



THE ROLE OF FUTURE TRENDS AND FUTUROLOGICAL COMPETENCE IN IMPROVING STUDENTS' PHYSICAL QUALITIES

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ABSTRACT	KEY WORDS
This article discusses the importance of physical exercises in forming the technical condition of students, the possibilities of using physical exercises in forming the technical condition of students.	Physical qualities, future trends, futurological competence, strength, speed, endurance.

INTRODUCTION

The importance of improving physical qualities: Physical activity has a great impact not only on the health of students, but also on their spiritual and mental development. How will the role of physical education classes in the educational system change in the future?

Physical qualities — these are indicators that determine the physical development and health of a person, and they represent the ability of the body to perform various physical activities. Physical qualities are formed depending on various factors, including genetic characteristics, physical activity, proper nutrition and sleeping patterns.

Physical qualities are usually divided into the following categories:

Strength — it is the ability of muscles to resist or perform work. Strength is usually associated with muscle growth and development. Exercises such as physical education and weight lifting help to increase strength.

There are following types of power

Maximum power: The ability to carry the greatest load or produce the greatest force.

Instant Power: The ability to use maximum force quickly and in a short time (for example, using quick force in a sprint).

Endurance (aerobic endurance) is the body's ability to perform physical activity for a long time. This physical quality depends on the oxygen supply of the body's cardiovascular system and muscles. It is very important in activities that require long-distance running or constant physical activity.

There are following types of durability

Cardiovascular Endurance: The ability to produce energy necessary for long-term physical activity.

Muscular Endurance: The ability of muscles to work slowly for a long time.

Speed — it is the ability of a person to perform a certain distance or work at maximum speed. For example, sprint or fast running speed. Speed is increased through training sessions and quick reaction training.

There are following types of speed.

Sprint Speed: Quickly cover a large distance.

Reaction rate: Respond when needed to initiate action.

Flexibility (flexibility) is the width of the range of motion of body parts, for example, increasing the ability of a body part in stretching exercises. Flexibility helps reduce injuries in physical activity and improves overall fitness.

Coordination — it is a person's ability to manage their body parts in a balanced and efficient manner. Coordination allows you to perform physical activity precisely and efficiently, for example, it is important in training athletes.

Speed — is a general indicator of quick performance of physical work. This is important in activities that require quick actions and quick decisions.

Adaptation to extreme situations — the body's ability to adapt to extreme conditions, such as working in hot or cold environments.

Height — performing high jumps or other athletic exercises through a combination of speed and strength

Agility — the ability to change direction and adapt quickly through a combination of speed and coordination (e.g., a skill needed by soccer players).

Daily physical activity: Constant and regular exercises are necessary for the growth of physical qualities. It not only increases muscle strength, but also develops all the above qualities.

Physical training: To improve physical qualities, students need to perform various physical exercises and perform various sports activities.

Futurological competence: Futurological competence means being ready for new approaches in education and future technological, social and sports changes.

2. Future trends and physical education

2.1. Digital technologies in sports: Use of virtual and digital technologies (eg virtual reality, sports games and simulations) in physical education classes and sports.

2.2. Personalization and personalized training: Individual approach to improving physical qualities of students, creation of special training programs for them.

Biotechnologies and genetic research: In sports, the study and development of individual athletic potential through genetic research, such as improving the ability to expend more energy or recover faster.

3. Increasing futurological competence and physical qualities

• **Qualification of physical education teachers:** Teaching teachers how to use new technologies of the future, teaching students how to use digital tools and innovative methods.

Social changes and student needs: How will the needs and interests of the young generation in new types of sports and physical activity, their views on physical education change?

4. Innovations and new methodologies

- **Gamification and interactive approaches:** The use of game elements and interactive methods in the educational process, which makes students interested in physical activity and makes the educational process more effective.

- **Promotion of a healthy lifestyle:** How to incorporate physical activity into students' daily lives, teach different methods to reduce stress and promote health.

Based on the above considerations, we can conclude as follows. New approaches to teaching physical education in the future in the educational system: It is necessary to determine the possibilities of updating physical education classes in the educational system.

With the help of futurological competence, it is necessary to gradually create opportunities for teachers and students to adapt to future changes.

Sustainable development of physical education and sports:

What measures and innovative approaches are needed to increase physical activity in the future.

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