

**MODERN CRITERIA FOR ASSESSING THE LEVEL OF PHYSICAL READINESS OF STUDENTS**

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Abstract

This article analyzes modern criteria for assessing the level of physical fitness of students, assessment systems and the pedagogical significance of their use. Methods for assessing the main physical qualities such as strength, speed, endurance, flexibility and agility in determining physical fitness are highlighted. The role of digital technologies and modern monitoring tools in the physical education system is also considered.

Keywords: Physical fitness, assessment criteria, student youth, physical qualities, monitoring, testing, physical education.

Introduction

Today, strengthening the physical development and health of students in higher educational institutions is one of the important directions of state policy. As a result of modern lifestyle, widespread development of information technologies and inactivity, a decrease in physical activity is observed among young people. This can negatively affect the health, working capacity and professional activity of students. Therefore, it is important to increase the effectiveness of physical education classes and regularly monitor the physical condition of students. In this regard, it is necessary to use scientifically based and modern criteria for assessing the level of physical fitness.

The Concept of Physical Fitness of Students

In the years since the Republic of Uzbekistan gained independence, our President has been paying great attention to the development of sports and increasing its popularity. In this regard, at the current stage of sports development, we see such features that seriously affect the process of training athletes and pose new and complex tasks to the coach and athlete. These tasks, in turn, do not give rise to the need to find the most appropriate forms and methods of organizing the training process. We know that the bright future of sports directly depends on the breadth and quality of the range of sports resources. Therefore, it is important to bring our country's sports to the world stage, organize student youth sports on a scientific basis, and develop effective tools and methods in this regard and introduce them into the training process. In sports, as in all sports, general physical training is the basis of the basic training of participants. General physical training is of great importance due to the thorough mastery of technical, tactical, functional and psychological, intellectual and other training. Physical training includes general

and special training, which also ensure the manifestation of specialized qualities necessary for the all-round development of athletes. General physical training at the initial stage of the athlete's formation is such a foundation. This allows the athlete to develop various types of movement skills and physical qualities necessary for improving his skills. However, it is observed that the level of physical fitness of today's students and youth is low, when studying their daily lifestyle, they are more busy with computer games and spend less time performing movements. This increases the likelihood of their health deteriorating. As a result, they are more likely to develop various diseases. Of course, the role of physical education and sports in preventing such a situation is invaluable, and a scientific analysis of the exercises carried out with them is one of the urgent tasks in the field. Physical fitness is a set of physical qualities and functional capabilities that allow a person to effectively perform daily and professional activities. The physical fitness of students reflects their health, the adaptive capacity of the organism, and the level of development of motor activity.

The approach to assessing the physical fitness of students has changed significantly, moving from traditional norms to modern, digitized and person-oriented principles. The assessment is now aimed not only at fulfilling standard criteria, but also at analyzing the dynamics of the student's health, mobility and individual growth.

The purpose of the features of teaching in the process of physical education and sports classes is to accustom students to the requirements of physical development of their bodies and a healthy lifestyle. At the same time, physical education sports and health-improving activities greatly contribute to the positive mastery of specialized training. Physical education activities for students and students take the form of morning physical education, physical education classes, sports club classes, sports and health-improving competitions and holidays.

Morning physical education classes are held in the student dormitory in a mass format, during the months of residence and independently in the family. Physical education activities in educational institutions consist of physical development, health improvement and preparation of students for life activities. Physical education processes are organized at all stages. In the organization of physical education, the pedagogical team of the educational institution, physical education teachers and sports coaches, play a great role. Physical education activities in educational institutions are morning physical education, physical education classes, sports clubs, sports competitions and holidays, as well as tourism activities conducted on weekends and holidays.

In physical education activities, students develop movement skills and abilities by performing vital movements such as walking, running, jumping, throwing, climbing. Physical exercises, which are considered to be means of physical education, and the health-improving forces of nature and hygienic means, lead to positive changes and the body becomes healthier. The Law of the Republic of Uzbekistan "On Public Education" and "On Physical Education and Sports" emphasize the idea that citizens of the Republic of Uzbekistan must take care of their physical fitness in order to improve and strengthen their health. This law fully applies to physical education in educational institutions. Physical education of students is an organized pedagogical process of their physical activity.

Physical education work in an educational institution differs in a wide variety of forms that require enthusiasm, initiative, and organization from students. They help to develop organizational skills, activity, and resourcefulness in students.

Based on the purpose of physical education, the main tasks of physical education are determined:

Providing special knowledge about physical exercises and sports, Physical exercise is understood as a variety of voluntary motor activities that meet the requirements of the laws of physical education and are performed consciously. Such motor activities have historically been systematized, collected, and systematically supplemented as gymnastics, games, sports, and tourism exercises. Instilling hygienic knowledge and skills in them. This task is to provide students with the necessary knowledge about the benefits of physical activity, compliance with hygiene rules, and the rules for the correct performance of all physical exercises provided for in the program.

Experts divide physical training into two types:

1. General physical training - ensures the comprehensive development of the body.
2. Special physical training - develops the qualities necessary for a particular sport or professional activity.

In the higher education system, attention is mainly paid to determining and assessing the level of general physical training.

Main criteria for assessing physical training

The following main criteria are used to assess the level of physical training of students:

1. Strength quality

Strength is the ability of muscles to overcome or work against external resistance.

Assessment methods: Pull-ups on the horizontal bar; Curls (otzhimania); Body lifting exercises; Dynamometry.

Strength indicators allow you to determine the level of development of the student's muscular system.

2. Speed quality

Speed is a person's ability to perform actions in the minimum amount of time.

Assessment tests:

- 30-meter run;
- 60-meter run;
- Special tests that determine reaction speed.

Speed indicators also characterize the functional state of the central nervous system.

3. Endurance quality

Endurance is the ability to maintain working capacity for a long time.

Assessment methods:

- 1000 meter or 3000 meter run;
- Cooper test;
- Heart rate monitoring.

Endurance allows you to assess the functioning of the cardiovascular and respiratory systems of the body.

4. Flexibility quality

5. Agility and coordination

Conclusion

Assessment of the level of physical fitness of students is an important component of the physical education system. Modern assessment criteria allow for a comprehensive assessment of physical qualities such as strength, speed, endurance, flexibility and agility. The use of digital technologies and

functional diagnostic methods increases the accuracy and efficiency of assessment. Regular monitoring of students' physical fitness is an important factor in training healthy and competitive personnel.

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