionality.

A skillful combination of cyclic exercises with sports games gives positive changes not only in the development of endurance, but also in other physical qualities (speed, agility, strength, flexibility).

With an accentuated education of physical qualities in the content of training sessions, the volume of special exercises that develop one or more qualities usually increases, and appropriate educational standards are established. Such a selection of exercises and elements from individual sports is carried out empirically according to the principle of matching their characteristics with professional qualities and motor skills. To do this, first, a so-called professionogram is compiled, and then, on its basis, a sportogram (a set of exercises and a set of sports corresponding to a particular profession).

Each sport contributes to the improvement of certain physical and mental qualities. And if these qualities, abilities and skills, mastered in the course of sports improvement, coincide with professional ones, then such sports are considered professionally applied.

Elements of competitiveness, associated with increased physical and mental stress, make it possible to widely use sports in the process of professionally applied physical training of students. However, applied sports are not the only way to solve the whole range of PAPT issues for students due to insufficient selectivity and incomplete coverage of the tasks of this preparation of a future specialist for any particular profession.

The healing forces of nature and hygienic factors are mandatory means of PAPT students, especially for the development of special applied qualities that ensure productive work in various geographic and climatic conditions. With the help of specially organized classes, it is possible to achieve an increased resistance of the body to cold, heat, solar radiation, and sharp fluctuations in air temperature. The content of such classes is related to teaching methods of hardening the body and performing hygiene measures, as well as measures to accelerate the recovery processes in the body (special water procedures, various baths, etc.).

Auxiliary means of PAPT, which ensure its effectiveness, are various simulators, special technical devices and devices that can be used to simulate certain conditions and the nature of future professional work.

It is necessary to distinguish between simulators used in physical education classes and professional simulators. The principal purpose of the former is that with their help the functional foundations are laid, the range of motor skills is expanded, contributing to the rapid mastery of professional actions, skills and ability. In professional simulators, it is precisely professional actions and skills that are processed in light or complicated conditions, and this is no longer the task of the department of physical education, but of the graduating departments of the educational institution.

The organization of PAPT students in higher educational institutions involves the use of specialized training in academic and free time. The organization of PAPT in the classroom is determined by the work program for the academic discipline "Physical Culture and Sport", which is compiled by physical education teachers on the basis of the curriculum for higher educational institutions. The work program reflects the features of the future profession of students of each faculty and takes into account the material and technical capabilities of a particular university.

For extended psychophysical training with a professional orientation, specialized training groups for PAPT can be organized in the main educational department, and training groups for applied sports can be organized in the sports department.

Students studying in a special educational department master those elements of professionally applied physical training that are available to them for health reasons.

PAPT during extracurricular time is necessary for students who have insufficient general and special psychophysical preparedness. Forms of PAPT in free time:

sectional classes at the university in applied sports under the guidance of a teacher-trainer;

amateur classes in applied sports in various sports groups outside the university;

independent studies of students (self-fulfillment by students of the tasks of a teacher of physical education).

One of the forms of PAPT is mass recreational physical culture and sports events (intrauniversity competitions between study groups, courses, faculties).

### CONCLUSION

Most researchers indicate that high efficiency in the education of professionally applied physical qualities can be achieved with the help of a wide variety of means of physical culture and sports. At the same time, the special applied exercises used in the process of PAPT are the same ordinary physical exercises, but selected and organized in full accordance with its tasks.

At present, there is no special classification of physical exercises, focused on the tasks of the PAPT of specialists from various professional groups, therefore, in each individual case, this issue should be resolved independently.

However, when selecting the means of physical education for the purposes of PAPT, it makes sense to carry out their more differentiated grouping, which will allow more directed and selective use of these means in the process of physical education of students.

Such groups of means of PAPT students can be considered: applied physical exercises and individual elements from various sports; applied sports; healing forces of nature and hygiene factors; auxiliary means that ensure the rationalization of the educational process in the section PAPT.

Applied physical exercises, and individual elements from various sports, in combination with other exercises, can provide the education of the necessary applied physical and special qualities, as well as the development of applied skills and abilities.

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