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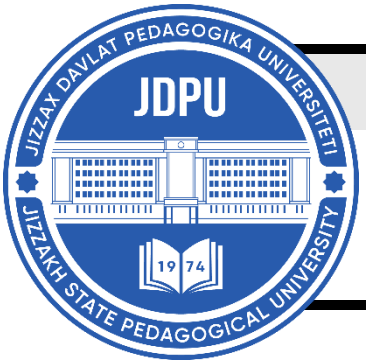
MENTAL ENLIGHTENMENT SCIENTIFIC – METHODOLOGICAL JOURNAL



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A PROGRAM TO IMPROVE THE PHYSICAL QUALITIES OF FEMALE STUDENTS WITH DISABILITIES BASED ON THEIR ABILITY TO MOVE

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ABOUT ARTICLE

Key words: Limited opportunities, questionnaire, physical qualities, rehabilitation, respondent.

Abstract: The article is focused on the survey of female students with disabilities to improve their physical qualities based on their ability to move.

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INTRODUCTION

Consistent measures are being taken to popularize physical education and sports, to promote a healthy lifestyle among the population, to create the necessary conditions for the physical rehabilitation of people with disabilities, and to ensure the country's proper participation in international sports arenas. Especially in the Decree of the President of the Republic of Uzbekistan dated January 24, 2020 No. PF-5924 "On further improvement and popularization of physical education and sports in the Republic of Uzbekistan" the Ministry of Special Education together with the Ministry of Physical Education and Sports state educational standards, qualification requirements of undergraduate majors and master's majors in physical education and sports of higher education institutions until the 2020/2021 academic year and improve the science programs, and taking into account the physical capabilities of female students in giving the graduates the qualification of physical education teacher and specialized sports trainer, the following questionnaire was prepared.

The aim of research: Finding problems aimed at improving the physical qualities of professionals and female students with disabilities in our republic. This questionnaire is designed in such a way that it helps to find relevant topics in the field of activity of the respondents.

The task of research: Developing, conducting and analyzing a questionnaire on improving the physical qualities of female students with disabilities based on their ability to move.

The methods of research: The following research methods were used to solve the tasks set in the work: analysis of scientific and methodical literature, pedagogical observations, pedagogical experiment, questionnaire.

The survey consisted of 12 questions, and the respondents expressed their opinion on each question. The results of the questionnaire are shown in the following pictures.

QUESTIONNAIRE ON IMPROVING THE PHYSICAL QUALITIES OF STUDENT GIRLS WITH DISABILITIES DUE TO MOBILITY OPPORTUNITIES

Full name_____

Internship _____

Age _____

Read the questions carefully and enter the answer you think is correct. Thank you for your kind replies.

№	Questions	Answers
1.	What types of nosology are there in female students	1 2 3 4 5 67 8 910
2.	Are there programs aimed at improving the physical qualities of female students with disabilities based on their mobility?	Yes
		No
		If yes, write.
3.	Will special attention be paid to activities aimed at improving the physical qualities of female students with disabilities?	Yes
		No
		If yes, write.

4.	Do the control tests assessing the physical fitness of students with disabilities meet the requirements of the time?	Yes
		No
		If yes, write.
5.	What sports standards would you like to receive from female students of hand nosology	
6.	What sports standards would you like to receive from female students of one arm and one leg nosology	
7.	What sports standards would you recommend for female students with musculoskeletal disorders?	
8.	For all other types of nosology, what sports standards would you prefer to receive from female students	
9.	What physical qualities do you think should be developed depending on which nosology?	
10.	Do you think that using a differentiated approach to improving the physical qualities of female students with disabilities based on their mobility capabilities will have a good effect?	I do not know
		Less effective
		High efficiency
11.	What literature do you know about improving the physical qualities of female students with disabilities based on their mobility capabilities (give an example)	
12.	Describe the pre-start situation before the competition	

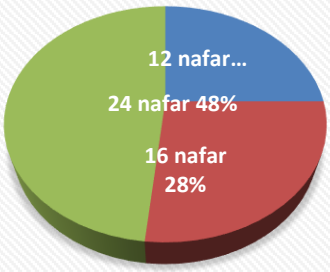

Figure 1. What types of nosology are there in female students

Question 1. To the question "what types of nosology are there in female students", 48% of the respondents, i.e. 24 female students, stated that there are 6 types of nosology in female students. 14 of 28% of the respondents highlighted 5 types of nosology. 24%, 12 of them have information about the existence of 4 types of nosology. As can be seen from the 1st question of the survey, most of the respondents determined the need to classify the physical qualities of female students with disabilities according to exactly 6 nosologies.

Question 2. "Are there programs aimed at increasing the physical qualities of female students with disabilities based on their mobility?" 50% of the respondents who took part in the survey answered yes, and 48% said no, while only 2% of the 50% respondents who answered "Yes" wrote that there is an existing program.

Question 3. 12 of the respondents who took part in the survey answered yes to the question "Is special attention paid to activities aimed at improving the physical qualities of female students with disabilities?" and 74 respondents said no. , only 1 out of 12 respondents who answered "Yes" wrote that special attention is paid to activities aimed at improving the physical qualities of female students with disabilities. (See

Figure 2).

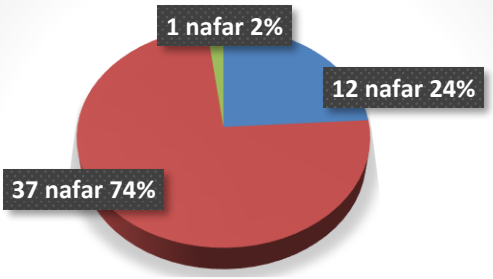

Figure 2. Will special attention be paid to activities aimed at improving the physical qualities of female students with disabilities

From Figure 2, it can be concluded that special attention is not paid to training aimed at improving the physical qualities of female students with disabilities.

Question 4. "Do the control tests assessing the physical fitness of female students with disabilities meet the requirements of the time?" It can be seen from the results of the survey that 9 people, i.e. 18%, answered yes to the question, and 40 people, i.e. 80%, answered no. Only 1 out of 9 - 18% of the respondents who answered yes, 2% wrote that the control tests assessing the physical fitness of female students with disabilities meet the requirements of the time.

Question 5. "What sports standards would you like to receive from female students of hand nosology?" 4% of the respondents who took part in the survey answered four classes, and 94% said that it depends on their nosology, and only 2% of the respondents did not want to answer. So, it was found out in the survey that the respondents who were involved in the questionnaires answered that what kind of sports norms are received from female students of hand nosology, depending on the level of nosology.

Question 6. "What kind of sports standards would you like to receive from female students of one arm and one leg nosology?" 38 of the respondents who took part in the survey answered in favor of giving a healthy hand and a healthy leg, and 2 of them expressed their attitude as chess and checkers, and one hand out of 10 respondents It was observed that female students of foot nosology wrote "I don't know" to the question "Which sports standards do you prefer to take?"

Question 7. "What sports standards would you recommend for female students with musculoskeletal disorders?" It can be seen from the results of the survey that 7 people, 14% of those who participated in the survey answered weightlifting, and 1 person answered 2% depending on their physical ability. 2 4% of respondents answered that it is for all available parts of the body, and 41 82% of respondents answered incorrectly. It was found out that the question "Which sports standards would you like to take?" was given an unsatisfactory answer to female students with disabilities.

Question 8: "What kind of sports standards do you prefer to receive from female students for all other types of nosology?" 46 respondents said they don't know. For all other types of nosology, it was observed that female students do not know how to take sports standards.

Question 9. "Depending on which nosology, what physical qualities do you think it is necessary to develop?" to the question, 2% of the respondents who took part in the survey answered that they are the primary attributes of sports, and 6% expressed their attitudes as leg nosology (strength, flexibility), hand nosology (speed, agility) depending on their nosology. only 92% of respondents did not want to answer. So, the respondents involved in the questionnaires were asked exactly "What physical qualities do you think it is necessary to develop depending on which nosology?" it was determined that many people did not answer the survey and that there are additional issues regarding this situation.

Question 10. In response to the question "Do you think that the use of a differentiated approach to improve the physical qualities of female students with disabilities based on their mobility will be effective?" can be seen from the survey results. 11 people and 22% of the respondents answered that the effectiveness is high, it can be clearly seen

from the 3rd picture below.

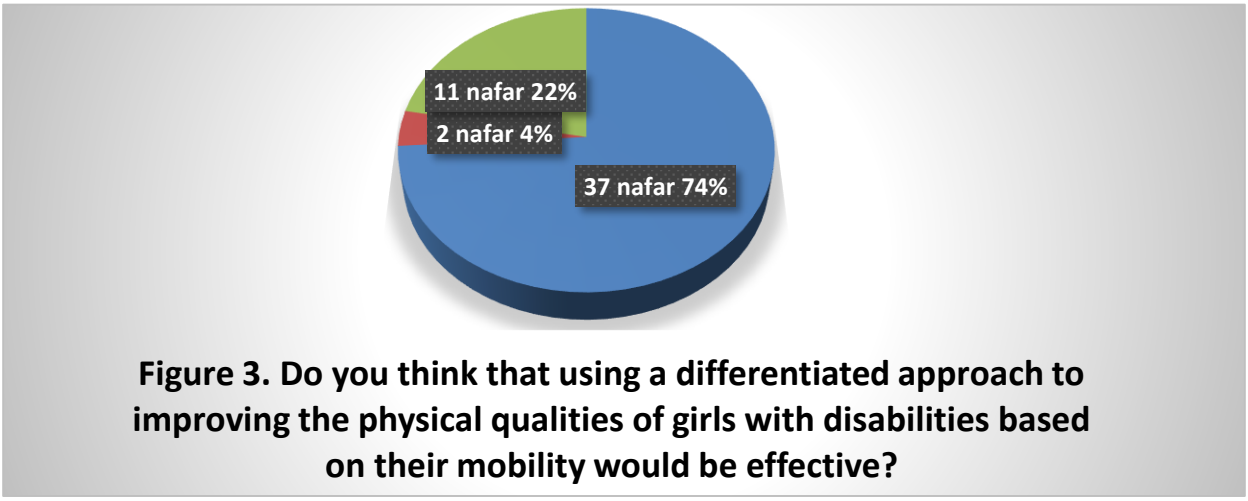

Figure 3. Do you think that using a differentiated approach to improving the physical qualities of girls with disabilities based on their mobility would be effective?

The following conclusions can be drawn from this picture: it was determined that the use of a differentiated approach to improving the physical qualities of disabled female students based on their mobility is effective and is one of today's urgent problems.

Question 11. "What kind of literature do you know about improving the physical qualities of female students with disabilities based on their mobility?" (give an example)?" 37 of the respondents who took part in the survey answered that there are no such literatures, 3 of them expressed their relationship as O.E. Yevseyev, R.M. Baevsky, and 10 respondents expressed their opinion that they do not know. In response to the question of what kind of literature do you know about improving the physical qualities of female students with disabilities based on their mobility, the majority of respondents showed that the use of literature is in the lowest place.

Question 12. "Describe the pre-start position before the race." It can be seen from the results of the survey that 23 of those who took part in the survey, i.e. 46%, answered that they were excited, and 2 of them, 4%, answered that they were calm, nervous, and stable. 25 and 50% of the respondents answered excitement, fear, trembling. Most of the respondents answered satisfactorily about the situation before the start of the competition.

In general, the general indicators of the results of the survey allowed us to draw preliminary conclusions on the actual problems of our dissertation work and their

elimination. The answers to all the questions in the survey are clearly shown in Figure 4 below.

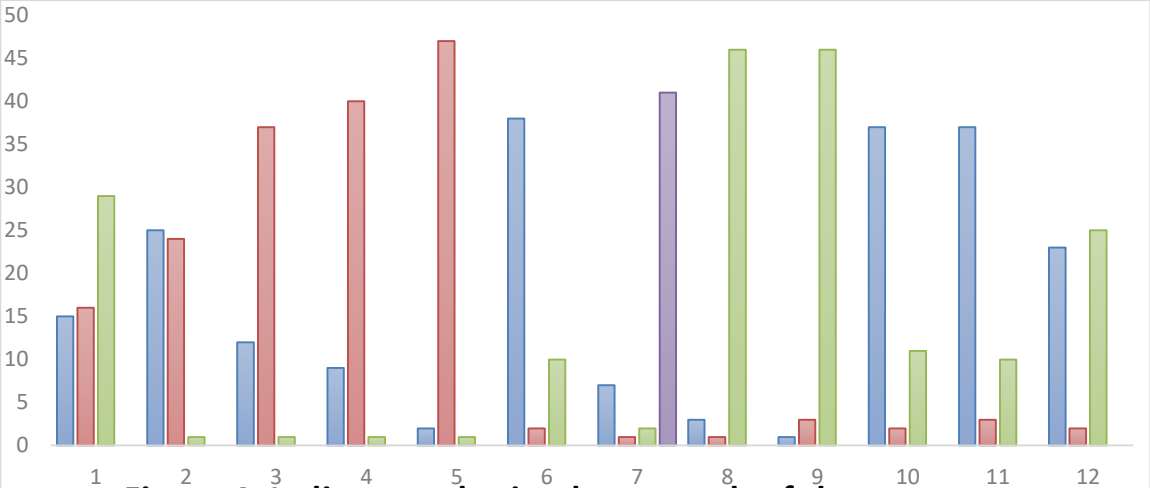

Figure 4. Indicators obtained as a result of the survey are in %(n=50)

As can be seen from Figure 4, the total scores of 12 questions from 50 respondents are reflected in percentages, and it was found that there are many new problems through our questionnaire on improving the physical qualities of female students with disabilities.

CONCLUSION

The general indicators of 12 questions taken from 50 respondents are reflected in percentages, and there is a lack of scientific methodical literature on improving physical qualities of female students with limited opportunities based on the movement possibilities of the students. increase, the need to further optimize physical exercises based on the nosology of female students was determined through our questionnaire.

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