

PEDAGOGICAL AND PSYCHOLOGICAL APPROACH OF YOUNG ATHLETES ENGAGED IN ATHLETICS

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Annotation: In this article, by studying and improving the individual psychological characteristics of athletes involved in athletics, self-control of young athletes in any conditions, physical and mental activity, positive qualities in the character of athletes, in order to achieve a certain sports performance. It is revealed to create a state of productive mental and physical activity.

Keywords. Sport, exercise, physical education, football, physical training, training, qualities, loading, program, competition, tests, pedagogical control

The activity of a physical culture teacher is based on solving the following tasks: forming a system of knowledge about physical culture and vital movement skills and abilities; develop individual motor skills and increase the level of physical fitness of students; education of value orientations for the physical development of a person; formation of the need for regular physical exercise and a chosen type of sport; education of moral and voluntary qualities; develop interpersonal communication skills.

In physical culture lessons, we form the following competencies: the main ones (formation of the will to win); general cultural; social (sports games as a means of developing social competence); educational and cognitive; personal; information; communicative; self-discipline; competent attitude to one's health; subject: fitness-adaptive, organizational (agenda), motor-conditioning, motor-practical, sports-entertainment. Manifestation of basic competencies in the educational process of physical culture: Basic competencies Social significance Personal significance General cultural Knowing the cultural-historical foundations of physical culture, understanding the role of physical culture in forming the ability to achieve comprehensive maturity. physical and spiritual development, healthy lifestyle; maintaining health and high performance; preparation for labor and homeland defense. determine the importance of systematic physical education in strengthening health, increasing the level of physical fitness and preventing diseases; systematic physical education and development of interest and habits in sports. Manifestation of basic competencies in the educational process of

physical culture: Basic competencies Social significance Personal significance Educational and cognitive Knowing the basics of physical development and education in order to form a spiritually rich and physically healthy person.

Acquisition of necessary knowledge for physical education and sports; know the basics of personal and public hygiene; to gain knowledge about the rules of regulating physical activity in the context of morning exercises, regular sports. Manifestation of basic competencies in the educational process of physical culture: Basic competencies Social importance Personal importance Communicative Having various types of information; the ability to conduct a discussion on the development of sports and physical education; develop their position on these issues. The ability to analyze and evaluate the activities of friends, classmates; the ability to make recommendations on independent physical education based on modern physical culture and wellness technologies. Manifestation of basic competencies in the educational process of physical culture: Basic competencies Social significance Personal significance Social The benefits of physical exercise for improving human health, work capacity and life expectancy, as well as understanding the role of physical exercise. in the prevention of occupational diseases, in the fight against production injuries. Ability to use physical culture tools to prepare for professional activities; to have modern requirements for the scientific organization of work and leisure.

Manifestation of basic competencies in the educational process in the field of physical culture: Basic competencies Social significance Personal significance Possessing techniques of personal self-awareness; personal and life self-determination. To have methods of personal self-expression and self-development; the ability to control the physical condition of the body. The basis of the activity program of the physical culture teacher on the formation of the basic competencies of students is the educational standard of secondary (full) general education in physical culture, in which the level of preparation of high school graduates the main requirements are indicated. the student should have the following competencies: in the field of health and rehabilitation, movement activity, self-control and individual physical development. Development of communicative competence is carried out in all classes of physical culture. Communicative ability.

These include: knowledge of required languages; ways of communicating with people and events around and far away; teamwork skills; having different social roles in the community. A student should be able to introduce himself, write a letter, write a questionnaire, write an application, ask questions, lead a discussion, etc. The activity of the physical education teacher in the formation of the main competencies of students: Formed competencies Physical education goals Physical education tools, skills and knowledge provide individual health

diseases. Complexes of medical physical culture. First aid for injuries. Determination of individual characteristics of physical development and training. Understanding the importance of a healthy lifestyle, prevention of bad habits through physical culture.

The activities of the physical education teacher in the formation of the main competencies of students: Formed competencies Physical education goals Physical education tools, skills and knowledge that ensure personal health Competence in social, health and rehabilitation activities Learning modern health technologies improvement of the system of physical education. Professionally used physical exercise complexes. The simplest methods of autogenic training and relaxation to reduce fatigue and increase productivity. Knowing the characteristics of a person's physical activity, factors of positive impact of physical exercises on health and formation of a healthy lifestyle. The activities of the physical education teacher in the formation of the main competencies of the students: Formed competencies Physical education goals Physical education, skills and knowledge are a means of ensuring individual health, physical development and taking into account the individual characteristics of physical development, education in motor activities and cognitive competence. medical indications to enrich the motor experience with professional practical exercises aimed at preparing for the future life.

General and practical physical education. Having methods of motor activity. The ability to perform test tasks that determine the individual level of physical fitness. The activity of the physical education teacher in the formation of the main competencies of the students: Formed competencies Physical education goals Physical education tools, skills and knowledge to master the general cultural, personal knowledge system that ensures the health of the person, their role and physical education. importance in forming a healthy lifestyle and social direction. Knowing the characteristics of individual health, physical development, the possibilities of their correction through physical exercises; to have a method of organizing individual forms of physical exercises; the ability to perform a set of individual exercises, apply the acquired knowledge and skills in practical activities.

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