



PEDAGOGICAL CONDITIONS FOR THE IMPLEMENTATION OF THE HARMONY OF PHYSICAL AND MENTAL DEVELOPMENT IN STUDENTS

Yodgorov Mansur Abduraximovich
Qarshi Dalat University Senior Teacher

ABSTRACT	KEYWORDS
The article reveals that in solving problems of applied research in the field of physical culture, the basis for the extensive use of the general educational potential of science, aimed at studying the characteristics of physical and mental development of students.	Condition, factor, physical, mental, developmental, learner, practice, activity.

Introduction

It is no secret that the effectiveness of the educational process depends on a number of circumstances. In pedagogical practice, they are called factors, and their set is called conditions. Conditions and factors ensure that the pedagogical process is productive or, when said otherwise, consequential, for this reason they are usually referred to as product manufacturers. When we say productivity we understand the small causes that generate it, but of course a separate cause is understood, while its division leads to a loss of meaning. In turn, when a factor is called, it is understood that the important cause that is generated from at least two product-giving causes of a group.

In turn, when the pedagogical conditions are called from the circumstances under consideration, a set of productive factors is understood that ensure the achievement of certain goals of the educational process, in which the formation of cognitive activity of students.

In the formation of cognitive activity in the process of general secondary education in pedagogy, the following pedagogical conditions are adopted:

- Organization of the interaction of the subjects of the educational process using forms of conversation; group, collective activity; joint work activities of school and family; didactic games, integrative studies using interdisciplinary engagement;
- the use of research methods of education, as well as the use of problem study methods, design, programmed education, heuristic exercises and tasks aimed at interdisciplinary integration of knowledge;
- creating conditions for the understanding of educational texts by students in the educational process, generalization from a didactic point of view, assessment and self-independent assessment;
- use of additional educational resources, E-information educational resources, etc.

According to several researchers, the greatest influence on the increase in the activity of schoolchildren in the educational process is provided by the conditions in which they have the opportunity to actively argue, communicate and discuss, defend their views, assess the opinion of others and the like [6].

One of the important conditions for increasing cognitive activity of students is the stimulation and stimulation of their cognitive activity in the educational process [6].

Conditions in which students have the opportunity to acquire new knowledge in the process of obtaining independent education-directly affect the formation of cognitive activity and are implemented in familiar, usual, as well as unfamiliar situations [1]. The knowledge system is considered by educators as the main tool for the formation of cognitive activity in the educational process [2].

Thus, in the process of general education, there are enough grounds to consider that cognitive activity in the field of physical education or physical culture can be successfully formed and activated under the following conditions.

First of all, cognitive activity is a purposeful, regulation-lowering result by the teacher, in which the information organizer of the subject of study is the main tool, which helps to form the internal interests of the learners.

Secondly, cognitive activity is manifested in the desire to actively use the knowledge gained in the process of independent and self-education and physical improvement on the basis of internal interests formed by educators.

In both cases, the mental cognitive activity of the learners is the result of purposeful exposure to the areas of motivation, value and need. This fully determines the success of education as well as other types of activities. In particular, cognitive activity is manifested not only in cognitive activity, but also appears as a consequence of it.

As a result of mastering the aspects of the formation of cognitive activity in general secondary education, the main factors that directly affect its development are as follows:

- “competence, professionalism of the teacher, compliance with the goals of the established education and the forms of education to be implemented;
- - it turned out to be the natural talent of students, their curiosity, mobility, aspiration, attention, motivation, degree of influence on interests [5, 160-6.].

Insufficient accounting of these factors can negatively affect the rational organization of cognitive activity in students, the development of skills and abilities.

The cognitive activity of schoolchildren as a category varies, it appears, develops, forms and appears on psychological, mental and social levels, depending on the characteristics and level of interaction of internal and external factors [2, 6-6.].

In order to effectively formulate knowledge acquisition in the educational process, the teacher must create favorable pedagogical conditions in increasing the cognitive activity of students, select effective tools and methods for organizing cognitive activity, carrying out a systematic diagnosis of its quality and level of formation.

In the process of physical education, several research works have been carried out on the study of the problems of increasing the activity of acquiring knowledge, developing cognitive abilities of students. At the same time, there is a dissertation research work, the analysis of which is devoted directly to the problem of the development of cognitive activity in the process of general education in the field of Physical Culture [8]. In this research work, knowledge in the field of Physical Culture was carried out that it should have its worthy place in the structure of the general education of modern youth. The essence of this idea lies in the fact that it consists in showing the possibilities of learning sports and the formation of cognitive activity based on the performance of competition exercises.

It has been shown that game tasks, relay sets, general development exercises, pair exercises, team exercises, action games to attract attention, conducting conversations on the content of software material, conducting explanatory work in the process of performing student action tasks, and the like are of high efficiency [8, 147-148-p.]. In the process of performing physical exercises, students acquire knowledge of the technique of performing one or another exercise, their impact on the human body [8, p.102.]. It is this type of activity that has its influence on the physical and mental development of students.

Thus, in the presented approach, physical-mental development occurs not in the process of intensive cognitive activity, but through the implementation of a certain motor activity.

Approaches to the formation of cognitive activity in the educational and cognitive process of Physical Culture are also reflected in several other research works.

In particular, the formation of cognitive activity using didactic means is proposed to be taught by providing training cards for mastering the technique of high jump with the "fosbury flop" method.

In the development of physical and mental cognitive activity, action sports games, game and competition exercises, physical exercises, movements of various directions, new forms and elements of Physical Culture and sports can be carried out in the context of the use of sports. Attention to sports equipment [4], an in-depth study of one of the sports, in particular, indicates chess [3], Fitness and the like [7]. Thus, all attempts to solve the problem of developing physical and mental cognitive activity in the process of education of general secondary schools in the field of physical culture can often be brought to the optimization of physical activity, performing physical exercises in various unusual options. In pedagogy, insufficient attention is paid to knowledge, which is formed as the main tool for the development of physical and mental cognitive activity.

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