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## **THEORY AND METHODOLOGY OF PHYSICAL EDUCATION, SPORTS TRAINING, HEALTH-IMPROVING AND ADAPTIVE PHYSICAL CULTURE**

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### **Abstract**

The socioeconomic transformations of the last decade, which have shaped shifts in educational and scientific paradigms, have naturally led to the need to combine education with individual health, the foundations of which, as is generally recognized, are laid in school and developed, reinforced, and refined during college, primarily through physical education and sports.

However, currently, numerous facts point to the need to further improve the effectiveness of physical education education at universities, which is traditionally managed through administrative means. In practice, the emphasis is placed on fulfilling the standard and basic components of the curriculum without considering students' motivations and needs for various types of physical activity. Active and athletic games occupy a special place in the physical education system. Among the modern sports that have emerged in the last decade (so-called "non-Olympic sports," minor forms of classical sports), a new ball game, beach handball, deserves special mention. Its active introduction into student physical education practices promises widespread adoption.

It should be noted that natural and climatic conditions, as an auxiliary means of physical education, are quite favorable for the year-round cultivation and development of this sport.

However, the effective use of beach handball tools in the physical education of university students is hampered by the lack of developed and substantiated content for the organization and conduct of educational activities.

The above indicates the existence of a contradiction, which lies in the fact that, on the one hand, it is possible to organize beach handball classes throughout the academic year in higher education institutions, but on the other hand, the implementation of physical education of students based on the effective use of



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beach handball equipment is hampered by the lack of substantive and organizational support for this process, which does not allow for a positive impact on the level of physical fitness, physical condition and functional indicators of students.

**The object of the study** is the process of physical education of students of higher educational institutions, for example, Tashkent State Medical University .

**The subject of the research** is the content, organization and methodology of using beach handball tools in the process of physical education of university students.

**The aim of the study** is to develop and substantiate the theoretical, methodological and substantive-organizational components of the program of the course "Beach Handball" as an integral part of the discipline "Physical Education" at the university.

### **Research objectives:**

1. To identify the specific motives and needs of students in participating in beach sports, in particular beach handball.
2. To develop and substantiate the theoretical, practical and control sections of the program of the course "Beach Handball" for physical education of university students.
3. To experimentally evaluate the effectiveness of the developed program of the "Beach Handball" course.

### **Results of the study:**

The main determinants underlying the solution of the program objectives of the course "Beach Handball" as an integral part of the discipline "Physical Education" at the university are the established features of the motivational and needs sphere of students in beach sports, expressed in the lack of knowledge about their structural-substantive and technical-tactical characteristics, in the



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emergence of an expressed need to engage in them after studying the rules and watching videos of competitions, a firm belief in the increased spectacle of these games, as well as taking into account natural and climatic conditions.

It is advisable to carry out physical education of students taking into account the theoretical, methodological and substantive-organizational components of the developed program of the course "Beach Handball".

The comprehensive implementation of the theoretical, practical, and control sections of the developed program for the "Beach Handball" course in the process of physical education allows for a significant increase in the level of physical development, general and specific physical fitness, and functional indicators of students.

The effective use of beach handball in universities as a modern means of physical education for student youth is hindered by the lack of educational and methodological support and insufficient development of the substantive and organizational aspects of its implementation in physical education classes.

The low percentage of students (15.0%) who prefer beach sports is due to a lack of awareness of their existence. Specifically, only 3.9% of students surveyed are aware of beach handball. However, 67.2% of respondents express a desire to master the basics of the game after learning the rules and watching videos, and 54.0% consider it the most spectator sport.

Students' positive attitudes toward the opportunity to engage in beach handball, favorable natural and climatic conditions that allow for year-round outdoor training, including water activities at the end of the course, and simple educational and sports equipment and inventory, all together predetermine the development of the content and organization of physical education based on the use of beach handball.

The development of a program for the "Beach Handball" course for physical education classes at a university, including theoretical, practical (general and special physical, technical, tactical, game training) and control sections, should be carried out using a variable component, taking into account the specific motives and needs of students in various types of physical activity, as well as regional conditions.



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The implementation of the substantive, organizational, theoretical and methodological components of the developed course program ensures an effective progressive increase in: a) students' interest in physical education and sports activities (by 45.0%), in particular in beach handball (by 93.7%); b) the level of knowledge in the field of beach sports (by 35.3%), pedagogical control over their physical fitness (by 31.7%) and physical development (by 41.4%); c) the level of physical fitness (16.8%), general and special physical fitness (31.0%), physical development (5.5%), functional indicators (11.4%) and physical condition (17.8%).

### **Conclusions:**

The use of targeted pedagogical influences in the process of physical education of students, laid down in the sections of the program of the course "Beach Handball", leads to: a) a reliable advantage of the average group indicators of the studied characteristics (in 66.7% of cases) in the experimental group compared to the control group; b) a greater number and level of the studied characteristics of students in the experimental group that significantly changed during the academic year, which exceeded similar parameters of their peers from the control group (83.3% and 16.7%, respectively); c) higher values of the growth rates of the studied characteristics during the academic year among students of the experimental group, who, on average, exceed similar indicators of students from the control group in physical fitness parameters by 7.2%, physical condition - by 11.1%, functional indicators - by 7.6%.

The presented data demonstrate the feasibility of using beach handball in physical education classes for students, which expands the possibilities for improving the pedagogical process of physical education in universities.

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