

## PHYSICAL EDUCATION OF STUDENTS AT A MEDICAL UNIVERSITY

*Shokirov Kamol Fazlievich*

Bukhara State Medical Institute

✓ *Resume*

*Modern methodological concept of training doctors significantly expands and specifies the requirements for the graduate medical university in the field of knowledge, abilities, skills in maintaining a healthy lifestyle, the use of means and methods for the prevention of various diseases, non-drug directions of rehabilitation activities, the correct use of physical culture and sports, taking into account the state of health, physical fitness, gender, age and characteristics of the profession. Physical education of students of medical universities, which determines the effectiveness of teaching a profession, will be pedagogically expedient and productive if it is built taking into account the initial level of their physical development and physical fitness.*

*Key words: physical education, professionally applied physical training, physical exercises.*

## ФИЗИЧЕСКОЕ ВОСПИТАНИЕ СТУДЕНТОВ В МЕДИЦИНСКОМ ВУЗЕ

*Шокиров Камол Фазлиевич*

Бухарский государственный медицинский институт имени Абу Али ибн Сино

✓ *Резюме*

*Современная методическая концепция подготовки врачей значительно расширяет и конкретизирует требования к выпускнику медицинского вуза в области знаний, умений, навыков по ведению здорового образа жизни, использованию средств и методов профилактики различных заболеваний, немедикаментозных направлений реабилитационной деятельности, правильного применения средств физической культуры и спорта с учетом состояния здоровья, физической подготовленности, пола, возраста и особенностей профессии.*

*Ключевые слова: физическое воспитание, профессионально-прикладной физической подготовка, физические упражнения.*

## ТИББИЁТ ИНСТИТУТИДА ТАЛАБАЛАРНИ ЖИСМОНИЙ ТАРБИЯЛАШ

*Шокиров Камол Файзиевич*

Абу Али ибн Сино номидаги Бухоро давлат тиббиёт институти

✓ *Резюме*

*Врачларни тайёрлашнинг замонавий услубий концепцияси битирувчига қўйиладиган талабларни сезиларли даражада кенгайтиради ва аниқлайди. Соғлиқни сақлаш ҳолати, жисмоний тайёргарлиги, жинси, ёши ва касбининг хусусиятларини ҳисобга олган ҳолда соғлом турмуш тарзини сақлаш турли касаликларнинг олдини олиш учун воситалар ва усуллардан фойдаланиш реабилитация фаолиятининг гиёҳванд бўлмаган йўналишларида жисмоний тарбия ва спортдан фойдалинад.*

*Калит сўзлар: жисмоний тарбия, касбий амалий жисмоний тарбия, жисмоний машқла*

### Relevance

The formation of the personality and professionalism of the future medical worker is carried out already from the university bench under

the influence of the entire educational system. The practical implementation of the task of training and educating highly qualified specialists falls on the

shoulders of physical education teachers. For students of medical universities, the importance of a healthy lifestyle, a sports lifestyle, significantly increases due to the peculiarities of educational activities and the specifics of the future profession. The methodological concept of training doctors significantly expands and specifies the requirements for a graduate of a medical university in the field of knowledge, skills, and skills in maintaining a healthy lifestyle, the use of means and methods for the prevention of various diseases, non-drug directions of rehabilitation activities, the correct use of physical culture and sports, taking into account the state of health, physical fitness, gender, age and characteristics of the profession. It should be noted that the number of students with impaired health has increased, about 50-60% of students of medical universities cannot pass the standards provided for by the program due to their physical fitness. An analytical review of the literature has shown that the importance of physical culture education for specialists in the field of medicine is in contradiction with the relatively low activity of their inclusion in the continuous replenishment of their knowledge about physical culture. This contradiction prompted us to create a methodology for additional occupational training in the field of physical culture for medical students.

Object of research: the process of additional physical education of students of medical universities.

Subject of research: means, forms and methods of additional physical culture and educational process of students of medical universities.

The purpose of the study is to improve the process of physical education of students in higher educational institutions of a medical profile.

### **Material and methods**

The use of additional classes for medical students will allow:

- increase the level of their knowledge, skills and abilities in the field of physical culture;
- to provide them with the achievement of a higher quality of professionally applied physical fitness;
- promote health promotion.

The practical significance of the study lies in the possibility of using the results obtained to improve the process of physical education, increase the level of physical and functional readiness of students, strengthen their health in order to train qualified medical workers. Insufficient educational level of students of medical universities in the field of physical, culture negatively affects the physical condition of

students and their attitude to the process of physical education.

### **Result and discussion**

The methodology of additional lessons in the field of physical culture contributes to the improvement of the process of physical education in a medical university and forms knowledge, skills and abilities for independent exercise in order to strengthen health and improve the physical fitness of students. For the successful professional activity of a future specialist in the field of medicine, it is advisable to organize additional physical education classes of a professionally applied orientation not only at the university, but also in secondary specialized medical institutions. The positive results of the conducted pedagogical research make it possible to recommend the developed experimental program on physical education within the framework of additional classes to familiarize students with physical culture classes, to form their conscious need to use physical culture for further successful professional activity, taking into account the working conditions and the specificity of the specialist's motor regime. The complex use of auxiliary and non-traditional means, specialized breathing exercises and adaptogens in the process of physical education of medical students provides an increase in the indicators of mental and physical performance and, ultimately, increases their physical fitness and health reserves.

### **Findings**

It has been established that in recent years there has been a steady trend of deteriorating students' health. So, the number of students enrolled in the 1st course for the period from 2019-2020, attributed to a special medical group for health reasons, increased by 6.6% ( $P < 0.05$ ), the physical fitness of students has a negative trend.

It was revealed that a positive attitude to physical exercises is typical for older students who highly appreciate the importance of physical culture for future professional activity.

It was determined that the insufficient educational level of students of a medical university in the field of physical culture negatively affects the independent motor activity of students and health care professionals, which suggests the need to develop an experimental methodology for additional physical culture lessons of a professionally applied orientation.

The methodology of additional physical education classes for students of medical universities, the main components of which were

practical sections that contribute to the formation of special knowledge, skills and abilities in future healthcare professionals for organizing and conducting independent physical exercises.

**LIST OF REFERENCES:**

1. Lukyanenko V.P. Physical culture: knowledge bases: textbook /V.P. Lukyanenko. - M.: 2003.
2. Lyakh V.I. Motor abilities of schoolchildren: bases of theory and methods of development /V.I. Lyakh. - M.: Terra-Sport, 2000.
3. Lyakh V.I. Teaching and teaching motional actions // Physical culture in school. - 2005.
4. Kholodov Zh.K., Kuznetsov V.S. - Theory and methodology of physical education and sport. //Textbook for students of higher educational institutions. - M.: "Academy", 2004.
5. Yarlykova O.V. Influence of physical culture on the professional growth of future teachers. // Vocational guidance, No. 1, 2015, p. 75-79.

**Received 09.01. 2021**