

THE EFFECTIVENESS OF PREPARING GIRLS FOR FUTURE PEDAGOGICAL ACTIVITIES IN THE FIELD OF WOMEN'S SPORT EDUCATION

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ANNOTATION

This article deals with the processes to increase the effectiveness of sport and preparing girls for future pedagogical activities in women's sport.

Key words: *process, physical, pedagogical, movement, education*

Insurance companies should create a structural unit consisting of specialists with special knowledge and skills to carry out insurance underwriting. In this case, the relationship of this unit with other units of the insurance company plays an important role. Exercise does not mean to go to gym or some club for daily activity; it only means to do some physical activity no matter how and where. Exercise is useful in preventing or treating coronary heart disease, osteoporosis, weakness, diabetes, obesity, and depression. In today's world, the modernization of education is important as it focuses on the spiritual and physical development of the individual and the improvement of the quality of the educational process.

The study of scientific and methodological literature of domestic and foreign scientists (including TS Usmankhodjaev, VK Balsevich, VA Bogdanova, etc.) shows that a number of scientific studies on the conduct of physical education in secondary schools. The term of the real estate insurance contract and the conditions of its termination, the tariff rate for real estate insurance, the regulation of the process of calculating and paying insurance premiums, the underwriter's responsibilities in determining and managing damage caused by insurance events, incoming risks and their stratification, analysis, assessment and selection of insurance risks is an important component of underwriting

Insurance companies need to automate the underwriting of real estate insurance on the basis of foreign experience and introduce computer programs. This can have the following effects:

- a) the period of risk identification and insurance is reduced;
- b) accelerates the collection and analysis of information from departments, the exchange of information with departments and reduces financial costs;
- c) allows to calculate reserves, conclude contracts, set tariff rates, timely payment of benefits;
- d) prepares the ground for the growth of the insurance company's reputation, the transition to the provision of insurance services at the level of world standards.

Insurance underwriters in Uzbekistan need to develop specific methods of insuring insurance risks based on the experience of foreign insurance companies for use in their activities. This in turn allows you to quickly form an insurance portfolio and manage it effectively. It is advisable to publish together with foreign insurance and reinsurance companies a set of samples and templates required for insurance underwriting. The problems of organizing health-oriented physical education classes have been studied in the research of D. Antonyusand others. The analysis of age characteristics in the physical fitness of schoolchildren was studied through the work of AA Gugalovsky, VILyah, AG Sukharev, VP Guba and others.

The world's leading educational institutions are studying a set of measures aimed at maintaining and strengthening the health of students in physical education classes, mainly in educational institutions, the problems aimed at shaping the value of health and a healthy lifestyle.

Research methods: analysis of scientific and methodological literature, interviews, pedagogical observation, expert evaluation, mathematical and statistical analysis.

The research was conducted among students of secondary schools 125, 214, 218 in Mirabad district of Tashkent, 105 in Yunusabad district, 282 in Yashnabad district, in Chust district of Namangan region. More than 500 schoolchildren participated in the study. In order to assess the performance of students in the 5th grade in general education schools in the 1st quarter, a team of experts consisting of qualified specialists was formed ($n = 24$). At the same time, the assessment of the degree of conformity of the opinions of experts - the coefficient of concordance (W) in our study was sufficiently high ($W = 0.86$) and reliable ($p < 0.05$).

The group of experts assessed the technical performance of students as follows:

"excellent" - absolutely correct performance of technical actions - 5 points; "Good" - performance of technical actions with small errors - 4 points; "Satisfactory" - performance of actions with big mistakes - 3 points; "Unsatisfactory" - technical actions performed are less than 2 points.

The group of experts rated the placement, movement and basic posture of 5th grade students on the field as 17.5% - "excellent", 16.5% - "good", 31% - "satisfactory", 35% - "unsatisfactory".

21% - "excellent", 18% - "good", 24% - "satisfactory", 37% - "unsatisfactory"; as well as 21% - "excellent", 19% - "good", 24% - "satisfactory", 36% - "unsatisfactory". 24% of 5th graders performed "excellent" and 31% performed "unsatisfactorily".

14% - "excellent", 23% - "good", 28% - "satisfactory", 35% - "unsatisfactory".

The technique of returning and passing the ball from below with both hands on the wrists was rated 5% - "excellent", 9% - "good", 41% - "satisfactory", 45% - "unsatisfactory".

Placement, movement and independent performance of key positions on the field were rated 4% - "excellent", 13% - "good", 32% - "satisfactory", 51% - "unsatisfactory".

1. According to the results of the analysis of the literature, there is a need to take into account the age characteristics of the pedagogical methods used in the study of the technical movements of sports games in the 5th grade of secondary schools.

2. It is expedient to teach physical education classes to students of different types of physical training in the technical movements of sports, to develop a methodology aimed at maintaining their health and strengthening their general physical fitness.

3. The mistakes made by the group of experts in performing basic technical actions on sports games of 5th grade students of secondary schools are mainly explained by the fact that students do not have a conscious enough understanding of the technical actions performed in sports.

4. There is a need to prepare electronic multimedia textbooks for all sports for in-depth teaching of physical education in secondary schools. Strengthening exercises provide appropriate resistance to the muscles to increase endurance and strength. Physical activity is defined as any bodily movement produced by skeletal muscles that require energy expenditure. The term "Physical activity" is not equal to "exercise". Exercise is a subcategory of physical activity which is structured, repetitive, and purposeful [1]. "A sound body has a sound mind" It means that if a person is weak, dull, and sick, he is not able to do his work efficiently and quickly. It is very important to have a fresh mind before any work, like office work, study or some creative work. The people who make exercise as essential part of their routine are more happy and efficient than others. Cardiac

rehabilitation exercises are developed and individualized to improve the cardiovascular system for prevention and rehabilitation of cardiac disorders and diseases. A well-balanced exercise program can improve general health, build endurance, and slow many of the effects of aging. The benefits of exercise not only improve physical health, but also enhance emotional well-being. Regular physical activity remains an essential behavior for endorsing health, postponing or preventing predominant musculoskeletal disorders such as mechanical low back pain, neck and shoulder pain and decreasing the risk of increasing coronary heart disease, hypertension, diabetes, osteoporosis, obesity and colon cancers [2, 3]. The period of adolescence represents the transition from childhood to adulthood and lifetime habits such as regular exercise are normally begun at this time [4]. But unfortunately research indicated that physical activity rates decline consistently during the adolescent years [5, 6]. No matter what your age or shape, you should exercise daily. Not only does exercise so you can wear your favorite dress, it strengthens your muscles, keeps your bones strong, and improves your skin, increased relaxation, better sleep and mood, strong immune function, and more. and the cardiovascular system, honing athletic skills.

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