

**THE ROLE OF PHYSICAL CULTURE IN PROFESSIONAL APPLIED TRAINING  
IN THE UNIVERSITIES OF ARTS AND CULTURE****<sup>1</sup>Mamirova Dilaram Tavakulovna, <sup>2</sup>Fazlieva Zebo Kamarbekovna**Associate Professor of the Department of "Stage movement and physical culture" of the State Academy of Choreography of Uzbekistan<sup>1</sup>, Associate Professor of the Department of "Stage movement and physical culture" of the State Academy of Choreography of Uzbekistan<sup>2</sup>**ABSTRACT**

This article reveals the auxiliary capabilities of the subject "Physical education and sport" in the preparation of future specialists in the field of art and culture. The goal is to attract future specialists to acquire the necessary skills that develop professionally significant physical and psychomotor qualities. The authors analyzed the scientific literature and made a conclusion about the need for profound attention of teachers of this discipline to the problem of disclosing students' opportunities through teaching certain professionally oriented knowledge and skills.

**Keywords:** *Profession, education, organization, management, integration, approach, art, self-improvement, concentration.*

Mastering a profession in modern society is an important and complex process that must be considered on the basis of social preference. The basic curriculum for the subject "Physical education and sport" provides a general direction and practically cannot reflect the specific requirements of professional physical training of various educational institutions. At the same time, each university has its own specifics and various specialists are being trained. It is no secret that universities of physical culture and faculties of physical education not only fail to prepare teachers for educational institutions in the sphere of culture and art with the proper level but also do not give a general idea of the specifics of training future specialists in the socio-cultural sphere.

Physical culture and sports perform a number of social functions, the main of which are: Educational, health-improving, applied and recreational. [6.P. 371] Teaching students in a discipline in universities of culture is a more complex process than in others, and requires from the teacher not only high-quality sportsmanship but also knowledge of the professional activity of students, that is, an integrated approach.

The work of a teacher in these educational institutions is connected, on the one hand, in order to prevent the negative effects of physical exercises on the professionalism of students, on the other hand, to have a positive effect on the functional state of the students' organism, to give them theoretical knowledge and practical skills in the field of physical culture and sports. The science of physical exercise for cultural specialists lags behind its direct practical application. Very little periodical literature has been published on conducting classes with musicians, singers, directors, actors, organizers of social and cultural activities.

Therefore, relying on the general education program in physical culture and sports, the departments of the institutes of art and culture set themselves the task of determining the direction of professional physical training in the process of theoretical and practical training. Training in this

discipline should be carried out taking into account the professional characteristics of future specialists.

**Purpose:** to attract future specialists from the field of art and culture, to acquire the necessary skills that develop professionally significant physical and psychomotor qualities. To bring efforts closer to the unification of science and skill of the actor, stage movement and physical education.

Professional readiness presupposes not only knowledge of one's own business, but also constant self-development of abilities. [3. P.78] Such abilities in the field of culture are a complex of spiritual and physical qualities. Each student must prepare in advance and actively for the chosen profession, purposefully develop those physical and mental qualities that determine the psychophysical reliability and success of the future profession.

The problem of advance professionally directed psychophysical training is the most urgent in special educational institutions. But, each profession has the ability to highlight its own level of development of psychophysical qualities, as well as a list of professionally applied skills. [2. P. 447]

In the theory and practice of physical culture and sports, this special training is called professionally applied physical training. For many centuries, in the process of upbringing, our people have used deep, preserved to our time, their value, scientific developments in the field of physical education: Abu Nasr Farabi, Abu Raikhan Beruni, Abu Ali ibn Sino, Amir Temur, Mirzo Ulugbek, Alisher Navoi and many others. [5. P. 431] Summarizing the data of theoretical studies of many authors, we can conclude that the activity of cultural workers requires a lot of nervous, psycho-emotional stress, increased attention to health, physical performance and always significant efforts and endurance. In their work, the indicators of psychomotor qualities associated with visual-motor and auditory reactions are especially dynamic; they need coordination connections and a developed neuromuscular apparatus, pronounced mobility of nervous processes.

When classifying according to the homogeneity of physical fitness, one must take into account that the work of an actor, singer, musician, conductor, librarian, etc. has negative consequences for the body: great neuro-emotional stress in combination with physical inactivity contributes to the occurrence of functional changes, expressed in deterioration of the heart, sclerotic changes in blood vessels, the appearance of hypotension and the emergence of neuroses; the formation of a stable working dominant, which does not remove when work is stopped, can cause overload and depletion of nerve centers and cells, which leads to loss of sleep, appetite, headache, bad mood, and outbreaks of irritability; prolonged stay in a sitting or standing position for many hours causes vascular congestion with subsequent impairment of motor and cardiovascular functions, a decrease in muscle tone and a deterioration in posture; constant presence in the environment of "book" dust causes allergic reactions and diseases of the respiratory system.

Based on research data on the physical and functional capabilities of future cultural workers, we can conclude that their physical training should take into account the classification of specialities,

which are combined into homogeneous groups. These are musical; theatrical directing; organizational and managerial; choreographic; informatics and library science.

In turn, each department has its own specifics and can be divided into separate groups, which differ from each other in terms of physical fitness. The most diverse in conducting classes on this subject is the Faculty of Music, which it is advisable to divide into two subgroups:

- ✚ pianists, string players, accordionists;
- ✚ musicians of wind instruments, vocalists of choral singing.

The physical training of an actor and director is fundamentally different from the physical training of a vocalist, choir, librarian, and a pianist - from the physical training of librarians and conductors.

When solving specific problems of professional-applied physical training of future specialists, it should always be remembered that such training is carried out in close connection with general physical training, which is the basis of the practical section of the academic discipline "*Physical culture and sport*" at the university. However, studies have shown that only the general physical training of future specialists cannot fully solve the problems of special training for a particular profession. Applied physical training should be based on good general physical fitness of students.

The professional activity of students of theatrical directing specialties is one of the most difficult, intense and responsible types of human activity. In this regard, the professional work of an actor and director makes a wide range of requirements for the process of teaching students in an educational institution, self-improvement, self-knowledge and self-development of personality traits.

The combination of the stage, director's science and physical culture is still at the stage of development and improvement. The experience of joint work is being accumulated. Further searches are aimed at bringing the efforts closer to the unification of science and skill of the actor, stage movement and physical culture.

The physical actions of an actor or the work of a director, like an athlete, require physical exercise skills, a highly developed neuromuscular system, good physical qualities such as strength, speed, agility, endurance. Performing stage tricks requires a certain strength of will and distinctive psychological qualities from the actor, especially dexterity and rhythm. Mental actions are aimed at influencing the psyche (feeling, mind or will) of a partner or oneself: for example, asking, persuading, reproaching, comforting, demanding, ordering, praising, scolding, etc. [7. P. 69]

Students of theatre and directing specialties, like athletes, need ideomotor and autogenic training, they must master the system of restorative means, be able to enter and leave a role with their help and physical exercises.

In the work of an actor, it is necessary to attach great importance to the movement. There were judgments of theatrical specialists that too inflated muscles did not give an opportunity to play a good role and generally interfered with work in the theatre. Modern theatre and cinema have shown

that only excellent physical fitness and muscular beauty of the body make an actor beautiful in all respects. It is necessary to simultaneously train the body of an actor, his attention, memory and control over movements, strength, speed, endurance, agility, reaction, plasticity.

In this group of students, there is no need to differentiate and carry out small-group divisions by specialization, since they are of general orientation in terms of physical training. An exception may be individual training. This is due to the fact that some students specialize in the department of musical theatre and need the same skills as actors and vocalists. It is also possible for them to include physical exercises from the group of musical specialities in the curriculum.

For musicians of brass departments, choir, vocalists, the teaching of this subject should be based on in-depth knowledge of the breathing mechanism, the structure of the respiratory apparatus. Many scientific works of musicians-teachers testify to the special importance of the functions of external respiration (inhalation and exhalation) in their performing activity. In addition, it is necessary to use the knowledge gained in the selection of physical and breathing exercises before the responsible performance of one or another musical part, given its emotionality.

The work of strings, pianists and accordionists are different. Here, concentration and stability of attention are required, the regulation of coordination of movements and muscle relaxation, at the right time. Such movements can be developed with special exercises on the subject of physical culture and sports. Physical exercises can be used as a factor of the fastest entry into work, for active rest, relieving fatigue, and on the other hand, the system of physical culture means should contribute to the restoration of spiritual and physical strength.

The training of students of the Faculty of Informatization in library science deserves special attention. Analysis and generalization of literary sources make it possible to classify students of this faculty as one of the busiest groups of people, the main characteristics of whose work are mental and mainly mental work, sedentary, requiring a lot of tension of the nervous system and mental functions. The methods of pedagogical observations have shown that workers in these specialities have a tendency to occupational diseases due to the negative effect of paper and book dust on the respiratory organs. Due to the conditions of sedentary work in closed rooms, hyperdynamic develops, from which it is possible to get rid of mainly by means of physical culture, doing physical exercises in the fresh air, training the respiratory muscles, ventilating the breathing apparatus, increasing the oxygen supply of the body.

To solve the set tasks, physical education means, selected in accordance with professional activities, should be used. Exercises that develop general endurance should be brought to the fore. The formation of this quality is ensured by long-term fulfillment of the training load in a mode that corresponds to the work of moderate and high power. General endurance requires a significant amount of work both during one session and in an annual exercise cycle. The methods of education of this quality are based on the methods of repeated, alternating and continuous movement. Along with

general endurance, it is necessary to develop both static and firm resistance to physical inactivity, for which it is necessary to actively use special dynamic exercises.

**The next group:** management specialities, which in terms of physical training are very close to the theatre and directing. Future workers of social-cultural activity should know the basics of physical education and the organization of physical culture and sports, actively introduce them into the system of cultural institutions, acquire personal knowledge of special physical exercises and sports, and teach others while managing creative teams.

Another speciality in cultural institutions that requires a special approach to physical education is the choreographic department. This contingent of students is engaged in a dance class and takes part in performances. Such physical activity can only be performed by a healthy person. In connection with such an overload, the process of rehabilitation of the neuromuscular apparatus, the respiratory system, and oxygen supply of the body is necessary. Extremely limited exposure to the fresh air and the absence of systematic hardening measures during the day cause diseases of the vascular system. Poor health, lack of confidence in one's abilities contribute to an unjustified medical exemption from physical education classes.

Many people develop a negative attitude towards physical education and sports, they think that all this is at the expense of their future profession. The above says about the need to introduce physical exercises into the life of students. It is necessary to teach them to overcome occupational ailments, to regularly engage in disease prevention by means of appropriate physical exercises.

Only a conscious need for physical exercises, their necessity will help to master the speciality, improve and strengthen the state of health, the musculoskeletal and neuromuscular apparatus, muscular, respiratory and cardiovascular systems. The upbringing of a healthy and comprehensively developed generation in the Republic of Uzbekistan is an important and priority task, as it requires the creation of a great state with a noble goal for the future. [4. P.116]

## CONCLUSION

It is necessary to focus the attention of teachers of this discipline to the problem of disclosing the possibilities of physical culture for students through teaching certain professionally oriented knowledge and skills. It is required to implement a complex of programs and scientific and methodological developments on the problems of professionally applied physical training of future specialists.

At the same time, one of the important directions of restructuring physical education in higher education is not only an increase in the hours of compulsory classes but also the use of real ways that encourage students to independently engage in professionally applied physical culture.

Literature review, pedagogical observations and practical experience made it possible to make a proposal that the comprehension of the art of stage movement will be of higher quality if the necessary skills are developed, the acquired motor stereotype is consolidated simultaneously with their physical development.

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