

## APPLICATION OF MONITORING IN PHYSICAL EDUCATION AND SPORTS

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### ABSTRACT

The article deals with the application of monitoring in physical education and sports. The scheme of monitoring application in the system of training athletes and in physical education has been theoretically substantiated and practically developed. The presented data can be used by specialists in organizing and conducting monitoring.

**Keywords:** Physical education and sports, monitoring, training of athletes, student youth.

### Relevance

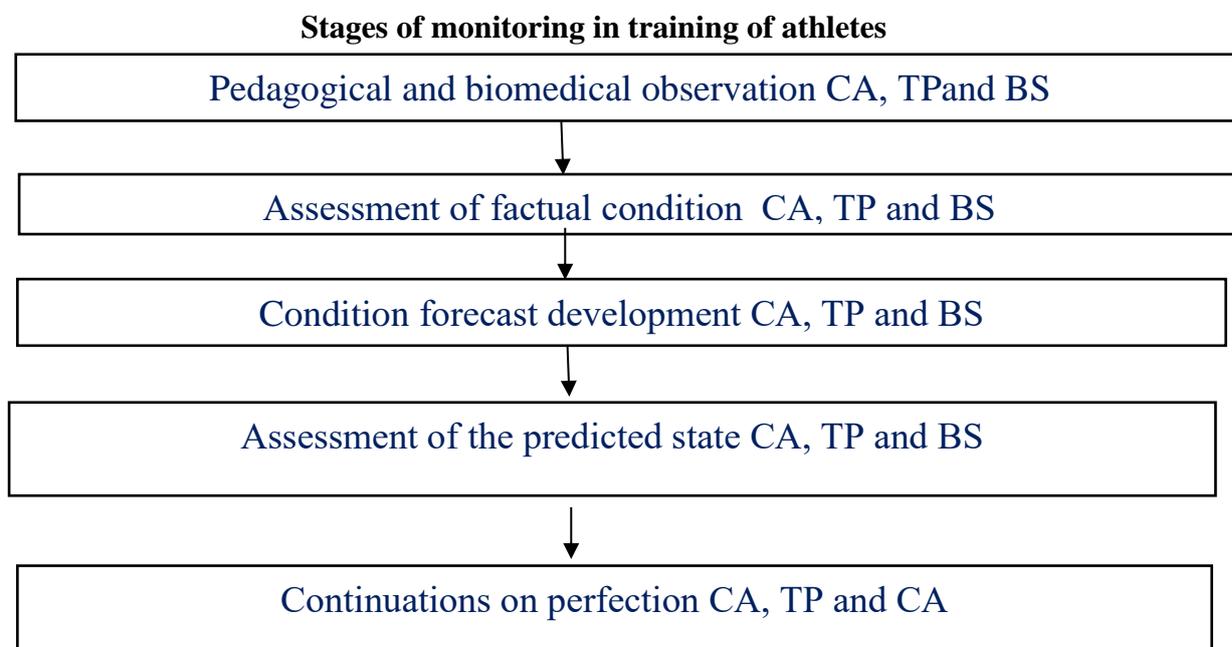
In the modern world, the quality of the educational and training process becomes one of the main factors for the athlete's successful performance, a factor ensuring his desire for Olympic medals. Effective management and the achievement of high quality of a complex dynamic system such as physical education and sports require a constant analysis of the processes taking place in it and solving a number of problems (defining indicators and evaluation procedures, making management decisions to ensure established standards). Researchers (1,2,5,7,9. et al.) attach particular importance to monitoring in solving these problems, which is considered, on the one hand, as a way of investigating reality, on the other hand, as a way of obtaining the information necessary to manage the training and competitive activity. At the same time, the requirements imposed today on the quality, effectiveness of the educational and training process, the implementation of the planned changes cannot always be fulfilled due to one of the central contradictions that objectively exists in the theory and methodology of physical education and sports. Contradictions between the need to provide an information management base and the lack of developed models for collecting, analyzing and evaluating information, processing data, how to disseminate them and include these actions in the decision-making cycle at various stages of the multi-year training process (3,4,6,8,9).

Analysis of research in the field of training and competition management and the existing analysis of practical activities indicate that monitoring is one of the most important components of information support for the management of the multi-year training process, which in turn requires the identification of scientific grounds for its construction in modern conditions. To highlight scientific grounds means to reveal the monitoring phenomenon itself, to determine its types, functions, components, construction principles, to develop implementation technologies. At the moment, these scientific foundations in the theory and methodology of physical education are insufficiently defined, which does not fully provide the process of making various kinds of decisions with reliable, operational information.

**The purpose of the study** is to substantiate the conceptual ideas for building monitoring in the information support system in physical education and sports and to develop a monitoring procedure.

**Research results.** Monitoring in the training process means a specially organized and constantly operating system for collecting, storing and analyzing information, conducting additional information and analytical surveys and assessing the state, trends, forecast and risks of developing the training process, used when making managerial decisions in competitive and training activities.

The main components of monitoring in physical education and sports are (Figure 1):



**Fig.1 Monitoring stages in sports training where-CA-competitive activities**

**TP- training process, BS- body systems**

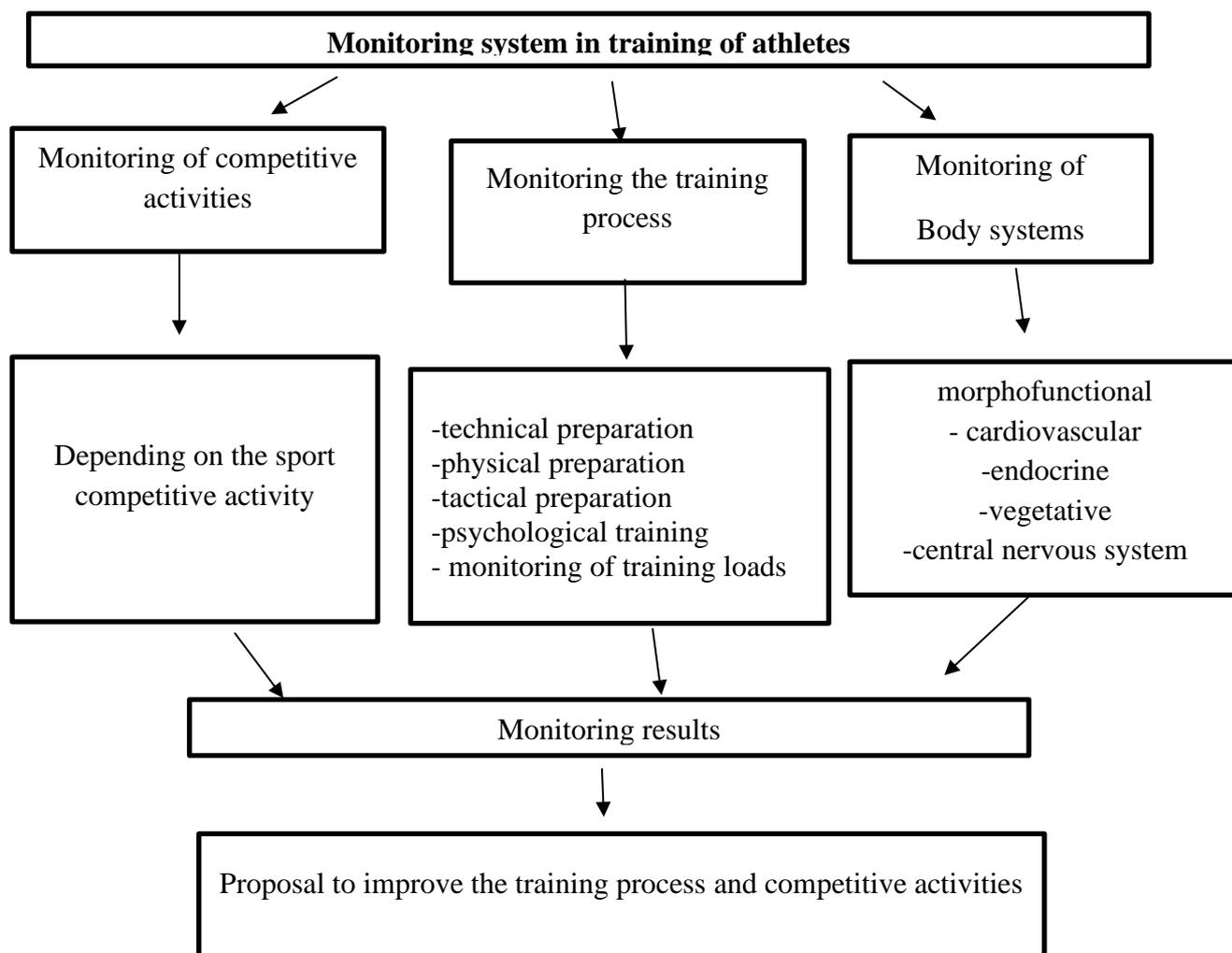
- information collection - an active, focused and systematic process of monitoring the object of monitoring, impact factors, assessment of the athlete's actual state of readiness;
- processing of the obtained data, their interpretation, while some of the data for analysis can come from existing sources.
- prognosis of athlete's readiness state and assessment of predicted performance at competitions.
- Determining the causes of the violation, indicating what should be changed to improve competitive performance.

Qualitative indicators of management information obtained during monitoring are:

- objectivity - the results obtained should reflect the real state of affairs, and the personal factor should be minimized;
- accuracy - measurement errors shall be such as to guarantee true values with acceptable accuracy;
- completeness - sources of information should overlap the possible field of obtaining results, or correctly present it;
- sufficiency - the amount of information must correspond to the needs of the trainers and be sufficient to make a decision;
- Speed (timeliness) - information should have up-to-date managerial value.

Monitoring of the quality of the training process involves several important areas: 1) analysis of conditions, resources that ensure the quality of the training process; 2) tracking the quality of competitive activity; 3) assessment of the quality of the results of the sports organization.

A summary of the above suggests that monitoring is a focused, specially organized, systematic system for collecting data on the most significant qualitative characteristics of the training process, their processing, analysis and interpretation in order to obtain high-quality and timely information on the compliance of processes and results in competitive activities with regulatory requirements, to predict further successful performances. The implementation of the full monitoring cycle (scheme 2) not only ensures the fulfillment of training tasks and system-forming functions in the management of training loads, but also contributes to improving the effectiveness and quality of the training process. We associate the prospects for further research with the development of monitoring technology in a multi-year training system for athletes.



**Fig. 2. Monitoring system in training of athletes**

In general, monitoring problems in all areas of its use are solved at the level of their theoretical understanding and practical implementation at the same time. Differences in the interpretation of the nature of monitoring, its purpose and its means of implementation reflect the specificity and level of development of monitoring problems in each of its areas of application. In the most general way, "monitoring" can be defined as "continuous monitoring of a process to determine whether it is consistent with the desired outcome or initial proposals. The main component of the practical application of monitoring is management, or rather information management services in various areas of activity.

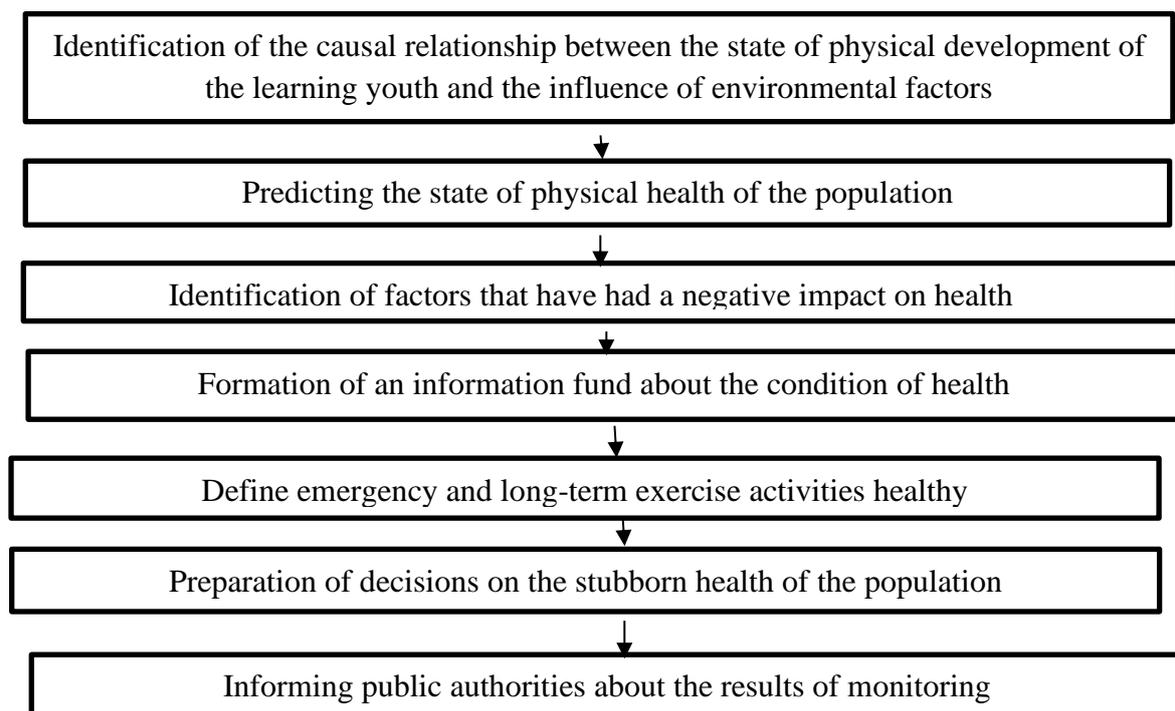
Monitoring of physical education and sports can be considered as an information, diagnostic, scientific, prognostic system, the implementation of which is carried out in the management of training and competitive activities. With all the diversity of the implementation of monitoring in various sports, for each of them monitoring will have its own characteristics.

The purpose of physical monitoring is to ensure constant monitoring of the psychophysiological state of those involved, collecting, processing and analyzing information expressed in the indicators of tests on comprehensive preparedness. Moreover, the concepts of informatization and monitoring are closely interconnected, since the first - informatization - receives its content, and the second - monitoring - a form of implementation through the computerization of the training management system for physical exercises.

The following tasks are solved during physical condition monitoring (Fig.3):

- a) identification of causal relations between the state of physical health of the population, physical development of children, adolescents and youth and the impact of human habitat factors;
- b) predicting the state of physical health of the population, physical development of children, adolescents and youth;
- c) identification of factors that have a negative impact on the state of physical health of the population;

**Fig. 3. Monitoring system for the physical education of young learners**



d) formation of an information fund in the regions of the country (in terms of information on the state of physical health of the population, physical development of children, adolescents and youth);

e) identification of urgent and long-term measures to prevent and eliminate negative impacts on the physical health of the population;

f) preparing decisions on the implementation of measures aimed at improving the physical health of the population;

g) informing state bodies, local self-government bodies, interested organizations, as well as citizens about the results obtained during monitoring.

The methodological basis for physical monitoring is:

- tests that meet the metrological criteria of reliability, objectivity and informativity;
- indicators for assessment of functional state and level of fitness of athletes, its adequacy, standardization of conditions and sources of information;

- compliance of control methods with test objectives.

And timely diagnosis and assessment of health level allows:

- identify weak links in the body for targeted exposure;
- draw up an individual program of recreational activities and evaluate its effectiveness;
- Predict the risk of life-threatening diseases;

The key to solving the problem of monitoring is the formation of a workable executive structure that meets modern conditions and is able to translate the tasks into reality. The main mechanism for creating such a structure is the creation of a feedback system between the organizers and performers of monitoring based on practice-oriented interaction.

One of the key areas of qualitative development of scientific, methodological and medical and biological support is systematic monitoring of the processes of physical condition of students based on in-depth individualization, comprehensive surveys, optimal programming, planning and management. The main task is to reveal the integral individuality of students as a holistic structure in which morphological, biochemical and psychophysiological features are in a close, organic relationship.

The results of medical and pedagogical observations on the state of health of students in the process of training and monitoring studies of the dynamics of indicators of their physical development, functional and physical fitness make it possible to develop measures to improve the educational process.

**Conclusions:** 1. The communication of the above suggests that monitoring is a purposeful, specially organized, systematic system for collecting data on the most significant qualitative characteristics of physical development and physical fitness of athletes, their processing, analysis and interpretation in order to obtain high-quality and timely information on the compliance of processes and results with regulatory requirements necessary for predicting the further development of fitness of athletes.

2. Conducting classes according to a generally accepted program conducted without monitoring the physical development and physical fitness of students and athletes does not have a significant impact on the state of health and motor fitness. It is possible to stop the regression to stabilize, and then improve the situation to increase sportsmanship for athletes and improve the health of young students by introducing monitoring technologies.

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