

THEORETICAL AND PRACTICAL INCREASE IN THE ABILITY TO PREDICT IN PHYSICAL EDUCATION AND SPORTS

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ABSTRACT

This article presents several factors and solutions aimed at the formation of skills for predicting the results of qualifying from the very beginning. It was noted that the ability to predict high results in mass sports is an important and relevant issue.

Keywords: selection, selection, pace in sports, athlete's psyche, prediction, adaptation.

Such actions carried out in our country pursue the goal of ensuring the formation of the growing younger generation, physical and spiritual health, the development of sports youth mass sports as an extremely important condition for striving for a healthy lifestyle and instilling love for sports.

Today, our distinguished president is SH. At the initiative of Mirziyoyev, all opportunities and conditions for practicing physical exercises or sports have been created in all regions of the Republic, even in remote rural areas. It should be noted that the type of sports volleyball plays an incomparable role in accelerating mass health work throughout our country. Therefore, the involvement of young people in sports, the coverage of student youth with various sports circles is considered one of our priorities.

Achieving high results in sports is considered to correlate with the pre-assessment of the state of physical qualities in athletes and the state of being able to see the abilities in them. In order to be able to make predictions in sports, the coach is able to determine the norm of the loads he gives, to study the proportions of the organism of athletes, to delve deeper into the individual's psychology, to determine the direction of his temperament. The ability to Baroshat begins primarily with the process of qualifying for sports. Selection and selection of all of us for a particular sport is carried out through several morphological, physical and pedagogic regulatory tests.

Increasing the duration of control through the methods of morphological verification of training sessions gives a high effect in ensuring the comprehensive training of the athlete, the rational development of general training and special physical training, and the search for its means.

One of the most important problems in the selection of young athletes is the use of general physical training tools in the organization of training sessions with them, a deeper approach to morphological examinations, the use of scientific methodological resources and the choice of consistent means.

Through the following many years of processes, it is possible to increase the accuracy in forecasting in sports:

- Transparency in the sorting process;
- Transparency in the selection process;
- Accuracy of the temperament in the athlete;
- Correct assessment of Individual psychofunctional States;
- Determination of the sports areal in the living area;
- Taking into account the genetic population;

In the practice of sports anthropometry, it is widely used in the selection of persons capable of sports and the creation of a benchmark of Model indicators characteristic of each sports specialty. When conducting sports competition on a scientific and objective basis, it is of great importance to take into account the total and partial indicators of the body, body proportions, indicators of the manifestation of the components that make up the mass

of the body, and finally to determine the athlete somatotype. It is through morphological verification methods that one of the important factors is also to be able to direct athletes to the respective sports and to qualify them. The Shape of the human body is complexly structured, therefore, when measuring its measurements, it is required to use certain methods. Three methods of measurement: projection, correct measurement (skvoznoy) and methods of Arc measurements are widely used. Through these methods, the athlete model is determined.

The athlete model is a set of various informative signs that, based on morphological, physiological, biochemical and psychological indicators, determine the athlete's compatibility with the chosen sport and encourage him to achieve high results in this particular sport in the future.

In subsequent years, great importance is attached to the methodology of monitoring how athletes are preparing. The coach introduces the most necessary aspects of training into the control system, at some point he uses special exercises for this. The homogeneous formation of the qualities of athletes in the process of training is considered to be of course inextricably linked with the talent and tempo of the athlete.

Temperament presupposes an instinctive-affective layer of personality, and at the same time, with the intervention of reason and will, the character of a person is modeled. In turn, character and temperament determine our personality. Temperament is the character of a person, the non-human nature of physical qualities, the way he reacts or behaves. It is also a profession or ability that someone manifests for the ability to overcome difficulties in art, someone sports or trade. Temperament is determined depending on the characteristics of the nervous system of people and depends on the Endocrine effect. It should be noted that until the twentieth century, the study of temperaments in psychology played a key role in understanding the way of life and behavior of people.

Temperament determines certain characteristics of a person's attitude and emotion to events around him. Temperament does not reflect consciousness, memory, intelligence and ability. Therefore, among the owners of all temperaments, we meet talented and unskilled, educated and unskilled, conscientious and unscrupulous people. 4 types of temperament are known: sanguine, phlegmatic, choleric and melancholic. Depending on the type of person's own temperament, physical activities can be active or passive. If the agility is strong but the endurance is low, the flexibility may show less if the strength quality in the stubborn athlete is advanced. The coach should take these issues seriously and have a clear measure of the physical qualities of every athlete.

Heredity and Constitution are diseases of the body and aspects that affect the emergence and development of innate instincts and abilities in an athletic parent, that is, they act as both causal and pathogenetic factors. These aspects are interconnected and are distinguished by invariant (conservative) and resistance to external influences. Procreation is a factor that transfers parental signs and developmental aspects from generation to generation that ensure the preservation and reproduction of hereditary information, or, in other words, all bodies, similar to parents, are a specific aspect that causes the type of exchange of substances and the structure and activities associated with them. Therefore, heredity occupies an important place. Heredity determines the characteristics of the adaptation of the human body, organs, tissues and even cells, and ensures the fluffy transition of these aspects from generation to generation. From Athletic parents, not necessarily athletic children are born, but children are born, whose physical qualities are attached to chromasomas. In such athletes, there is an innate reluctance, the manifestation of corporeal qualities is more early and more pronounced.

The problem of adaptation (adaptation) to the performance of physical exercises and loads in the living conditions of a person's organism is the most pressing problem of modern sports morphology. There is a lot of information in practice about the effects on the body of people who have different physical loads in terms of age

or Gender (Children, Adolescents, middle-aged and elderly) with different appearance, strength and periodicity. Most of this information tends to affect the musculoskeletal system of intense muscle activity d

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