

PHYSICAL AND PHYSIOLOGICAL FACTORS OF SPIRITUAL AND PROFESSIONAL EDUCATION

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Resume: The article is devoted to integrative teaching of students of anatomical and physiological age to the peculiarities and their proportionality and significance of spiritual pedagogy and self-education.

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The ability to maintain the internal and external integrity of the human body has a phenotypic and genotypic nature, the physiological essence of which is directly related to physical health and activity. Accordingly, the body adapts to the effects of the external environment and protects itself. However, human thinking and related processes: mental, moral and professional development occur not only spontaneously, but also in connection with physical and physiological factors. It became clear that the anatomical and physiological characteristics of student age, its pedagogical and psychological characteristics do not develop separately, their interdependence and proportionality, reflected in spiritual and professional self-education, becomes more understandable in the context of integrative education. Our research, conducted in accordance with the requirements of the new Law of the Republic of Uzbekistan «On Education» and the laws of the National Curriculum, focused on the attitude of students to their health and the degree of their commitment to culture. health. The physical activity of a future specialist is reflected in the context of social activity, and the study of its normative features still remains a pedagogical problem. This is due to the fact that artificial hypodynamics can develop among young people. At the same time, the volume of training carried out in the classroom increases [1]:

- the fact that independent study assignments performed outside the classroom are not fully scientifically substantiated, that is, each professor, based on the nature of his subject, does not objectively plan independent work, in most cases the assignments are exceeded;

- lack of free time for the student; - There is no special time for physical activity and regular exercise;

- In addition to a number of factors, such as lack of sleep and a certain regimen, participation of demands in various activities, which leads to a certain limitation of physical activity. Especially in girls, there are disorders of the body (obesity or thinness), thinning of the body, increased susceptibility to various diseases, changes in the function of the eyes, teeth, hair and internal organs that affect the psyche of the student. ...

Lack of motor activity is a pathogenetic factor in the occurrence of a number of diseases (of the musculoskeletal system, nervous system, gastrointestinal tract, liver (gallbladder), cardiovascular system, respiratory and kidney organs), which negatively affect many functions of a growing organism.

Intense aerobic dancing for girls, badminton, table tennis, athletic gymnastics for boys, fitness jogging, athletic competition and individual health exercises in the fresh air, taking into account the temperature in hot climates, will certainly be effective against the background of the student's emotional state.

Our research has shown that students who regularly play sports and win for several years, along with increased social activity, in some places also show signs of excessive self-confidence, calmness and indifference. However, it has been studied that exercise does not negatively affect the overall growth of mental stability.

Individual exercise has a positive effect on the physical, mental, behavior and cognitive abilities of a student who exercises regularly. In the pedagogical system «student-teacher-student», the primary task is to take into account the physical and mental state of the student, and then the choice and adjustment of types of physical exercises aimed at improving health. Human health consists primarily of his or her physical, mental and spiritual health, which includes the absence of any disease or physical defect. Accordingly, it became necessary to study the physical and physiological factors of spiritual and professional education [2].

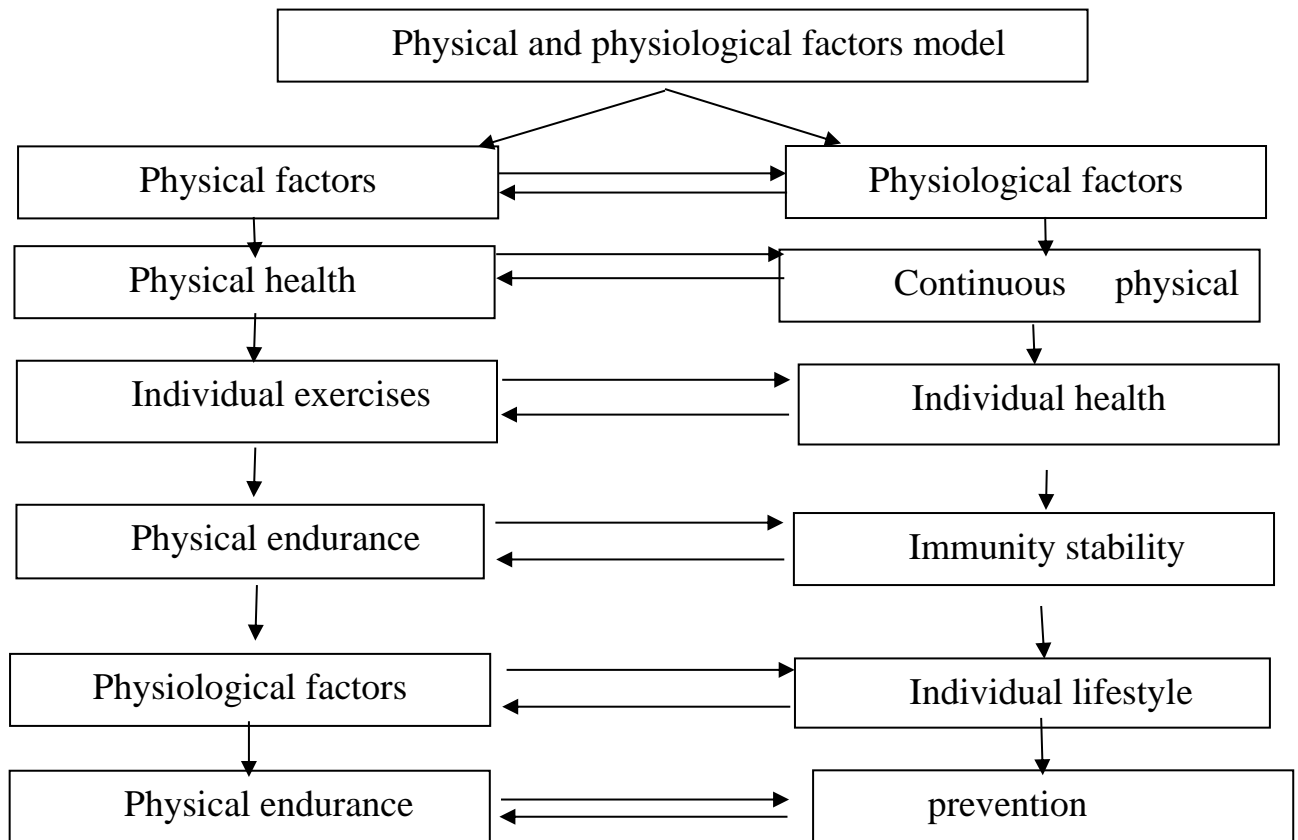
Here we mean a specific aspect of spiritual and professional self-education, which is manifested in its effectiveness and guaranteed result. Accordingly, in the physical and physiological factor, we tried to effectively use the methods of exercises, games, competitions, oral and visual impact, which are widely used in the practice of physical education.

Medical examination of students at least once a year, close cooperation with the medical staff helped to prevent some emotional and physical stress, self-doubt. In particular, it was found that depression in students negatively affects the effectiveness of their exercises, as well as their mastery of the subject and attitude to the profession.

In the course of the study, it turned out that students do not pay much attention to the harmony of mental and physical labor. The fact that the student sees more mental activity as the main task also leads to a certain degree of limitation of his physical activity. While we volunteered to engage students in casual conversation, 37 out of 86 students responded that physical activity should be compatible with mental activity, while the remaining 49 students were slightly hesitant and brooding. They responded in the sense that our runners weren't enough.

In the course of the study, measures were identified to identify and eliminate some negative characteristics, such as anxiety, insecurity and discomfort, by involving students in sports, taking into account the types of temperament. Physico-physiological factors were modeled as a synthesis of these processes (table 1).

1- table



Studies have shown that 50-55% of a healthy lifestyle, 20-25% of environmental exposure, 15-20% of a genetic factor, 8-10% of qualified medical care are considered the leading physical and physiological factors.

In our study, we studied physical and physiological factors not in isolation, but from the point of view of the relationship between both factors and their interaction in the integrative process. Accordingly, three criteria were taken as the main pedagogical factor in the spiritual and professional education of the student. These:

- striving for a high level of knowledge of the basics of science;
- social activity (physical and mental);
- academic activities (self-government).

In the formative experiment, the content of all three criteria was decided in a combination of physical and physiological factors.

Our experimental scientific observations showed that about 30% of the students who participated in the study were eager to gain knowledge and achieve the expected results. However, their mental work was somewhat different from physical work. It turned out that these students are less active in the public affairs of the university, that is, in the life of the university, and devote more time to independent study. During interrogation and subsequent observation, they did not complain about their health. However, it was noted that the lack of time was a serious problem for them [3].

In short, physical and physiological factors form a mentally alert, resilient, content, disease-resistant, mobile, active and healthy lifestyle based on individual health. Provides guidance on how to live a meaningful life.

Special exercises - selectively affect the musculoskeletal system in one or another part, for example, in the case of a flat palate in the palm of your hand or traumatic damage to it; with deformation of two vertebrae; when movement is limited, he or she is this joint. Physical exercise for the body in terms of its physiological effects on the body is a common support for a healthy person. For a patient, for example, with a disease of the spine (scoliosis, osteochondrosis, etc.) Refers to a special group of exercises, because treatment indirectly helps to solve - to correct the spine, strengthen muscles, the spine increase mobility and help others.

Several factors underlie exercise classification.

1. By anatomical features:

Exercises are divided into small (palms, palms, face), medium (neck, wrists, legs, shoulder, thigh), for large (arm-leg, trunk) muscle groups.

2. By the nature of muscle contraction. About the nature of muscle contraction are divided into dynamic (isotonic) and static (isometric).

Dynamic exercises. The most common dynamic movements, in this case, the muscle works in isotonic mode. In this case, contraction and relaxation are caused by rotation, the joints of the arms and legs move in two directions.

Examples of dynamic exercises include flexing and clenching the arm at the elbow, abduction of the arm from the shoulder joint, tilt of the body forward, shoulder. Dynamic phase of muscle tension during exercise, movement due to the speed of movement of the body segment and the phase of muscle tension, it is dosed.

3. Dynamic exercises are active, passive and will be ideomotor (goal, patient's condition and illness), depending on the nature of the damage, as well as adequate load).

The active exercises are performed by the patient himself in normal or relaxed conditions, does (by gravity, by friction). Passive exercises without patient attempts with the help of an instructor are performed, there is no active muscle contraction. Passive exercise Improving lymph and blood circulation, the patient himself performs active movements. To prevent stiffness in the joints, and also when restoring the correct scheme of the act of movement (for example, with paresis and paralysis of the hand).

Ideomotor exercises are exercises that are usually performed on the body, neuroreflective effect. Static exercises. When muscles contract, they tense on their own, movements that do not change length are called static (isometric).

For example: if the patient is lying, lift the leg and do this several times, wait a minute. First it is done dynamically (up), then static; otherwise, a decrease in the number of muscles is performed by an isometric contraction. This exercise is traumatological and widely used in orthopedics for members standing in plaster casts.

A particularly important pedagogical problem is the timely understanding of the essence of physical and physiological factors not only by a specialist or researcher in this field, but also by students as future specialists.

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