



## Educational and Methodological Approaches to Physical Education in a Higher Educational Institution

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**Annotation:** The article describes the universal attitudes of each person that affect physical health. The formation of a student's physical culture is the process of the transition of the values of the content of education into the value relations of the individual. In order to substantiate the value bases of the educational process in physical culture in higher education, it is necessary to determine the methodological approaches that can be relied upon in the formation of student's value relations in physical culture.

**Keywords:** physical training, physical culture, warm-up, psychological factor, health effects.

**Introduction.** Currently, scientific and theoretical approaches to improving the system of physical education of students in the national higher school are poorly studied [1]. This provision causes difficulties in determining the ways of development of theory and practice in this area. Experts noted that the ideological aspects of science in the above area are characterized by insufficient certainty [2]. In particular, the issues of implementing the principles of integrity, consistency in the formation of physical health of students, structuring of pedagogical processes are considered in general terms, there is no detail in the relevant scientific and methodological works. This negatively affects the improvement of the process of physical education of students in the universities of the Republic of Uzbekistan [3, 4].

In the conditions of qualitative transformation of all aspects of society's life, the requirements for the physical fitness of young people, necessary for their successful work, are increasing, which set the task for higher education to increase the level of physical education of future specialists [5, 6].

The formation of physical health and physical form of a person is the result of a conscious integrated approach of each individual to his health [7, 8]. It can be argued that depending on the psychological state of the individual and their own attitudes (diet, types of food consumed, mobility of lifestyle, type of leisure and recreation in their free time), everyone gets an individual health result. It is worth adding the influence of social factors affecting physical health [9, 10, 11].

At the macro level, this is the impact of the socio-economic state of the state on each person. For example, if the state is financially successful, then it can promote a healthy lifestyle through the media, through the provision and organization of a sufficient number of mass sports facilities (gym, running and basketball halls, swimming pools, yoga and shaping centers), affordable, to improve and maintain the standard of living of the population [12, 13].

At the micro level, this is the influence of culture and moral values on a particular physical education teacher in an educational institution or a trainer in a private gym. The health and physical training of students depends on each physical education teacher [14, 15, 16]. For example, a physical education teacher can conscientiously treat his duties, set a goal - the physical health of his students, and by compiling a competent training program (every year, if necessary, improving this program, since new technologies of physical training appear every year) achieve the set goal.

However, not always and not everyone manages to understand the correctness of the compiled program. Some teachers offer an excessive load for their pupils, others replace physical exercises with writing essays, which does not solve the health problem [17, 18].

It is necessary to point out the main factor in ensuring the physical health and physical form of a person - psychological [19, 20]. Many people do not understand the meaning of a comprehensive approach to their health. A person can engage in physical culture, but with improper nutrition, the correction of a person's physique may not get the desired result. Therefore, without taking into account the psychological motivation for proper nutrition, any well-designed physical training program will be not only useless, but even harmful to health. It is dangerous to physically overload an overweight or underweight person. This can lead to both temporary discomfort and an undesirable outcome.

Thus, we support the "competency-based approach", which is aimed at the formation of the student's physical culture competencies, the development of qualities important for the profession and life. The methodological effectiveness of the category "competence", according to some scientists, is due to the fact that it is wider than the concept of "knowledge" and "includes not only cognitive and operational: technological components, but also motivational, ethical, social and behavioral".

We also agree with the opinion of Kh. A. Sharipov, who believes that the hermeneutic approach requires the teacher to be able to see the world around him through the eyes of the student, to put himself in his place, based on the characteristics of a dynamically changing socio-cultural reality; objectivity in relation to the personality of the educated person, non-introduction of subjective situational experiences, personal problems into the process of understanding the educated person; the ability to abstract from negative attitudes regarding the personality of the educated person, to avoid dividing young people into positive and negative participants in the educational process.

Consider the experience of private entrepreneurial companies in the field of sports and health. Some specialists, having studied the psychological factor in sufficient depth, are trying to sell their individually designed physical training programs. These programs include a psychological impact on the individual, which is an accessible explanation of nutritional factors that affect physical appearance and overall health. Subsequent daily monitoring of physical training and a person's diet stimulates adherence to a proper, and sometimes ascetic, diet. Together with reasonable running physical activity, hygiene and calorie counting, a long-term fixed effect of external and internal physical health is obtained. Despite the positive results of most of these individual programs, they cannot be called progressive precisely because of inadequate cost.

**Conclusions.** The transition from the traditional disciplinary paradigm to the humanization and humanization of education in the field of physical education at the university involves the development of appropriate methodological support and the identification of the value bases of the educational process. Fulfillment of this requirement is impossible without taking into account the influence of social factors at the macro and micro levels. The psychological aspect plays a decisive role in building a model for the formation of physical health. The innovative methodological approaches to "pranayama" techniques and varieties of shaping considered in the article, in combination with standardized methods, will provide those involved not only with a comfortable physical activity, but also bring a psychological understanding of a healthy lifestyle.

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