

Organizational and Pedagogical Conditions for the Effective Implementation of Complex-Combined Methods of Lessons in Health Physical Culture

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ABSTRACT: This article discusses the issues of identifying organizational and pedagogical conditions for the effective implementation of a complex-combined methodology for practicing health-improving physical culture with middle-aged men (40-49 years old), as well as the process of improving men of mature age, and also to form their focus on healthy lifestyle, using the structure, content, forms and methods of a complex-combined physical culture and health program.

KEYWORD: organizational and pedagogical conditions, cycling, training program, rehabilitation of men of mature age.

Relevance and relevance of the dissertation topic. Cycling is a wonderful sport and the achievements of the riders make it extremely attractive to the general public.

Sports activities with strict observance of age restrictions and systematic medical supervision have a beneficial effect on the body of people over 40 years old [2]. Under the influence of long-term sports activity, the pulse becomes slower (physiological bradycardia), blood pressure decreases slightly, the heart muscle becomes less excitable, breathing becomes less and deeper, and metabolism increases [3].

As you know, the average age, the period of a person preceding old age, ranges from 30 to 49 years. Although cycling is a long-lived sport for a sports career, this is an example (Lance Armstrong 40 years old, Alberto Contador 35 years old, Vincenzo Nibali 36 years old, Alexander Vinakurov 39 years old, Jan Ulrich 39 years old, Kholmuratov Muradzhon 39 years old).

However, in the literature studied and analyzed by us, we were not able to find a scientifically based approach to optimizing the training load of health-improving activities with the middle-aged population through cycling on the basis of a theoretically sound complex-combined approach to health-improving physical education with middle-aged men through cycling.

The chosen direction of research is relevant, is of direct importance for working with the middle-aged population, through cycling, as a popular and easily accessible means of training.

The purpose of the research: To reveal the organizational and pedagogical conditions for the effective implementation of the complex-combined methodology for practicing health-improving physical culture with middle-aged men (40-49 years old).

Research objectives:

1. The developed and tested complex-combined program for optimizing the training load of health-improving classes with the middle-aged population through cycling (40-49 years old) can be the basis for the practical activities of trainers and specialists for classes with middle-aged men.
2. The results obtained in the course of the study make it possible to effectively carry out the process of healing men of mature age, as well as form their focus on a healthy lifestyle, using the structure, content, forms and methods of a complex-combined physical culture and health program.
3. The presented criteria and indicators allow assessing the state of the body of middle-aged men, as well as adjusting their physical culture and health-improving activities in order to increase its effectiveness.

The results of the study were tested and put into practice by a group of middle-aged men under the Federation of the Khorezom region, Urgench. The scientific and methodological data obtained during the study can be applied in mass health practices with a middle-aged population, which will contribute to the formation of a healthy lifestyle.

Research methods: analysis, generalization of theoretical research materials; pedagogical testing (anthropometry, pulsometry, self-assessment of psychological adaptability, functional tests, determination of general performance); pedagogical experiment; methods of mathematical statistics (calculation of the arithmetic mean value, errors of the arithmetic mean value, assessment of the reliability of differences in the means by Student's t-criterion, calculation of the χ^2 reliability criterion).

The study was conducted in three stages during the period 2019-2022.

During a two-year pedagogical modeling experiment (2019/2020 and 2020/2021), with the participation of 60 middle-aged cyclists involved in recreational cycling. At the initial stage of the study, the subjects were middle-aged cyclists (40-49 years old), of which 56 cyclists are not involved in sports and 2 cyclists of the 1st category, 1 CCM and 1 master of sports. Cyclists were divided into experimental and control groups. Both groups trained under the same trainer. Every year, the subjects trained three times a week and took the results of test trials the first time at the beginning of the season, the second - in the middle of the season and the third - 2 weeks before the end of the season.

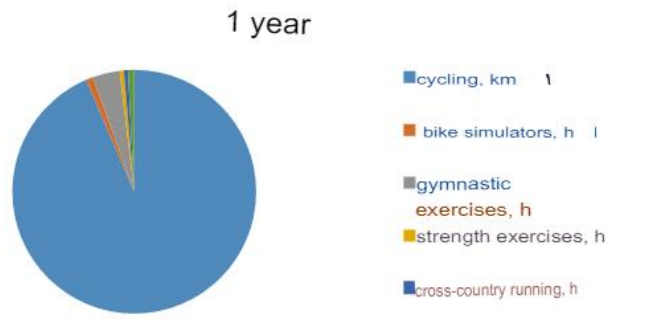
The pedagogical experiment took place in two stages. At the first of them, both groups trained according to the generally accepted methodology. The results of all riders have improved. The indicators of the functional state and physical fitness of athletes also increased, namely: the time of three revolutions of the connecting rod decreased on average by 0.03 s; the result in the round of 200 m on the move improved by 0.48 s; the time to overcome the mountain section of the 200-meter distance was reduced by 0.84 s. I also improved by 31 s, the result in the individual race with separate starts at 25 km. At the same time, the average results of the experimental and control groups did not differ significantly, both groups trained according to the same methodology and with almost the same training load.

During the next one-year training cycle, the main experiment was conducted, where individual parameters of the training load differed significantly between the subjects of the experimental and control groups.

Well-organized competitions play an important role in the work of the section. In addition to its main purpose - to identify the most prepared athletes, competitions are an excellent means of promoting cycling [4].

According to the proposed comprehensive program for the sample, the following volumes of physical activity for a three-year period are proposed, presented in Figures 1., 2., 3.

As we can see from Figure 1., the main volume falls on cycling to a greater extent, the rest of the program options are slightly represented. The volume of the optimized training load of the health-improving orientation of middle-aged cyclists (40-49 years old), 1 year



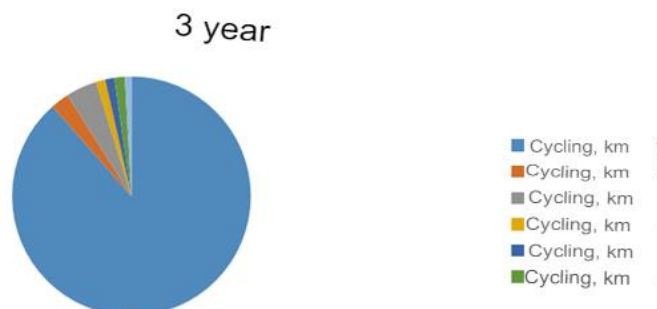
Rice. 1. The volume of the optimized training load of the health-improving orientation of middle-aged cyclists (40-49 years old), 1 year

In Figure 2., the 2nd year, the main volume falls on the ride with rarefaction, the rest of the programs are increased in comparison with the 1st year of training (the volume is increased in all types of the program, to a greater extent, work on exercise bikes, h).



Rice. 2. The volume of the optimized training load of the health-improving orientation of middle-aged cyclists (40-49 years old), 2 years

From Figure 3., Year 3 by type of complex program is increased in comparison with 1 and 2 years of training, the volume of the optimized training load of the health-improving orientation of middle-aged cyclists (40-49 years), 3 year of training is presented.



Rice. 3. The volume of the optimized training load of the health-improving orientation of middle-aged cyclists (40-49 years old), 3 years

Based on the experimental part that we conducted for 18 months, we developed a complex model of pedaling components in middle-aged cyclists (40-49 years old) specializing in road cycling while moving on the highway at different speeds, based on the above model and the experimental part, we optimized the training loads of wellness activities with the middle-aged population through cycling.

Conclusions

1. The main and most informative criteria and indicators for evaluating the effectiveness of complex-combined physical culture and health-improving activities of middle-aged men are [1]:
 - anthropometric status;
 - physiometric status;
 - functional status;
 - motor abilities;
 - psychosocial adaptability.
2. The components in the structure of the complex-combined method of practicing health-improving physical culture, by means of cycling, with middle-aged men (40-49 years old), namely the model of pedaling components in middle-aged cyclists (40-49 years old) specializing in road cycling, are determined. .
3. Organizational and pedagogical conditions for the effective implementation of a complex-combined methodology for practicing health-improving physical culture with middle-aged men (40-49 years) have been identified.

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