



Features of Physical Training of Students of a Sports Higher Education Institution

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Annotation: The article is devoted to the actual problem of physical training of students of a sports university. The article provides a comparative analysis of the effectiveness of physical training of students involved in using different means of physical education. A methodology for physical training of university students with the implementation of training sessions in various sports (basketball, athletics, and gymnastics) has been developed and presented.

Keywords: Sport, Physical Training, Special Training, Methodology, Students, Training.

Introduction. Physical training is an essential part and a large section of classes with students of a sports university in the physical culture and sports profile of training [1]. In the process of conducting physical training classes, students acquire the necessary motor skills and abilities, and physical qualities are improved [2, 3]. With the help of means and methods of physical training, the formation of professional competencies of university students is carried out. Physical training contributes to the development of vital qualities of a person and is closely related to the state of health, which is a component of health education [4, 5].

A large number of scientific studies have already been devoted to the system of physical training [6]. In addition to the formation of professional competencies of students and the development of physical qualities in the process of physical training, researchers note the psychological nuances that accompany and are part of the process of organizing and conducting physical training classes [7, 8, 9]. It is noted that "motivation for physical culture and sports is of great importance in the formation of professional competencies of future specialists" [10, 11].

The process of solving certain problems of physical training of a student is influenced by the correct choice and the ability to apply methods of physical education. It is necessary to know that the actions of students in physical culture and sports are of a repetitive-variable nature. So, for example, sports games (basketball, volleyball, football) contribute to the development of predominantly speed-strength abilities and tactical thinking of students [12, 13, and 14]. While gymnastics and athletics contribute to the predominant development of completely different qualities (coordination, general endurance), fitness classes have a power orientation, which implies a completely different motor mode [15, 16, 17]. We can say that there is a wide variety of means and methods of student youth physical training.

In addition to the indicated features of the motor mode, when performing various kinds of directions associated with various sports. Physical training is divided into general and special [18, 19]. This division comes from the sport of high achievements and has deep theoretical and methodological foundations. In this regard, when preparing students, the teacher faces the question of choosing the direction of physical training: general or special. So, when exercising "for health", preference is given to general physical training, and when the task is to achieve any sports result, then it is necessary to use means of special physical training [20, 21, 22].

However, such a solution seems to lie "on the surface", but has significant limitations. So, when practicing any kind of sport, the student needs to perform specific, characteristic exercises for a

particular sport, which can lead to a one-sided development of physical qualities. At the same time, when performing general physical training exercises (not applicable to any particular sport), motivation for training is significantly lost, which significantly reduces the effectiveness of physical training classes [23, 24].

In order to understand the problem of the correlation of general and special physical training, it is necessary to determine the goals of each of them. The goal of general physical training is the development of all physical qualities, mainly general endurance, flexibility and strength abilities. Also, in the process of general physical training, simple, technically not difficult to perform motor actions can be worked out (ball throwing, running, flexion-extension in emphasis). It can be said that general physical training is aimed at maintaining and strengthening the health of those involved.

Special physical training aims to improve the specific physical qualities of those involved, closely related to the chosen sports specialization. Special physical training plays a significant role in all sports, as it is the basis for achieving high sports results. In the process of special physical training, there is the development and consolidation of motor skills and abilities, the development of specific qualities.

Special physical training has a significant difference from general physical training in the direction and purpose of application. A natural question arises whether it is possible to replace general physical training with special one and vice versa. How will the difference between the use of exercises of general physical training and special training affect the development of certain physical qualities of university students. In addition to this issue, one cannot ignore the educational component - what knowledge, skills, and, ultimately, professional competencies will be formed in students in the process of applying this or that physical training.

As can be seen from the above, the process of physical training of students can be very diverse and extensive. In this connection, specialists working with students face the difficult task of choosing the most optimal and effective means and methods of physical training for students of a pedagogical university.

Conclusions. In conclusion, we can conclude that classes with the use of general physical training exercises and exercises with a pronounced sports orientation increase the physical fitness of students; however, the increase in indicators differs in favor of the experimental methodology. Thus, general developmental exercises and sports training help to increase the physical fitness of those involved, but their effectiveness is different.

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