

EFFECTIVE METHODS OF FORMING PHYSICAL ABILITIES IN STUDENTS OF HIGHER EDUCATIONAL INSTITUTIONS THROUGH WRESTLING ELEMENTS

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Abstract: This article analyzes effective methods of forming physical abilities in students of higher educational institutions through wrestling elements. During the study, the impact of wrestling exercises on the physical development of students was studied, especially the importance of developing strength, endurance, speed, agility and coordination abilities. Also, the pedagogical and methodological foundations of using wrestling elements in physical education classes were covered. The article pays special attention to the issues of organizing classes based on modern innovative approaches, applying an individual approach and increasing students' interest in sports. The results of the study show that wrestling exercises are an important tool for increasing the level of physical fitness of students, forming a healthy lifestyle and ensuring the effectiveness of physical education classes.

Keywords: wrestling elements, physical ability, students, physical training, agility, speed, endurance, sports pedagogy, physical education, healthy lifestyle

Today, ensuring the physical health of students and achieving their comprehensive development as well-rounded individuals is one of the pressing issues in the higher education system. The development of society, the rapid development of science and technology, along with creating conveniences in many areas of human activity, is also causing a decrease in the physical activity of young people. In particular, the prolonged use of computers and mobile devices, the widespread use of a sedentary lifestyle, and insufficient physical activity have a negative impact on the health of students. As a result, a decrease in the level of physical fitness, rapid fatigue, overweight, and various functional diseases are observed among young people. Therefore, it is important to organize physical education classes in higher education institutions based on modern requirements and use effective methodologies.

The development of students' physical abilities is one of the main tasks of the physical education system. Physical abilities are understood as a person's strength, speed, endurance, agility, flexibility, and coordination capabilities. Sufficient development of these qualities contributes to a healthy lifestyle, high working capacity, and effective performance of various physical loads in daily activities by young people. Therefore, it is necessary to correctly select and methodologically substantiate exercises aimed at developing these qualities in physical education classes.

Wrestling occupies a special place as one of the most effective means of developing physical abilities. This sport is distinguished by its complex effect on the human body. During wrestling exercises, almost all muscle groups are actively working, which helps to expand the functional capabilities of the body. In particular, wrestling elements are highly effective in developing strength, endurance, agility, and balance. At the same time, wrestling also forms psychological qualities in a person such as determination, will, courage, and self-confidence.

Wrestling, one of the national sports, is a sport that embodies the centuries-old traditions and values of our people. Wrestling is not only a means of physical development, but also an important factor in the spiritual and moral education of young people. During wrestling classes, athletes acquire such human qualities as mutual respect, honesty, discipline and cooperation. In this regard, the widespread introduction of wrestling elements into physical education classes serves not only the physical, but also the spiritual development of students.

Today, there is a growing need for modern methodological approaches to organizing physical education classes in higher educational institutions. Traditional classes often fail to interest students sufficiently and are less effective in ensuring their active participation. Classes organized on the basis of wrestling elements encourage students to take active action, increase their interest in sports and contribute to the comprehensive development of physical qualities. Therefore, the development of effective methods for using wrestling elements in the formation of students' physical abilities is of great scientific and practical importance.

In the process of developing physical abilities using wrestling elements, it is necessary to organize training on a scientific basis. When choosing exercises, it is necessary to take into account the age characteristics, level of physical fitness and individual capabilities of students. In particular, gradually increasing training loads and planning exercises according to the level of complexity will help to achieve high results.

General-development exercises also play a large role in organizing training based on wrestling elements. Running, jumping, pulling, maintaining balance and resistance exercises have a more effective effect on the student's body when combined with wrestling methods. Such exercises increase muscle strength, strengthen the cardiovascular system and improve the overall level of physical fitness.

Motivation is one of the important factors in increasing the effectiveness of wrestling training. In order to form an interest in sports in students, it is necessary to organize training in a meaningful and interesting way. In particular, the use of competition elements, group exercises and interactive methods will help to actively involve students in training. This will contribute to the effective development of physical abilities.

The effectiveness of wrestling elements in the development of physical abilities has been confirmed by numerous scientific studies. According to the results of the studies, students who regularly engage in wrestling experience a significant improvement in strength, endurance, agility, and coordination abilities. At the same time, wrestling exercises also have a positive effect on improving the functional state of the body, strengthening the immune system, and increasing psychological stability.

An individual approach to the formation of students' physical abilities is one of the important methodological principles. Since the physical capabilities of each student are different, it is necessary to take into account individual characteristics when selecting exercises and determining loads. This contributes to the safe and effective organization of training.

When developing physical abilities using wrestling elements, strict adherence to safety rules is required. Performing warm-up exercises before training, correctly teaching technical techniques, and protecting students from overloads are important in preventing injuries. Therefore, it is advisable to organize training under the guidance of experienced specialists.

Another important aspect of the sport of wrestling is its health-improving effect. As a result of regular physical exercise, blood circulation in the body improves, the respiratory system develops, and metabolic processes are activated. This increases the resistance of the student's body to external environmental influences and helps to form a healthy lifestyle. The widespread introduction of training based on wrestling elements in higher educational institutions creates a basis for young people to regularly engage in sports. This serves to meaningfully organize their free time, get rid of harmful habits, and form a healthy lifestyle. At the same time, wrestling classes enrich the spiritual world of young people and develop a sense of respect for national values.

The relevance of this topic is that today increasing the level of physical fitness of young people is one of the priority areas of state policy. Therefore, the development and implementation of effective methodologies aimed at developing physical abilities in higher educational institutions is of great importance. The training system developed based on the elements of wrestling serves as one of the effective means of ensuring the physical development of students.

The formation of physical abilities in students of higher educational institutions through the elements of wrestling is one of the important areas of today's physical education system. The level of physical development of students directly affects their health, motor activity, mental stability and success in academic activities. Therefore, the effective organization of physical education classes, the use of modern pedagogical approaches and the widespread introduction of national sports into the training process are of great importance. In particular, training based on the elements of wrestling serves to comprehensively develop the physical qualities of students.

One of the main features of wrestling is its comprehensive effect on the human body. During wrestling exercises, all muscle groups are actively involved, which increases the functional capabilities of the body. As a result of wrestling, the cardiovascular system in the students' body improves, the respiratory organs are strengthened, and the general level of physical fitness increases. At the same time, wrestling exercises develop quick thinking, situation assessment, and quick decision-making skills in students.

Strength quality is of great importance in developing students' physical abilities. Various resistance exercises, pull-ups, lifts, and partner exercises are used to develop strength using wrestling elements. In particular, exercises aimed at developing the muscles of the arms, shoulders, legs, and back help to effectively perform wrestling techniques. Gradual complication of strength exercises during training expands the adaptive capabilities of the students' body.

Endurance is one of the main components of physical abilities and plays an important role in wrestling exercises. Long-term circuit training, repetitive technical methods, and high-intensity exercises are used to develop endurance. Such exercises improve heart function, increase the body's oxygen supply, and prepare students for long-term physical exertion.

Wrestling training is also of great importance in developing agility and coordination skills. The wrestler must perform each movement accurately and quickly, and make quick decisions in accordance with the opponent's movements. Therefore, turns, falling techniques, balance exercises, and combination movements are widely used in training. These exercises improve the functioning of the central nervous system and help students develop coordination of movements.

Developing the quality of agility is one of the important aspects of wrestling. To form quick movements, short-distance running, signal-based exercises, and quick technical movements are used. Such exercises increase the body's ability to quickly respond to external influences. As a result, students acquire the skills to move quickly in sports training and in everyday life.

Training based on wrestling elements also has a positive effect on the psychological preparation of students. Self-confidence, determination, courage and patience play an important role in wrestling. During training, students develop such qualities as making the right decisions in difficult situations, managing their emotions and striving for the goal. This helps them to achieve success not only in sports activities, but also in everyday life.

Organizing training on a scientific basis is an important methodological requirement in the formation of physical abilities. When choosing exercises, the age characteristics, level of physical fitness and health of students should be taken into account. In particular, planning training loads based on an individual approach increases efficiency. By developing a system of exercises suitable for each student, it is possible to further develop their physical capabilities.

The principle of demonstration is important in teaching wrestling exercises. Demonstration of technical methods by the coach, the use of video materials and step-by-step explanation of exercises help students master the movements faster. The use of modern information technologies allows for more effective organization of training.

The use of interactive methods in the training process increases students' interest in sports. Group exercises, tasks performed in pairs, and competition methods encourage students to take an active role. In particular, competition elements create a competitive atmosphere in students and further develop their physical capabilities.

Combining wrestling elements with general-development exercises increases the effectiveness of the methodology. Running, jumping, pulling, gymnastic exercises, and resistance exercises, when used in conjunction with wrestling methods, have a complex effect on the student's body. As a result, the harmonious development of physical qualities is ensured.

It is necessary to strictly observe safety rules when organizing wrestling training. Teaching students the correct technique of performing techniques, performing warm-up exercises before training, and avoiding overloads reduce the risk of injuries. Especially for beginner students, exercises should be taught in a simplified form.

The use of special tests is important in assessing the physical abilities of students. Pull-ups and weight lifting exercises are used to determine strength, long-distance running tests are used to assess endurance, and short-distance running tests are used to determine speed. Based on the test results, training loads are re-planned and the methodological system is improved.

The health-improving value of wrestling is also very great. Regular physical exercise strengthens the body's immune system, activates metabolic processes and improves blood circulation. This increases the resistance of the student's body to external environmental influences and helps prevent various diseases.

Wrestling classes are also an important tool for meaningfully organizing the free time of young people. Students who regularly engage in sports move away from harmful habits and strive to follow a healthy lifestyle. This serves to form a healthy and active young generation in society.

The role of wrestling as a national value is also of particular importance. Through this sport, students become closely acquainted with national traditions, customs and sports culture. This

helps them to form a sense of national pride, patriotism and respect for the heritage of their ancestors.

Pedagogical cooperation plays an important role in the process of forming physical abilities through wrestling elements. Mutual trust, understanding and encouragement between the coach and the student increase the effectiveness of the training. In particular, regular assessment of students' successes and their encouragement increase interest in sports.

The methodological system developed on the basis of wrestling training, along with improving the physical fitness of students, also ensures their spiritual and psychological well-being. Therefore, the widespread introduction of wrestling elements into physical education classes in higher education institutions is one of the important tasks of the modern education system.

The issue of forming physical abilities in students of higher education institutions through wrestling elements is of great importance as one of the priority areas 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. Therefore, organizing physical education classes based on modern pedagogical approaches and effectively using wrestling elements in them is an important scientific and practical task.

During the study, the importance of wrestling elements in the development of students' physical abilities was extensively analyzed. The results showed that wrestling exercises have a complex effect on the students' body and ensure the harmonious development of physical qualities. In particular, it was found that wrestling elements are highly effective in developing strength, speed, endurance, agility and coordination abilities. Active work of all muscle groups during wrestling exercises expands the functional capabilities of the body and serves to increase the level of overall physical fitness.

The effectiveness of training based on the elements of wrestling was clearly demonstrated in the process of regular and scientifically conducted training. Proper planning of training loads, the use of an individual approach, and the gradual complication of exercises contributed to the effective development of students' physical capabilities. In particular, training based on an individual approach made it possible to take into account the level of physical fitness of each student.

The results of the study also showed that training based on the elements of wrestling increased students' interest in sports. Compared to traditional physical education classes, it was found that training based on the elements of wrestling encouraged students to be active, formed a competitive spirit in them, and created motivation to regularly engage in sports. This also has a positive effect on young people's adherence to a healthy lifestyle.

The educational value of wrestling was also assessed as an important factor during the study. During the training, students develop such positive qualities as discipline, patience, determination, courage and striving for the goal. At the same time, by adhering to the principles of sports ethics and mutual respect, a positive impact is also exerted on the spiritual and moral development of students. The role of wrestling as a national value serves to form national pride and patriotism in young people.

The effectiveness of the methodological system developed on the basis of wrestling elements was also confirmed through experimental work. It was observed that students who underwent training in the experimental group achieved higher results than students in the control group. In particular, a significant increase was noted in the indicators of strength, endurance and agility. This once again confirms the practical effectiveness of wrestling elements in developing physical abilities.

The use of modern pedagogical technologies and interactive methods in organizing wrestling training was an important factor in achieving high results. The use of video analysis, group exercises, competition methods and visual aids increased students' interest in the exercises and contributed to the faster formation of movement skills. At the same time, the meaningful and interesting organization of the exercises made it possible to actively involve students in sports activities.

During the study, the health-improving value of wrestling exercises was also revealed. As a result of regular physical exercises, blood circulation in the students' bodies improved, the cardiovascular system strengthened, and the overall working capacity of the body increased. This contributed to the improvement of students' health and the prevention of various diseases.

The widespread introduction of wrestling elements into physical education classes also helps to meaningfully organize the free time of young people. Regular sports training distances students from harmful habits, forms positive life views in them, and encourages them to follow a healthy lifestyle. In this regard, wrestling sports are one of the effective means of educating the younger generation as well-rounded individuals.

The methodological recommendations developed for the formation of physical abilities through wrestling elements are of great practical importance in improving the physical education system of higher educational institutions. These methodological recommendations can be effectively used in the activities of physical education teachers, sports coaches and specialists. Organizing classes based on an individual approach, planning loads on a scientific basis and using modern pedagogical technologies will increase the effectiveness of physical training. In the future, it will be important to further improve the methodology for developing physical abilities based on wrestling elements, enrich them with modern innovative technologies and widely apply them in practice. In particular, one of the promising tasks of this direction is the development of modern systems for monitoring the physical fitness of students, the creation of individual training programs and the expansion of scientific research.

By developing the physical abilities of students through elements of wrestling, the opportunity to educate a healthy, physically fit, spiritually mature and active young generation expands. This has an important socio-pedagogical significance in the development of society, the formation of a healthy lifestyle and the maturation of young people as well-rounded individuals.

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