



METHODOLOGY FOR IMPROVING PHYSICAL TRAINING OF CADETS OF THE MINISTRY OF EMERGENCY SITUATIONS ACADEMY

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Abstract: The organization and conduct of physical education events, sports events is established in the law of the Republic of Uzbekistan "on Physical Education and sports". Training of specialists for conducting mass physical education and sports events is carried out by universities of physical education in the direction of "Organization of mass sports events".

Key words: Olympic and national sports, In mass sports, professional and physical training, fire training, Physical education, Organization of mass sports events.

Physical education and sports events (FSM) occupy one of the main places in the system of physical education and sports. They contribute to the regular involvement of large segments of the population in physical education and sports activities, form the need for physical improvement, develop movement skills and moral and volitional qualities.

A special kind of physical education and sports events are complex events that combine sports and art (mass sports events, Olympiads, sports days, etc.), competitions and tests, attendance and performances, Olympic and national sports and much more. Achieving the highest achievements in sports, physical education and sporting events are a means of identifying the strongest athletes, demonstrating the maximum abilities of a person. In mass sports, complex sports events are, first of all, a holiday that gives people joy, the opportunity



for each participant to choose a type of competitive activity in accordance with their interests, needs and opportunities, a way to organize leisure.

The organization and conduct of physical education events, sports events is established in the law of the Republic of Uzbekistan "on Physical Education and sports". Training of specialists for conducting mass physical education and sports events is carried out by universities of physical education in the direction of "Organization of mass sports events".

When conducting physical education and sports events, the following tasks are solved:

1) promote physical education and sports, a healthy lifestyle. This is ensured by attracting as many participants and spectators as possible, providing extensive information about the visibility of physical education and sports events, the correct design of the fields, preparation for competitions, their course, essence, results. Thus, the holding of various international competitions and championships in the city of Tashkent helped to activate physical education and sports activities among the population of our country;

2) popularization of new forms and types of physical education and recreational activities. In competitions that are held in order to popularize physical education and sports, to promote a healthy lifestyle and, of course, to obtain economic benefits, demonstration demonstrations are often shown;

3) summing up the results of educational, educational and educational work for a certain period;

4) identify the strongest participants and teams, attract United teams of district, city, province and others;

5) encourage the work of physical education and sports teams, schools, organizations, determine the best of them. For example, among the educational institutions of the school, All-American sports games for schoolchildren "presidential sports games" and "presidential competitions" for schoolchildren are held all over the world, which are designed to increase children's interest in physical education and sports, a healthy lifestyle;

6) identify promising young people to engage in various sports;

7) to fulfill the requirements for passing and releasing the standards of health tests "Alpomish and Barchinoy". It is assumed that the restoration of health tests "Alpomish and Barchinoy" will help to regularly involve the population in physical education and sports;

8) when conducting physical education and sports events in National Sports - increasing national self-awareness and dignity, international physical education and sports activities - strengthening friendship and mutual understanding between peoples, mutual enrichment of cultures;

9) physical education and sports events dedicated to memorable dates, as well as patriotic education, which is carried out during Memorial competitions for the trophies of Heroes Of War and sports;

10) improve people's communication skills;

11) to involve the population in socially useful activities as volunteers (volunteers and supervisor-managers).

When defining and deciding physical education and sports activities, the following principles should be followed:

* compliance with the goals of physical education and sports events. If such a task is to promote physical education and sports, to pass the norms of health tests»Alpomish and Barchinoy», then it is necessary to ensure the mass volume of such an event;



- availability of physical education and sports activities by time and place, while the hours of work or study of participants, availability of vehicles, weather conditions, etc. it is necessary to take into account;
- feasibility of competition exercises for participants. When determining the competition program, it is necessary to include exercises that can be performed for all participants in terms of load, complexity, duration and intensity;

• safety of participants, spectators and judges. For running, it is necessary to carefully select and control the tracks, throwing and jumping sectors, playgrounds, distances of the tourist relay, etc. Pre-marking the fence of danger zones, checking the equipment used, assigning pickets and ensuring the location of participants and judges;

* surprising, visible, aesthetic, character-nurturing. This principle should be manifested in opening and closing ceremonies, attributes, culture of designing physical education and sporting events, etiquette of relations between participants, spectators and judges.

In the preparation of physical education and sports activities, it is necessary to draw up a plan for the preparation and conduct of physical education and sports activities. Specify the deadline and responsible persons and enter it:

- development of regulations on physical education and sports activities;
- drawing up a cost estimate;
- development of the script and organization of the solemn opening and closing ceremony;
- preparation of competition venues, inventory and equipment;
- providing information on physical education and sporting events in the media;
- meals for participants and spectators;
- sale of sports equipment, items, newspapers, literature on physical education and sports topics;
- Organization of medical support of participants and spectators;
- Organization of order and safety; - fire safety.

The plan for carrying out physical education and sports activities must be approved at a meeting of the organizing committee headed by one of the leaders of the city (district).

Physical education and sports activities should be held, if possible, at work and extracurricular times, strictly following the rules on weekends and holidays. Individuals who have undergone a medical examination and have received the permission of a doctor to participate in them are allowed to physical education and sports activities. All activities must be carried out with medical personnel on duty. Provide qualified arbitration, it should be objective. Prevent possible roughness. Ensure the safety of participants.

As an important component of physical education and sports activities when conducting physical education and sports events, it is necessary to solemnly ensure the opening and closing ceremonies for them. A good organization of ceremonies and procedures for conducting physical education and sports events helps to mobilize participants, leaders and judges, attracts the attention of the media, audience, public, creates a festive mood, has great educational value. At the same time, it is necessary to exclude excess rituals, stretching, high prices, unnecessary rituals. In the program of mass physical education and sports events, along with national sports and folk games, it is advisable to include specific, interesting competitions (running in bags, "walking in arms", "bear races", etc.).



Considering that the vast majority of people, especially the elderly, do not strive to compete, but want to know their physical condition and health level, various tests are organized for them during physical education and sports events, including with the help of computers. Also, how and in what volume their physical activity should be, what components of the physical culture should be used (hardening, breathing exercises, self-massage, autos, etc.).

It is necessary to provide information and propaganda of physical education and sports activities, which should be aimed primarily at attracting the maximum number of people participating in them, promoting a healthy lifestyle and disseminating knowledge in the field of physical education.

To solve these problems, develop a clear program that includes the comprehensive use of all media, taking into account their features: television and print publications - for quick information about the conditions and content of events; posters and posters - to highlight methodological and organizational and technological issues of physical education and sports events, etc.

Dissemination of propaganda and methodological materials among all segments of the population through communication, trade, household and medical services, educational institutions, cultural and entertainment institutions.

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