Spectrum Journal of Innovation, Reforms and Development
Volume 37, March 2025 | ISSN (E): 2751-1731
WEBSITE: WWW.SJIRD.JOURNALSPARK.ORG

FEATURES OF PROFESSIONAL AND PRACTICAL PHYSICAL TRAINING OF VOCATIONAL SCHOOL STUDENTS

Khasanov Akhadjon Tursinovich
Department of Physical Education Theory of Fergana State University
Associate Professor Doctor of Philosophy in Pedagogical Sciences (PhD)
ORCID ID 0000-0001-9376-3303

Abstract
The article describes the specialized practical nature of professional and practical physical training conducted in vocational schools, associated with the field of labor and military activity, and proves the need for serious scientific development of a professional curriculum in this regard.

Keywords: Physical qualities, training, state standard, pedagogical testing, tool, method, exercise, professional activity.

Introduction

In recent years, the issue of further developing physical education and sports in our country, improving the health of the population, and attracting young students to regular physical exercise has become one of the most priority tasks. These issues were also discussed by our President at the videoconference meeting on February 13, 2025, noting that not only sports, but also proper nutrition are of great importance in promoting a healthy lifestyle among the population. According to studies, 44% of our population is not physically active and 36% do not follow the rules of proper nutrition. Last year the coverage of youth in mass sports competitions reached 10 million. For example, out of 150 thousand young people who won the district stage in last year's season of the "Five Initiatives Olympics", only 15% were selected for sports schools.

It was emphasized that now mass physical activity events will be held in neighborhoods every week and that people with disabilities will be widely involved in them. Therefore, the nationwide movement “Healthy person - healthy nation” will be launched. The authorities were instructed to involve every family in the promotion of healthy eating and physical activity.

These ideas create the need to further revitalize physical education and sports at all levels of continuing education. It is known that after graduating from school, most students continue their physical education in vocational schools. It is known that physical education in these educational institutions has a specialized practical nature associated with the labor sphere and military activity. This requires a scientific approach to the physical education of students in these schools.

Literature Analysis

Professional-practical physical training reflects the correspondence of physical training to the requirements of the profession, a significantly diverse structure of physical activity and represents a pedagogical process aimed at ensuring special physical training for the chosen professional

activity. An analysis of scientific and scientific-methodical literature showed that in the works of S.A. Polievsky, L.P. Matveyev, V.I. Izaak it is recognized that professional-practical physical training in educational institutions is one of the areas of physical education. G.A. Degtyarenko, T.S. Razikov, R.A. Khamrakulov, J.A. Akramov, O.Kh. Abdalimov, S.A. Gaiduk, A.V. Naydin, N.S. Fazleyev, A.G. Shabanov, B.V. Shilokin, S.O. Sekunov conducted research on the methodology of physical education of young people before conscription.

Discussion and Results

Professional-practical physical training (PPPT) is directly and structurally related to the task of strengthening the future activities of personnel and their health. The main task of PPPT is to optimally develop and maintain the physical and mental qualities of a person, increase the requirements for specific professional activities, and ensure the functional stability of the organism in external environmental conditions [1,2,3].

As is known, all graduates are called up to serve in the Armed Forces after graduation.

PPPT is included as an independent part of the program in the physical education of students of vocational schools.

Professional-practical physical training for vocational schools:

- in the process of general physical training in compulsory training with the inclusion of special exercises of a professional-practical nature in order to form physical qualities, motor skills and abilities taking into account the specifics of the future profession;
- in specially organized optional training sessions that correspond to the content of the PPPT for military service;
- in the process of performing morning gymnastics;
-is carried out in extracurricular section training sessions on martial arts.

The section on the professional and practical direction of the state standards for physical training provides for means and methods aimed at specialized preparation for future activities

. With the help of general physical training tools, along with physical qualities, the following are developed:

in movements at different heights, on a short support, deep jumps through wide and deep obstacles, in exercises with gymnastic shells, including stances, lunges, jumps on a support and types of martial arts;

initiative and resourcefulness in the process of sports games, duels, running through landmarks, etc.;

endurance, endurance in performing exercises in conditions of significant mental stress and fatigue as a result of repeated performance of exercises with high physical loads, during competitions;

ability to throw a grenade, move along a swinging support, overcome obstacles in a state of fatigue, run, cross-country, "march-bounce" and others;

ability to successfully operate in conditions of limited movement as a result of fast movement in various ways, continuous swimming;

ability to confidently move at high altitudes while supporting in a limited area by means of climbing to a high height, jumping into water, turning, bending over, etc.;

stability to overloads by performing exercises associated with long stresses in the combination of chest breathing, jumping, running over short distances;

resistance to nausea when performing gymnastic exercises, acrobatic elements on a trampoline, aiming for width and swinging when diving;

taking into account regional factors, including performing heavy physical exertion in conditions of hyperthermia and hypoxia.

In the school day, gymnastics is held before classes. During training, under the influence of fatigue, the ability to work decreases. In this case, an imbalance between the processes of excitation and inhibition is detected and sensitivity increases. Attention is diverted from training. Therefore, active rest is included in the daily regimen of students. It includes performing a complex of special physical exercises in the form of physical culture minutes in general education lessons and in training according to the stage of the "Pre-Conscription Military Training" curriculum. In terms of the level of practicality, sports and sports-practical competitions are distinguished, their content includes specific physical exercises specific to the chosen profession.

The principle of structural connection of physical education with the practice of labor activity is clearly manifested in the PPPT. PPPT, as a variety of physical education, represents a pedagogically oriented process of providing specialized physical training for a chosen profession. The educational process, on its basis, enriches the individual fund of professional movement skills and abilities, the content of training physical abilities, from which professional competence arises. The effectiveness of professional activity depends to a large extent on the adequately mastered special physical training in response to the requirements imposed on the functional capabilities of the organism in professional activity through systematic engagement in physical exercises.

Currently, PPPT is being implemented as one of the sections of the compulsory stages of physical education in secondary specialized and higher educational institutions. The need to introduce and further improvement of PPPT in the education system is determined by the following reasons and circumstances:

- the time required to master a professional skill largely depends on the level of functional capabilities of the organism and the level of development of physical abilities, the variety and perfection of the motor skills and abilities mastered by them.

Some professions require the full mobilization of physical abilities in the process of professional activity (professions complicated by extreme conditions of activity - professional military personnel, operational officers of investigative bodies, etc.). In order to separate the nature of the requirements of a specific type of activity into parts, including physical training, it is necessary to seriously develop a professional profile, which is compiled on the basis of studying the forms and content of this professional activity.

When analyzing the results of the movement training of vocational school students, it was found that their physical fitness is at a low level, which affects the successful mastering of the material of the program on professional and practical physical training and the upcoming service in the ranks of the Armed Forces. The selected tests for assessing the physical fitness of vocational school students were taken from the state standards for physical education for secondary specialized educational institutions and health tests[4,5].

The set of physical fitness tests included 100 m running, 3000 m cross-country, 4x10 m shuttle run, long jump from a standing position, bending and writing arms in a lying position, grenade throwing and pull-ups on the horizontal bar. The results obtained during pedagogical testing were processed using the method of mathematical statistics and are given in Table 1.

The analysis of the initial indicators showed that the first-year students ran a distance of 100 m in an average of 14.8±1.1 sec., in the second year the indicators had an increasing trend compared to the first-year students, being 0.3 sec. faster (2.2 %) (t=3), and by the third year the results had improved noticeably (0.8 %) (t=2). A comparative analysis of the speed capabilities of students from the time they entered the vocational school to the time they graduated showed that, starting from the third year, the result of running for a short distance had an uncertain increasing trend of 2.86% with a coefficient of variation from 3.7% to 6.3%. Endurance was determined by assessing the quality of movement, in which the average result of running 3000 m in the first year was 14:06.0±0.9 min., in the second year it increased by 4.7% (t=4.2) and in the third year it improved to 13:07.0±1.0 min. (5.2%) (t=2.3).

Analysis of the results of the 4x10 m shuttle run, which was given to assess the physical quality of speed, showed that in the 1st year students the result corresponded to 9.5±0.6 sec., in the second year it improved by 9.4±0.7 sec. and the result increased by 2.3%. When assessing the speed-strength capabilities of vocational school students, determined by the indicators of the long jump from a standing position, the first years had a result of 1.81±0.18 m, in the second year there was a noticeable increase in the tendency to 1.87±0.23 m, and in the 3rd year it increased and reached 4.8% (t=2), the coefficient of variation was from 8.6% to 19.9%. In the supine hand flexion and writing test, the results of 1st year students were 24.0±2.6 times, in the 2nd year the results increased and amounted to 4.28%, and the results did not change at the end of the vocational school

Table 1. Indicators of acting readiness of vocational school students

Indicators	1st year			2nd year			3rd year		
	$\bar{X}$	σ	V	$\bar{X}$	Σ	V	$\bar{X}$	σ	V
100 m. running, sec.	14,8	1,1	7,43	14,5	0,9	6,2	14,3	1,1	7,69
Long jump from a standing position, m	1,81	18,2	6,18	1,87	23,9	12,7	1,92	23,2	12,08
Pull-up on the horizontal bar, times	14,2	0,75	5,28	11,9	0,50	4,20	12,0	0,52	4,33
3000 m. cross country, min.	14:06,0	0,9	6,16	14:04,0	0,8	5,55	13:07,0	1,0	5,83
Grenade throw, m	34,	3,6	10,58	36	3,5	9,72	39	3,4	8,71
Bending and spreading arms in a lying position, times	24	2,6	9,0	28	4,7	16,78	28	4,3	15,35
4x10 m. shuttle run, sec.	9,5	0,6	6,31	9,4	0,7	7,44	9,2	0,7	7,6

Grenade throwing is the basis of a special task for vocational school students and is included in all program-normative documents of the Armed Forces. Therefore, special attention is paid to the quality of this action, which leads to an assessment of their readiness to pass the normative indicators.

Conclusion

Research has shown that in order to develop and improve the motor qualities of graduates of vocational schools who wish to enter the military faculty of humanitarian higher educational

institutions after service in the Armed Forces, it is necessary to determine the consistency of their motor skills with the direction of progressive growth.

Analysis of anthropometric indicators of adolescents studying in vocational schools in the Fergana region showed an unreliable increase in indicators for all studied parameters ($r<0.001$) during the study process by stages, which indicates the presence of shortcomings in the traditional system of physical education of adolescents studying in the vocational school system.

A comparative analysis of the identified indicators with the standards of the current program for students on PPPT can serve as a basis for the need to increase the volume of resources aimed at the general and special physical training of students.

References

1. Jabbarov Q.Q. Pedagogical technology monitoring of physical education of college students. Autoref.diss. candidade ped.nauk. T., 2008.-20 p.
2. Kdyrova M.A. Improving the level of professional and applied physical fitness of college students. Abstract of Cand. Ped. Sci. Dissertation. Tashkent. 2010-27 p.
3. Menshikov V.M. Didactic foundations of professional and applied physical education of student youth: Abstract of a dissertation Completion of the academic degree of Doctor of Pedagogical Sciences. Chelyabinsk. 2001. 48 p.
4. Khamrokulov R.A., Khankeldiev Sh.Kh. Assessment of rural student youth readiness for service in the Army. // Scientific journal of TSPI. Tashkent. 2004.-P.88-89.
5. Khankeldiyev Sh.Kh., Khasanov A.T. Innovative technology for the development of the physical status of students of the Pedagogical College. // Pedagogy. Scientific journal. Number 6.Tashkent. 2015 Pages 125-130.