

Impact Factor:

ISRA (India) = 4.971
ISI (Dubai, UAE) = 0.829
GIF (Australia) = 0.564
JIF = 1.500

SIS (USA) = 0.912
PIHHI (Russia) = 0.126
ESJI (KZ) = 8.716
SJIF (Morocco) = 5.667

ICV (Poland) = 6.630
PIF (India) = 1.940
IBI (India) = 4.260
OAJI (USA) = 0.350

SOI: [1.1/TAS](http://s-o-i.org/1.1/TAS) DOI: [10.15863/TAS](https://doi.org/10.15863/TAS)

International Scientific Journal Theoretical & Applied Science

p-ISSN: 2308-4944 (print) e-ISSN: 2409-0085 (online)

Year: 2020 Issue: 01 Volume: 81

Published: 30.01.2020 <http://T-Science.org>

QR – Issue



QR – Article



Sohibjon Sobirjanovich Qambarov
Namangan State University
senior teacher

Fakhritdin Alisherovich Asqarov
Namangan State University
senior teacher

Nozim Raimjonovich Ummatov
Namangan State University
teacher

SOCIO-EDUCATIONAL FEATURES OF THE APPLICATION OF INNOVATIVE TERMS IN PHYSICAL EDUCATION AND SPORTS

Abstract: the article is an expression from a brief interpretation of the phrase-terms directly related to the study of new technological phrases used in various fields and their application in physical education and sports activities, teaching physical education and sports exercises.

Key words: science, technology, finance-economics, medicine, valeology, model, autogen, meditation, interview, tolerant, monitoring, motivation.

Language: English

Citation: Qambarov, S. S., Asqarov, F. A., & Ummatov, N. R. (2020). Socio-educational features of the application of innovative terms in physical education and sports. *ISJ Theoretical & Applied Science*, 01 (81), 789-791.

Soi: <http://s-o-i.org/1.1/TAS-01-81-143> **Doi:**  <https://dx.doi.org/10.15863/TAS.2020.01.81.143>
Scopus ASCC: 3304.

Introduction

UDC 37.02

One of the most important tasks of physical education of students, the solution of which remains largely within the subjective categories of practical activity of the University teacher, is to improve the methodology for the development of power abilities for the successful implementation of the test requirements of the program material Alpomish and Barchina.

Orientation of students to the creative development of the program for physical culture and sport requires an ordered impact on their intellectual, emotional, and ideological environment, as the modern idea of physical education and sports personality is associated not only with development of motor skills, health, but also the breadth and depth of man, his motivation and Outlook in the sphere of

physical culture and sports of detail. Due to the low level of health and growing by the percentage of morbidity among students, there is a need to introduce health-saving technologies in the educational process.

Due to the technical progress at the Jaxon scale, the development of economic and political processes, various technical terms are used in almost all manufacturing and related fields.

In the conditions of Uzbekistan, both innovative terms (valeology, model, autogen, meditation, interview, tolerant, monitoring, motivation and hundreds of other terms) are being consumed in science, technology, finance, economics, medicine and other fields.

These processes are widely used in education and training and serve as an important factor in the expansion of the level of knowledge of students and young people and also in the improvement of their social well-being.

Impact Factor:

ISRA (India)	= 4.971	SIS (USA)	= 0.912	ICV (Poland)	= 6.630
ISI (Dubai, UAE)	= 0.829	PIHHI (Russia)	= 0.126	PIF (India)	= 1.940
GIF (Australia)	= 0.564	ESJI (KZ)	= 8.716	IBI (India)	= 4.260
JIF	= 1.500	SJIF (Morocco)	= 5.667	OAJI (USA)	= 0.350

The purposeful use of innovative phrases in the organization of physical education classes and sports classes is one of the important issues in the development of the present period. The focus of the study on this area is on the relevance, aims and objectives of the topic, namely:

1. Study of new technological expressions used in various fields and ways of their application in physical education and sports activities;

2. A brief description of the phrase-terms, which are directly related to the teaching of physical education and sports exercises;

3. To recommend for the development and implementation of ways of using the term-expression of innovation in the process of training specialists;

On this basis, research methods such as the analysis of specific literature, the organization of a conversation with specialists on the topic, the observation of training sessions and conducting questionnaires were used;

Research findings, summary and practical recommendations:

1. The first president of the Republic of Uzbekistan at the solemn ceremony held on the occasion of the 22nd anniversary of the adoption of the Constitution of the Republic of Uzbekistan noted in the report of I.A.Karimov – " today, given the fact that we live in the 21st century – in the age of globalism and the Internet, where traditional labor is of primary importance, the scale and extent of the competitive struggle in the world market are increasingly emphasizing this fact."[1]

In this sense, it is a periodical duty to direct students towards their profession by providing them with concepts of innovative technologies in modern education and expanding their knowledge circles.

As well as "... first of all, the consciousness and vision of our young generation, which is becoming a decisive force, the world-view, political and civil levels, the legal culture are rising, and most importantly, the manifestation of the fact that tomorrow we are building for ourselves, our native land" - he says. [2]

In these schools, like other branches of education and training, as well as in the process of physical education and sports activities, the tasks of paying attention to the physical training, physical development and comprehensive growth of schoolchildren are expressed.

2. Training of specialists in physical education and sports activities, improvement and retraining of their professional skills, deepening of scientific and theoretical knowledge is also one of the main tasks. In their content, it is considered a matter of priority to master a new modern phrase – terms, to explain to the reader youth and to use them publicly in all activities.

It is noted that the phrase-term, which is widely used in various industries, entering consumption, is gaining popularity. For example:

- innovation – new, innovation, update;
- valeology is the science of Health Promotion, Health Care;
- meditation is a mental effect, bringing the human psyche to a concentrated state;
- autogen - self-persuasion, management, coercion;
- model-form, copy, template;
- monitoring-Control, Verification, study,
- motivation-motivation, motivation, motivation;
- reaction-action, circumstance, process that occurs in relation to the effect;
- Liberal-Moderate;
- global-world-wide, whole world.

It is worth mentioning that such new terms (entering from the outside) are more likely. That is:

- students studying in the educational institutions of physical education and sports can use it effectively in their abstract, lecture, graduation – qualification work;

- young teachers and mentors can apply scientific research work in the processes of TV reporting;

- teachers and trainers should be able to use written and oral speech during the preparation for lessons and classes, and in the process of their conduct during the study of each technical and tactical actions;

- in providing news and information in the mass media, the use of innovative terms and phrases depending on the type of sports, technique of performing exercises, characteristics, facilitates the understanding of the population, especially the reader youth, sports lovers;

- in the process of using innovative phrases in television programs on the topic of sports, it is desirable to give a short comment on their essence.

Some examples of the application of innovative terms:

- valeology-measures aimed at strengthening health through the use of games that give different layers of the population, especially students the most comfortable exercises, in order to improve health, to form a healthy lifestyle.;

- meditation is the use of low-energy or effortless organs (fingers, feet, lumbar spine, etc.) that concentrate the psyche through mental exposure. Make sure to perform them with the help of light exercises for stretching (stretching) at the level of opportunity;

- autogen (control of emotions, self-perception) - training in classes and sports, fatigue in the process of competitions, reduction of fatigue or, on the contrary, awakening of the organism in preparation for them, as well as practicing recovery exercises, training of consciousness and feelings in those involved;

Impact Factor:

ISRA (India) = 4.971
ISI (Dubai, UAE) = 0.829
GIF (Australia) = 0.564
JIF = 1.500

SIS (USA) = 0.912
PIHII (Russia) = 0.126
ESJI (KZ) = 8.716
SJIF (Morocco) = 5.667

ICV (Poland) = 6.630
PIF (India) = 1.940
IBI (India) = 4.260
OAJI (USA) = 0.350

- model-use of various forms (model, template,) in non-traditional places (training outside the stadium;

- monitoring-monitoring the processes of monitoring, checking, monitoring the activities of students in independent classes and classes;

- motivation-effective use of the most important methods and tools in achieving achievements, goals and objectives in all types of training;

- reaction-in physical education and sports, mainly the opposite effect in relation to the effect, the characteristic effect from the effect;

- diversification – the operation of movements through a certain method, force and motor;

- Liberal is a multi-meaning term that can be associated with practical activities that carry out their position, opportunity and desire in sport;

- global-this term can be met in its activities related to the preparation and participation in the world championships, Olympiads and Asian Games.

In conclusion, the terms used in the sphere of physical education and sports - the expansion of the circle of knowledge of students, students and specialists-also play an important role in improving

practical activities. So, now all the problems have not been solved. Specially:

- in physical education and sports, all terms and concepts in the state language are not fully implemented (70-75 %);

- it is difficult to pronounce foreign language terms in the state language (60-70%);

- training on the development of new incoming terms-obesity does not pass (60-65%);

- it is not satisfactory to teach different terms to students and students and athletes in educational institutions;

- there is not even a lack of specialists who believe that the emphasis on the application of innovative terms does not need (50-55%).

Admittedly, the fact that modern sports are at the stage of global development, it is unlikely that new terms and phrases will come into our speech due to the fact that our republic is increasingly deeply entering the Dun sport community. The same innovation lexicon is desirable to form a qualification, teaching young people at the stage of a strict education and benefiting from it.

References:

1. Karimov, I.A. (1997). *Barkamol avlod ŷzbekiston taraqqijotining pojdevori*. Tashkent: «ŷzbekiston»,
2. Ahmedov, B.P. (n.d.). *Jekologija zashhita okruzhajushhej sredey*. V mezhnacional'noe jekologicheskoe sootrudnichestvo.
3. Jegamberdieva, N.M. (2004). *Nauchno-pedagogicheskie osnovy nraavstvennogo vospitaniya studentov pod vozdejstviem okruzhajušej sredey*. (p.23). Tashkent.
4. Shahodzhaev, M. A., Begmatov, Je. M., Hamdamov, N. N., & Nymonzhonov, Sh. D. U. (2019). Ispol"zovanie innovacionnyh obrazovatel"nyh tehnologij v razvitii tvorcheskih sposobnostej studentov. *Problemy sovremennoj nauki i obrazovaniya*, 12-2 (145).
5. Xudoyberdiyeva, D. A. (2019). Management of the services sector and its classification. *Theoretical & Applied Science*, (10), 656-658.
6. Farxodjonova, N. (2019). Features of modernization and integration of national culture. *Scientific Bulletin of Namangan State University*, 1(2), 167-172.
7. Farhodzhonova, N. F. (2016). *Problemy primeneniya innovacionnyh tehnologij v obrazovatel'nom processe na mezhdunarodnom urovne*. Innovacionnye tendencii, social'no-jekonomicheskie i pravovye problemy vzaimodejstvija v mezhdunarodnom prostranstve (pp. 58-61).
8. Dzhemlihanova, L.H. (2005). *Reguljacija reproduktivnogo zdorov'ja zhenshhiny-sportsmenki* / L.H. Dzhemlihanova, Je.N. Popov // Materialy 2-go mezhdunarodnogo kongressa «Sport i zdorov'e» 21-23.04. SPb., pp. 86-87.A.
9. Il'in, E.P. (2009). *Psihologija sporti*. Moscow.
10. Mamatov, M.M. (1999). *“Sport psihologijasi kursidan ma#ruzalar matni”*. Tashkent: Universitet.