

## **ACTUAL PROBLEMS OF IMPROVING THE PHYSICAL FITNESS OF STUDENTS**

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### **ABSTRACT**

*The majority of problems in the physical fitness of students have psychological focus. Incorrect motivational base and repetitive physical training of young people cause even greater reluctance to attend educational training sessions. In higher education institutions development and improvement of basic physical qualities of the student, as well as the health of young people, is a priority for teachers of physical culture.*

**KEYWORDS:** *Physical Training, Physical Qualities, Student's Sport, PT At The University.*

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### **INTRODUCTION**

#### **Relevance of the Topic**

The general patterns of functioning of physical education, reflecting the nature of its interaction with the environment, can be formulated as follows: physical training, being a subsystem of society, is formed and changed under the influence of general cultural, material and social conditions of society. The analysis of research works in this direction allowed us to conclude that the issues of increasing the effectiveness of physical education of young people in recent years have not lost their relevance, as evidenced by a significant number of dissertations and scientific publications.

The purpose of this study is to identify and study actual problems in the physical training of students.

At the beginning of the 21st century, the socio-technogenic development of society has become increasingly characterized by the dynamic progress of social, but at the same time, the decrease in the natural physical and mental qualities of a person. The very complexity of technological processes, mechanization, automation, computerization of labor, the presence in the environment of production waste harmful to the human body, sometimes imperfect organization of labor, negatively affecting the state of the worker, the level of his working capacity, leads to psycho-emotional overload, a reduction in motor activity and the emergence of general somatic and occupational diseases.

Modern physical education allows you to influence the personality in many ways. At the same time, many socially significant results of physical education are currently only partially achieved. All this testifies to the problem of physical fitness of students. It should be noted that the physical condition and health of the population of any country is the most important criterion for its well-being. It is this criterion that underlies the preservation and reproduction of human potential in the interests of the national security of the state. At the same time, in the new conditions of the country's development, the social significance of physical activity in society increases, and its role

in the formation of a healthy lifestyle increases. It has been established that physical activity of moderate and high intensity directly and indirectly contributes to the preservation and promotion of health. At the same time, about 25-35% of young people in the country are regularly engaged in physical activity, while in the economically developed countries of the world this figure is 40-60%. A decrease in the level of physical activity of students with a simultaneous increase in neuro-emotional stress leads to a deterioration in health.

In studies conducted by research centers, it is noted that only 10% of applicants assigned to the main health group enter the first year each year. At the present stage of development of the Uzbek state, one of the main tasks of physical education is to improve the physical health of the nation, and especially the younger generation. The death rate in Uzbekistan in 2020 increased by 13.5% compared to the previous year, follows from the report of the State Committee on Statistics on the demographic situation in the country.

Last year, 175.6 thousand deaths were registered, the mortality rate was 5.1 ppm (per 1,000 population), an increase of 0.5 ppm compared to 2019 (4.6 ppm).

Of the total number of deaths, 60% were due to diseases of the circulatory system (in 2019 - 60.3%), neoplasms - 8% (10%), respiratory diseases - 7.2% (5.5%), diseases of the digestive system - 4.4% (4.2%), accidents - 4.4% (6.3%), poisoning and injuries, infectious and parasitic diseases - 4.4% (1.4%) and other diseases - 11, 6% (12.3%).

This crisis is characterized by an aging population and a decrease in life expectancy. That is why the problem of developing a sustainable social policy to introduce young people to a healthy lifestyle is becoming more and more urgent and acute.

The discipline "Physical education" in the framework of higher education contributes to the improvement of the student's physical fitness, provides motivational, functional and motor readiness for the chosen professional activity, which is carried out by means of general and specific laws, principles and rules for this profession.

Based on this, the tasks of physical education in universities are: the development of physical qualities and abilities, the improvement of the functional capabilities of the body, the strengthening of individual health, the formation of sustainable motives and needs in respect for one's own health, ensuring the preservation and strengthening of physical and mental health, the development of a system of knowledge about physical culture lessons, their role and importance in the formation of a healthy lifestyle, improving the level of physical development, physical and functional fitness of students. And the final result is the formation of a high level of students' health culture.

The basis of physical fitness is systematically

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