



## MASS AND STUDENT SPORTS IN UNIVERSITIES: PROBLEMS AND PROSPECTS

**Babanov S. J.**

Senior Lecturer,

National University of Uzbekistan named after Mirzo Ulugbek

**Abstract:** This article discusses the main ways to maintain a healthy lifestyle of young people of student age, problems and prospects for the development of mass student sports. The topic of students' interest in mass sports, ways of motivation is also considered. The requirements of physical training from a student at the initial stages of training are analyzed.

**Keywords:** Mass student sports, health, motivation, support, influence, problems, physical training.

Today, the education of a spiritually and physically harmoniously developed generation is a national, all-national task of our independent state. Consistent and decisive continuation of our work to achieve this noble goal is one of the important issues that are today in the center of attention of our policy. Therefore, one of the main tasks of society is the education of the younger generation as a physically healthy, mentally active, harmoniously developed generation and the formation of a healthy lifestyle in the future. A healthy lifestyle is the establishment of life activities based on the acquisition of skills that serve to ensure the safety of life and health of a person. A healthy lifestyle is determined by the presence of such conditions as adherence to the daily routine, strengthening the body on the basis of active physical exercise, sports, full and high-quality nutrition, compliance with hygienic rules in nutrition, etc.

After our country gained independence, much attention was paid to sports, and our government developed and adopted a number of decrees, orders, laws, and regulations on the development of physical culture and sports. The positive development of such theoretical and practical work in our country, the attention paid to reforming sports, physical culture in the education of youth, we see that our athletes have the right to participate in international tournaments and the Olympic Games, as well as achieve high results in almost all sports. Therefore, in recent years, many sports in our country have been rapidly developing. This allows the younger generation to be healthy, energetic, have a high desire for self-defense, prepare for work, combat operations, achieve a beautiful figure and harmoniously develop as a person.

At the initiative of the President, today in Uzbekistan a policy of sports development has been implemented in direct and indirect connection with the stages of the education system. The three-stage sports festival, which is held in various sports, educates students in the spirit of courageous patriotism. For example, the competitions among students of secondary schools "Umid" deserve attention. "nihollari", among students of secondary specialized professional colleges and lyceums "Barkamol Avlod" and "Universiade" among students studying in the field of higher education. [1]

One of the priorities of our state is to ensure the physical and spiritual development of the younger generation of our country. In particular, our government is working to introduce a healthy lifestyle in the interests of the younger generation. In this regard, five important initiatives (March 20, 2019) aimed at the comprehensive mental, physical and spiritual development of all our youth of President Sh. Mirziyoyev are of great importance. Therefore, in modern society, physical culture and sports are becoming the most important life skills in the upbringing of the younger generation in each family, because the participation of the younger generation in sports, along with physical health, forms mental intelligence, mental activity, efficiency and willpower. This property distinguishes regular motor and sports activities of a person from other types of



activities. For example, if the work process requires moderate stress and intensity, acceptable for a particular activity, then in sports activities a high level of stress sometimes requires movement with maximum intensity [2].

Sports competitions allow people to demonstrate skills and abilities related to the ability to control the movements of their body and its organs. Nowadays, a person who is not involved in physical culture and sports cannot engage in activities that require great strength, dexterity and fast movements; “long-term performance” is directly related to age-related characteristics. Sports activities from an early age increase a person’s strength and willpower, provide him with the necessary motor skills. Demonstration of willpower eliminates such negative experiences as conscious fatigue, fear, and lack of confidence in his own strength. When he gets into a difficult situation during training, he thinks about his whole life, his family, his coach, and the team members who looked at him with trust. Then new strength will come to him, and he will be able to ensure victory [3].

Sports should be mass. Physical education should play no less a role in the university than teaching specialized subjects. The development of mass student sports in Uzbekistan is a promising area that requires a comprehensive approach. Both joint participation and joint interest of the state, universities and young people in improving the current system of physical development are necessary. To do this, it is necessary to improve the material and technical base, providing educational organizations with inventory and equipment. Make the services provided by sports institutions accessible. [4]

The problem with student sports is that the physical and psychological fitness of 50-60% of students is at a fairly "low" level. In addition, students need to combine the educational process with a tight training schedule. Neglect of physical education, decreased physical activity, spending a lot of time with gadgets, limit the educational process and transfer learning to a distance format - all this leads to a decrease in immunity, an increase in morbidity. [5]

Many first-year students are afraid of the impossibility of fulfilling control standards due to poor physical fitness. High requirements for fulfilling standards should not be a priority over physical activity. It is necessary to select an individual approach, taking into account different personality types, their attitude to physical education, individual preferences and interests, psychological characteristics, physiological features. It is important to organize various sections according to interests. By arousing interest in physical education classes, you can encourage students to independently strive for classes, which is the most important way to strengthen their health, choosing a healthy lifestyle.

The personality of the teacher-educator is of great importance in the educational process. The psychological health and culture of the teacher lays the foundation - a personal example for the younger generation. The professional activity of the teacher is work in tense stressful conditions associated with the expenditure of colossal psycho-emotional energy, because the teacher-mentor must find an individual approach to everyone. For the assigned responsibility, the teacher must be interested and supported financially, as well as by the allocation of various benefits, reduce the retirement age, create comfortable working conditions. [6]

Sports are the inculcation of physical culture, a means and method of physical education of young people. The spirit of competition, rivalry encourages special training. The effect of rivalry is an important socio-psychological moment. In the conditions of preparation and holding of competitions, important character traits are formed: the desire to win, endurance increases, such an important character trait as willpower is formed, vital energy is strengthened, motor activity increases, a person learns to mobilize, to calculate his strength.

The age-related characteristics of the student-age organism allow them to achieve high results in competitions. Having won the student games, many become members of the national teams of Uzbekistan. The issue of





developing mass student sports and the possibility of training a sports reserve within the walls of universities remains important. [4]

In order to interest students in systematic sports activities, strong motivation is needed, which can be expressed in providing discounted meals, gaining additional points when entering educational institutions, when passing exams, additional benefits for education, providing discounted vouchers. The strongest motivation for physical training is the opportunity to improve one's health and prevent diseases. For this, sports must be accessible so that everyone has the opportunity to attend sections of interest for free. [6]

First of all, a person has a desire to improve their own athletic achievements, reach a certain athletic level, improve their appearance by improving their physique, increase their body's capabilities, and at the same time get the necessary communication with their peers. Sports have a positive effect on the psychological state of young people. Students gain self-confidence, relieve emotional stress, more easily get out of stressful situations, relieve mental stress, restore their working capacity, acquire self-training and self-control skills, and receive positive emotions. Systematic physical training develops moral and volitional qualities, responsibility. [4]

In physical education classes, it is necessary to introduce elements of tactical medicine and first aid, so that each student, if necessary, can provide first aid. These essential skills are vital and can save a human life in a critical situation.

Sports are a personal matter for each person, but if a healthy physical culture environment is formed around a person, all the necessary conditions for sports are created, then sports will become a favorite activity, and then a habit, which will form a healthy lifestyle. Sports can change a person for the better, overcome depression, lift the mood, help to form self-discipline, and can increase life expectancy. When doing sports, you must always listen to your body, maintain a sense of proportion, and get a sense of satisfaction. Sports should be mass for the sake of the future of the nation.

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