

## IMPROVING THE METHODOLOGY FOR DEVELOPING STUDENTS' PHYSICAL FITNESS BASED ON WRESTLING EXERCISES

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**Abstract:** This article covers the issues of improving the methodology for developing students' physical fitness based on wrestling exercises. During the study, the effect of wrestling elements on the student's body, their importance in developing the qualities of strength, endurance, agility and speed were analyzed. Also, the pedagogical and methodological aspects of the effective use of wrestling exercises in physical education classes were studied. The article discusses the system of exercises developed based on modern innovative approaches and their practical effectiveness. The results of the research are of great importance in increasing students' physical development indicators, forming a healthy lifestyle and strengthening the level of physical fitness. This methodology is recommended as an effective tool for organizing physical education classes in higher educational institutions.

**Keywords:** wrestling exercises, physical training, students, physical abilities, methodology, agility, endurance, strength qualities, physical education, healthy lifestyle

The field of physical education and sports is recognized as one of the important factors of social development. In particular, the role of sports in the formation of the younger generation as physically healthy, spiritually mature, strong-willed and competitive individuals is incomparable. The physical education of students studying in higher educational institutions, strengthening their health and developing their physical abilities is one of the priority areas of state policy. Therefore, the use of modern, effective and innovative methods in the physical education system is becoming an urgent issue.

The student youth period is one of the stages of rapid development of the human body, and during this period there are wide opportunities for the development of physical qualities. In particular, such physical qualities as strength, speed, agility, endurance and flexibility are effectively formed during this period. Increasing the level of physical training of students not only strengthens their health, but also increases their activity in the educational process, improves labor productivity and ensures psychological stability. From this point of view, the effective organization of physical education classes and the widespread introduction of national sports into them are of great importance.

One of the national sports, wrestling, is distinguished by its rich history, educational value and physical development properties. Wrestling is not only a sport, but also an invaluable heritage that embodies the values, customs and national traditions of our people. Wrestling exercises have a complex effect on the human body and serve the harmonious development of physical qualities. Through this sport, students have the opportunity to develop strength, agility, speed, balance, willpower and coordination of movements.

In recent years, the decline in physical activity of students in higher educational institutions, the widespread adoption of a sedentary lifestyle and excessive dependence on information technologies have had a negative impact on the health of young people. As a result, a decrease in

the level of physical fitness, overweight, rapid fatigue and other negative conditions are observed among students. This requires the development of new methodological approaches to organizing physical education classes. Improving the methodology of physical development of students through wrestling exercises can be an effective tool in eliminating these problems.

Wrestling exercises differ from other sports in their universality. Because almost all muscle groups are actively involved in them. The rapid exchange of movements, accuracy in performing techniques and maintaining balance put a great load on the students' body and expand their functional capabilities. At the same time, wrestling exercises are also of great psychological importance, forming such qualities as determination, courage, self-confidence and discipline in students.

Developing methodological foundations for the use of wrestling elements in physical education classes is one of the important scientific and practical issues of today. Because traditional classes often fail to interest students and do not provide sufficient effectiveness in ensuring their active participation. Classes based on wrestling exercises encourage students to active movement, increase their interest in sports and ensure the effectiveness of the training process. Therefore, it is necessary to scientifically substantiate the methodology for using wrestling equipment in the development of physical training.

The relevance of this topic is that in today's globalization environment, one of the important tasks remains to form the need of young people for a healthy lifestyle, protect them from harmful habits and involve them in a physically active life. Wrestling exercises are an important tool not only in the physical, but also in the spiritual and moral education of young people. Because through this type of sport, such qualities as respect, patience, courage, honesty and patriotism are developed in a person.

Analysis of scientific sources shows that a number of studies have been conducted on the sport of wrestling and its role in the development of physical qualities. However, the issue of improving the methodology of using wrestling exercises in the development of physical fitness of students of higher educational institutions has not been studied sufficiently. In particular, aspects such as organizing training based on modern pedagogical technologies, determining loads based on an individual approach and comprehensive assessment of the effectiveness of exercises require in-depth research.

The main goal of the study is to determine the effectiveness of wrestling exercises in developing students' physical fitness and to develop methodological recommendations aimed at improving this process. To achieve this goal, the role of wrestling exercises in the development of physical qualities is studied, a training system is developed, and its practical effectiveness is determined on the basis of experimental and test work.

The object of the study was the process of physical education classes of students of higher educational institutions. The subject of the study is the methodology for developing physical fitness based on wrestling exercises. During the study, it is planned to use pedagogical observation, test tests, comparison, questionnaires, experiments and mathematical and statistical analysis methods.

Methodologically correct organization of the development of physical qualities with the help of wrestling exercises not only strengthens the health of students, but also increases their

interest in sports. Also, the use of an individual approach in training helps to take into account the physical capabilities of each student. This further increases the effectiveness of training.

Another important aspect of wrestling is that it develops quick thinking and quick assessment of the situation in students. When performing each technique, the athlete is required to anticipate the opponent's movement and make decisions accordingly. This has a positive effect not only on physical, but also on intellectual development. Therefore, wrestling exercises are considered a complex tool in the overall development of students.

The use of national sports in the effective organization of physical education classes in higher educational institutions increases the respect of young people for national values. And wrestling, as the pride of our people, forms a sense of national pride and patriotism in students. At the same time, the fact that this sport is developing widely internationally is further increasing the interest of young people in it.

Training based on wrestling exercises also has a health-improving value. Because such exercises help improve the functioning of the circulatory system, respiratory organs and heart. Regular physical exercises increase the body's resistance to external environmental influences and strengthen the immune system. Wrestling exercises are especially important in preventing diseases associated with physical inactivity among students.

The practical significance of the research topic is that the developed methodological recommendations serve to more effectively organize physical education classes in higher educational institutions. The training system developed on the basis of wrestling exercises serves as an important factor in improving the physical fitness of students, increasing their interest in sports, and forming a healthy lifestyle.

Also, the results of this study can be useful as a methodological guide for sports coaches, physical education teachers, and specialists. The recommendations developed during the study create the opportunity to properly plan training loads, gradually develop physical qualities, and select exercises suitable for the student's body.

Today, the use of innovative technologies in the process of modernization of the physical education system is of particular importance. In this regard, the use of interactive methods, modern pedagogical technologies, and individual programs in training based on wrestling exercises further increases efficiency. This is an important factor in encouraging students to take active action and increasing their motivation for training.

Improving the methodology for developing students' physical fitness based on wrestling exercises is one of the current scientific and practical issues of today. Research in this area is of great importance in shaping a healthy lifestyle for young people, increasing the level of physical development, and promoting national sports. Therefore, expanding scientific research aimed at the effective use of wrestling equipment and its practical application is one of the urgent tasks.

Improving the methodology for developing students' physical fitness based on wrestling exercises is one of the important directions of the modern physical education system. The level of physical development of students, their attitude to a healthy lifestyle, and active life skills largely depend on the content and effectiveness of physical education classes. From this point of view, the use of wrestling exercises serves as an important tool not only for developing physical qualities, but also for ensuring the mental and spiritual well-being of young people.

Wrestling exercises are distinguished from other sports exercises by their versatility. This type of sport has a complex effect on the human body and ensures the active functioning of all muscle groups. As a result of regular engagement in wrestling, the cardiovascular system in students' bodies improves, the respiratory system develops, and the level of general physical endurance increases. Wrestling exercises are especially effective in developing agility, strength, and coordination of movements.

In the process of developing students' physical fitness, the organization of classes on a scientific basis is of great importance. The correct distribution of loads during the exercises, taking into account the age and individual characteristics of students, increases the effectiveness of the training. Therefore, when developing a methodological system based on wrestling exercises, special attention is paid to the principles of gradualness, regularity and an individual approach.

Special exercises are of great importance in developing physical qualities with the help of wrestling exercises. Such exercises include pulling, falling techniques, maintaining balance, exercises performed with resistance and quick movements. These exercises serve to increase muscle strength in students, improve joint mobility and develop the level of general physical fitness.

Developing strength qualities is one of the main tasks of wrestling exercises. A wrestler effectively uses his muscle strength in the process of performing various techniques. In particular, the development of the muscles of the arms, shoulders, legs and back plays an important role in the successful performance of techniques. Therefore, exercises aimed at developing strength should be systematically used during the training process. In this case, the use of dumbbells, horizontal bars, rubber resistance devices and exercises performed with a partner gives good results.

The quality of endurance is one of the important indicators of the physical fitness of students. During wrestling exercises, the body adapts to long-term loads. In particular, circuit training, repetitive techniques and high-intensity exercises expand the functional capabilities of the cardiovascular system. As a result, students acquire the ability to withstand prolonged physical activity.

Agility and coordination play an important role in wrestling. The wrestler must assess the situation in a short time, make quick decisions and perform precise movements. Therefore, wrestling exercises develop the activity of the neuromuscular apparatus of students. Various turns, falls and combinations of techniques serve to develop the quality of agility.

The development of agility is also an important component of wrestling exercises. To form a quick reaction in students, short-distance running, signal-based exercises and quick technical movements are used. These exercises increase the body's ability to respond quickly and activate the activity of the central nervous system.

The pedagogical significance of wrestling exercises is also very great. This sport educates students to be disciplined, strong-willed and goal-oriented. During the training, athletes learn to adhere to the principles of mutual respect, honesty and cooperation. This has a positive effect on their spiritual and moral development.

In improving the methodology for developing physical fitness, it is important to organize training sessions based on modern pedagogical technologies. The use of interactive methods

increases students' interest in training. For example, group exercises, competition methods, and individual tasks encourage students to take an active role and increase the effectiveness of training.

Strict adherence to safety rules is required when organizing wrestling training. Excessive loads given without taking into account the level of physical fitness of students can lead to various injuries. Therefore, warm-up exercises should be performed before training, technical techniques should be gradually taught, and the complexity of the exercises should be gradually increased.

Motivation is an important factor in increasing the effectiveness of wrestling training. In order to form students' interest in sports, it is necessary to organize training in an interesting and meaningful way. In particular, competitions, demonstrations, and sports holidays encourage students to actively participate. This helps to increase the level of physical fitness.

The use of an individual approach during training is one of the important aspects of the methodology. Each student has different physical capabilities, health, and level of training. Therefore, taking into account individual characteristics when choosing exercises increases the effectiveness of training. It is advisable to use simplified exercises for students with weaker preparation, and more complex tasks for students with higher preparation. It is also important to combine wrestling exercises with other physical exercises. Gymnastics, running, jumping and general developmental exercises, when performed in conjunction with wrestling exercises, have a more effective effect on the student's body. This allows for the harmonious development of physical qualities.

It is important to use special tests to assess the physical fitness of students. For example, the effectiveness of training can be determined through 100-meter run, pull-up on the horizontal bar, long jump and endurance tests. Based on the test results, training loads are revised and the methodological system is improved.

The health-improving properties of wrestling exercises are also of particular importance. Regular physical activity strengthens the body's immune system, improves blood circulation and activates metabolic processes. As a result, students become more resistant to various diseases.

Wrestling is also an effective tool for meaningfully organizing young people's free time. Students involved in training move away from harmful habits and strive to follow a healthy lifestyle. This serves to form a healthy generation in society.

It is important to adhere to the principle of demonstration when teaching wrestling exercises. Demonstration of technical methods by the coach, the use of video materials and step-by-step explanation of movements help students master the exercises faster. In particular, the use of modern information technologies serves as an important tool in increasing the effectiveness of training.

Special attention should also be paid to psychological preparation during training. Mental stability and self-confidence are important in wrestling. Creating a positive psychological environment for students, encouraging them and recognizing their successes have a positive effect on the results of training.

The effectiveness of the methodological system developed on the basis of wrestling exercises is determined through experimental and test work. When a special methodology based on wrestling exercises is used in the experimental group, a significant increase in the physical

fitness indicators of students is observed. In particular, positive results are achieved in terms of strength, endurance and agility.

The use of national sports in physical education classes increases young people's respect for national values. Through wrestling, students become more closely acquainted with our national traditions and sports culture. This serves to form a sense of patriotism in them.

The widespread introduction of wrestling exercises into the educational process helps to increase the effectiveness of the physical education system. Classes organized on the basis of modern methodological approaches attract students to active physical activity and serve to form their healthy lifestyle.

Improving the methodology for developing students' physical fitness based on wrestling exercises is currently one of the most important areas of the physical education system. In the modern educational process, one of the priority tasks is not only to improve the theoretical knowledge of students, but also to ensure their physical health, motor activity and psychological stability. In this regard, the effective use of wrestling exercises not only ensures the physical development of young people, but also serves to form their spiritual and volitional qualities.

During the study, the importance of wrestling exercises in the development of students' physical qualities was extensively analyzed. It was found that the wrestling elements used in the training process have a complex effect on the students' body, ensure the active functioning of all muscle groups, and increase the level of overall physical fitness. In particular, it was observed that wrestling exercises are highly effective in developing strength, endurance, speed, agility, and coordination skills.

As a result of using a methodological system based on wrestling exercises, an improvement in the physical development indicators of students was observed. When training is organized regularly and on a scientific basis, functional changes occur in the students' body, the cardiovascular system improves, the respiratory system strengthens, and the overall working capacity of the body increases. This also has a positive effect on students' academic performance, increasing their attention, activity, and labor productivity.

The results of the study showed that training based on wrestling exercises is more effective than traditional physical education classes. Because wrestling elements help to organize training in an interesting, active, and dynamic manner. Students participate in such classes with high motivation and their interest in sports increases. This serves as an important factor in guiding young people towards a healthy lifestyle.

The high pedagogical and educational significance of wrestling exercises was also confirmed during the study. Through this type of sport, students develop positive qualities such as discipline, determination, patience, courage and striving for the goal. The requirement to adhere to the principles of sports ethics, mutual respect and cooperation during classes also has a positive effect on the spiritual and moral education of students.

The methodological recommendations developed during the study allowed for the effective integration of wrestling exercises into physical education classes. Step-by-step teaching of exercises, setting loads based on an individual approach and taking into account the physical capabilities of students increased the effectiveness of the methodology. The use of an adapted exercise system, especially for students with low physical fitness, contributed to the safe and effective organization of classes.

Combining wrestling exercises with other general-development exercises ensured the comprehensive development of physical qualities. Running, jumping, gymnastic exercises and resistance exercises, when used in conjunction with wrestling elements, had a more effective effect on the students' body. As a result, the interrelationship between physical qualities increased and the overall level of preparation increased.

The use of modern pedagogical technologies and interactive methods in wrestling exercises also yielded high results. The use of group work, competition elements, video analysis and demonstration methods increased students' interest in the exercises. In particular, the step-by-step explanation of technical methods and the use of visual materials contributed to the faster formation of movement skills.

The health-improving value of wrestling exercises was also clearly demonstrated during the research. As a result of regular physical activity, the metabolism in the students' body improved, the immune system was strengthened, and the general level of health increased. This contributed to the reduction of negative conditions associated with inactivity among students.

The importance of wrestling as a national value was also assessed as an important factor during the study. During the training, students became closely acquainted with national sports traditions, and feelings of patriotism and national pride were formed in them. In this regard, wrestling exercises were shown not only as a means of physical development, but also as one of the effective directions for the spiritual upbringing of young people.

Based on the results of the study, it was determined that it is advisable to widely use wrestling exercises in organizing physical education classes in higher educational institutions. This methodology serves as an effective tool for improving the physical fitness of students, strengthening their interest in sports, and forming a healthy lifestyle.

In the future, it will be important to further improve the methodologies developed on the basis of wrestling exercises, enrich them with modern innovative technologies, and widely apply them in practice. In particular, the development of modern monitoring systems for assessing students' physical fitness and the creation of individual training programs are one of the promising areas of scientific research in this area.

By improving the methodology for developing students' physical fitness based on wrestling exercises, the higher education system will expand its opportunities to educate healthy, physically fit, active, and spiritually mature young people. This will be of significant socio-pedagogical importance in the process of social development and the formation of a healthy generation.

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