



Sports in the Life of Students Samarkand State Architectural and Construction University

Khusainov Shamshidin Yalgashevich, Namozov Baxodir Kuchkarovich

Samarkand State Architecture and Construction University named after Mirzo Ulugbek
(SamSACU)

Abstract. Student sports in the structure of educational training of future specialists acts as an educational and humanitarian discipline, while at the same time being a means of targeted development of an integral personality.

Keywords: collegiate sports, student, motivation, functions, research, professional and applied training.

Student sport is an integral part of physical culture, cultivated in higher educational institutions, integrating mass sports and elite sports, aimed at ensuring sports fitness and optimizing the psychophysical state of student youth.

Social functions of university sports:

- education and comprehensive development of personality;
- preservation and strengthening of people's health, their physical development;
- preparation for work;
- a means of communication and strengthening human contacts, strengthening peace, friendship and cooperation between peoples.

Objectives of student sports:

- ensuring high performance and educational and labor activity of students;
- student sports play one of the important roles in the preparation of the elite sports reserve.
- The purpose of our work is to identify and analyze the expansion (introduction) of sports into the lives of students, as well as to determine the motives and problems of student sports.
- To achieve the goal it was necessary to solve the following tasks:
- determine the percentage of university students who regularly engage in sports;
- determine the motives for playing sports;
- identify problems encountered by university students who play sports.
- Research conducted among university students showed that 40% are actively involved in sports (i.e., they regularly train not only during special hours at the university, but also in their free time, and also participate in various competitions). Of the students surveyed, 56.6% only occasionally devote time to physical exercise, and only 3.4% do not engage in sports at all.
- In practice, when choosing a sport, the following motivational options are observed:
- achieving high sports results;
- psychophysical preparation for future professional activities. Only 3.4% of respondents adhere to this motivation;



- improving health, correcting physique and posture, increasing overall performance and psychological stability. This type of motivation is the most common among university students - 63.3% chose it;

- on the basis of some existing sports experience or interest for the purpose of active recreation, to relieve general fatigue, neuro-emotional tension. 29.9% of surveyed students use this motivation.

At the same time, 46.6% of students cite a high degree of employment in other activities, lack of free time, a combination of active sports and full-time studies at the university as the main reasons preventing them from going in for sports (physical exercises). Statistics confirm the fact that students who regularly play sports and do not stop studying even during exam periods endure the trials of student life more successfully. Many years of regular sports training, intense sports confrontation in competitions contribute to the formation of strong-willed qualities, which are also necessary in educational activities.

References:

1. A.N. Normurodov "Physical education" (textbook). T.: 2011
2. Kidirov A.K., Abdurakhimov B.B., Mukhametov A.M. Physical culture and sports Textbook. 2022
3. A.N. Normurodov "Physical Education", textbook for University T - 1999
4. Balsevich V.K. Physical education for everyone. M.: Physical culture and sport. 1998
5. Koshbakhtiev I.A. Fundamentals of physical improvement of students. Textbook for teachers and university students. T.: 1991.
6. Koshbakhtiev I.A. The basis of "health-improving physical education" for student youth. T.: 1994.
7. Yalgashevich, Xusainov S., and Murodov M. Shermamatovich. "Enhancing Athletes' Regained Performance Through Rational Nutrition." International Journal of Innovations in Engineering Research and Technology, no. 1, 2020, pp. 1-6.
8. Khusainov Shamshidin Yalgashevich, Kxushvaqtov Usmon Ashurovich, & Asrorov Obid Abduvaxobovich. (2021). FEATURES OF BUSINESS SPORTS AND PHYSICAL EXERCISES STUDENTS OF HIGHER EDUCATIONAL INSTITUTIONS. World Bulletin of Management and Law, 3, 21-22. Retrieved from <https://scholarexpress.net/index.php/wbml/article/view/135>
9. Khusainov Shamshidin Yalgashevich, Shodiyev Kamoliddin Shamsiddinog'li, & Kim Dinara Vladislavovna. (2021). HEALTH OF CHILDREN OF PRESCHOOL AGE AND OPPORTUNITIES OF RECOVERY UNDER THE INFLUENCE OF PHYSICAL STRESS OF CHILDREN'S PRESCHOOL INSTITUTIONS OF SAMARKAND CITY. World Bulletin of Management and Law, 3, 23-25. Retrieved from <https://scholarexpress.net/index.php/wbml/article/view/136>
10. Khusainov Shamshidin Yalgashevich, Eshmurodov Kadyr Abrievich, Namozov Bakhodir Kuchkarovich, & Kim Dinara Vladislavovna. (2021). WRESTLING IS THE PAST AND FUTURE OF NATIONAL SPORTS. World Bulletin of Management and Law, 3, 26-30. Retrieved from <https://scholarexpress.net/index.php/wbml/article/view/137>
11. Shermamatovich, M., Yalgashevich, K., & Narkulovich, S. (2021). The development of physical preparedness of student young people. Psychology and Education Journal, 58(1), 2699-2704.



12. Муродов М., & Хусаинов, Ш. (2022). РОЛЬ ЛЕЧЕБНОЙ ФИЗКУЛЬТУРЫ В ВОССТАНОВЛЕНИИ. Журнал кардиореспираторных исследований, 1(SI-1), 68–69. <https://doi.org/10.26739.2181-0974-2020-SI-1-22>

13. Yalgashevich, K. S., Abriyevich, E. Q., & Kuchkarovich, N. B. (2023). THE APPLICATION OF THERAPEUTIC PHYSICAL CULTURE IN THE TREATMENT OF INJURIES OF THE LOCOMOTOR APPARATUS