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DEVELOPING THE PHYSICAL PERFORMANCE OF STUDENT GIRLS THROUGH PHYSICAL EDUCATION AND SPORTS

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In our country, social issues - a strong and healthy family, a prosperous and comfortable life, a healthy mother and a healthy child, and the most priority issues related to them are becoming the content of our lives. The role of women in this is extremely high.

In the words of the President of Uzbekistan, "... we must not forget to alleviate the burden of women, our sisters, who are both the beauty and the light of the family" ("Qishloq hayoti" newspaper, December 8, 2011). By the way, many practical measures are being implemented in the Republican Women's Committee and its branches, in makhallas, educational institutions, the "Family Scientific and Practical Center" and other state agencies, public and sports organizations to strengthen women's health and their activities in the family and labor processes. The study of these socio-educational and cultural activities, the popularization of exemplary activities are considered one of the important problems of the present time.

The focus of the research work on this area is an indication of the relevance of the topic. The main goal of the research is to study the processes of educating the physical fitness and well-being of schoolchildren and female students based on their vocational education. To achieve this goal, the following tasks were carried out, namely:

1. To study ways to cultivate the physical well-being of female students.
2. To analyze the interest, attention, and beliefs of female students in physical education and sports.
3. Develop recommendations on ways for female students to regularly engage in physical education and sports.

The Universiade competitions are increasingly deeply embedded in the lives of female students, and by cultivating their physical well-being, expanding their interest in building a healthy and strong family, they are directing them towards becoming healthy mothers. However, it is worth noting that some shortcomings persist, namely: especially our national characteristics, such as shyness and shyness, negatively affect girls' participation in sports; - there is a lack of teachers from local ethnic groups in classes; - there is a lack of sports sections in sports that female students like; - the level of preparation for sports competitions based on the Universiade program is insufficient; - there is a lack of sports facilities in dormitories and no health-improving activities are organized.

In order to end the negative processes described above, heads of educational institutions, responsible and specialized personnel should increase their responsibilities in fulfilling their duties. In these processes, it is necessary for physical education departments, sports clubs to pay more attention to the physical education of a harmonious generation, professional practical physical education and attracting talented youth to sports, especially government agencies, and the Regulations of the "Talaba" sports association to conduct physical education and sports events at the required level for women of local ethnic groups.