HSR (LONDON),
HOUGHTON STREET REVIEW JOURNAL
ISSN: 2058-5519|Impact factor-15.9
http://houghtonstreetreview.com/index.php/hsr

DEVELOPING STUDENTS' PHYSICAL QUALITIES THROUGH VOLLEYBALL

Yo‘ldoshova Gulsanam Tuxtamurod qizi
Student of the "Physical Culture" specialization,
Chirchiq State Pedagogical University
yoldoshovagulsanam995@gmail.com
Doi: https://doi.org/10.5281/zenodo.21821059

Annotation: This article contains information about acmeological principles and methods of developing the physical qualities of students through volleyball.

Keywords: trend, method, volleyball, exercise, physical education, student, development, exercise, result, quality.

He studies the scientific-theoretical and methodical foundations of physical education separately, that is, didactics. It focuses on principles and methods in the educational process. Didactic principles and methods standardize the successful and effective result of the acmeological improvement of the physical qualities of students in volleyball training, the extent to which the educational process is implemented according to the rules of the law, i.e. didactic requirements for education. In physical education, the principles apply as social requirements for the educational process, rules to be observed in the organization and management of education. Decree No. PF-5313 of the President of the Republic of Uzbekistan dated January 25, 2018 "On measures to fundamentally improve the system of general, secondary special and vocational education" is aimed at ensuring the integration of educational content, fundamentally improving the educational process, and developing young people in an all-round way the tasks of organizing the pedagogical system based on new pedagogical forms and methods are set. Acmeology, as a science, plays a didactic role in studying and determining the factors that determine the completeness, breadth, time of emergence of productivity, etc. It controls the mechanisms and results of macro-, meso- and micro-societies (community, group, etc.), the natural environment and the process of human development, develops certain tactics and strategies that contribute to human self-awareness, and provides ways of implementation.

Based on the acmeological approach, the use of physical exercises of the volleyball sport in the development of the physical qualities of schoolchildren is formed after seeing the physical exercise and technical-tactical actions are connected with each other, after seeing the actions performed in a natural way in the students. This requires the development of acmeological principles in the development of physical qualities of students in volleyball training, as well as the development of the procedure for using acmeological methods in educational practice.

In fact, the psychological approach is important in improving the physical abilities of students, and it has its own characteristics as an aspect of their improvement in different processes.

Physical training is divided into general and special physical training. General physical fitness is one of the important tasks of sports training, focused on ensuring full physical development and all-round physical fitness of the participants. General physical training is a process aimed at improving necessary life skills and developing basic physical qualities. The goal is to create a general physical fitness base, which is the foundation of special physical training.

In the present period, the implementation of the projects of modernization of the educational process is one of the priority tasks, and it requires a creative approach to the selection and composition of the objectives of the development of the student's capabilities by introducing different approaches

HSR (LONDON),
HOUGHTON STREET REVIEW JOURNAL
ISSN: 2058-5519|Impact factor-15.9
http://houghtonstreetreview.com/index.php/hsr

to the field of physical education. Based on the acmeological approach to this task, students can improve their physical qualities through volleyball.

The main task of the science of acmeology is to provide a person, who is a subject of conscious activity, with knowledge, practical skills, skills, and technologies that depend on the full disclosure and practical demonstration of his creative potential in various activity processes, in particular, within the framework of his chosen profession and specialty. Psychological training of schoolchildren is the most urgent issue.

"Psychology" refers to the science that studies the mind and character. Therefore, it is more accurate to use the phrase "psychological preparation" instead of the phrase "psychological preparation".

It is necessary to fulfill several important conditions for raising physical fitness to a high level.

Conditions for the formation of acmeology of physical training through the sport of volleyball in physical education lessons and extracurricular activities:

- correct organization of time;
- formation of an active movement position;
- correct use of techniques and tactics;
- teaching quick thinking and foreseeing the situation;
- development of a system of specialized regular exercises;
- accurate determination of the levels of exercise contagiousness depending on age;

The acmeological approach is characterized by the justification of ways to reach the highest level. For this:

- the mechanism of the theoretical and practical work process on the formation of the physical qualities of the datlabki in terms of development dynamics and level of formation through mobile games suitable for volleyball will be improved;
- the formation of requirements, conditions and factors that allow for progressive development and, first of all, the professionalism of a person and the development of the activity of certain labor subjects, a system of changing the quality of young volleyball players will be developed;

Four groups of acmeological principles are distinguished in the field of physical education:

- general principles of acme-oriented physical education;
- principles of optimizing the formation and development of students' physical qualities in volleyball training;
- the principles of acmeological selection of the content of training aimed at the development of physical qualities within volleyball training;
- the principles of step-by-step improvement of acmeological verification in volleyball training.

In general, the methods are shown in visual aids, pictures, drawings, models, especially slow-motion films, documentaries, educational films, video, multi-video, etc. Their use increases the educational and educational potential of the process of understanding physical qualities in volleyball training by students imitating technical movements.

The great practical importance of the results of acmeological conclusions is that they represent information about the conditions under which a person was brought to the peak of intellectual, physical and spiritual activity.

USED LITERATURE

1. A.K. Utepbergenov, J.M. Shukurllayev; “Muscle power and speed-power physiologikal basic of qualities” Turkish journal of Physiotherapy and Rehabilitation. (Scopus) 2021. 32/3. Б 28766-28777

HSR (LONDON),
HOUGHTON STREET REVIEW JOURNAL
ISSN: 2058-5519|Impact factor-15.9
http://houghtonstreetreview.com/index.php/hsr

2. J.M. Shukurllayev **“**Voleybol sport turi vositasida maktab o‘quvchilarida jismoniy sifatlarni rivojlantirishda akmeologik yondashuvning didaktik imkoniyatlari**”** Халқ таълими. 2021 й 5-сон. Б 28-30.
3. Ж.М.Шукурллаев “7-14 ёшли мактаб ўқувчиларини волейбол спорт турига танлаб олишнинг методик хусусиятлари Муғаллим ҳем узликсиз билимлендириў» 2-сон. 2019 йил. Некис.ш. Б.153-156.
4. Ж.М. Шукурллаев. “Волейбол спорт тури воситасида мактаб ўқувчиларида жисмоний сифатларни ривожлантиришда акмеологик ёндашув дидактикаси” Беларуссия INNOVATIVE RESEARCH IN SCIENCE. International scientific-online conference. 2022 йил. 1(14) Б 10-12 https://doi.org/10.5281/zenodo.7107991.
5. Ж.М. Шукурллаев. “Волейбол машғулотлари воситасида ўқувчилар жисмоний сифатларини такомиллаштиришнинг дидактик имкониятлари”. Международная конференция академических наук. 2022 йил. 1(28), Б 47–49. https://doi.org/10.5281/zenodo.7107982