

Efficiency of Handball in the System of Physical Education

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Received 12-03-2022	Abstract: This article talks about classes according to the developed program with the predominant use of handball tools, applied at the departments of physical education in higher educational institutions and expanding the possibilities for improving the process of physical education of students. One of the forms of classes in this process also provides for educational practice, during which a study was conducted to improve the quality of teaching the discipline "Physical Education" based on the development and implementation of the program of the course "Handball" in the educational process for classes in a non-sports university	Keywords: Physical Culture, Handball, Education System, Efficiency
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INTRODUCTIONS

Sports games can be safely called a universal means of physical education for all categories of the population from preschool children to pensioners. With their help, the goal of forming the foundations of the physical and spiritual culture of the individual is achieved. The role of sports games is great in solving the problems of physical education in a wide age range, such as the formation of a conscious need for mastering the values of health, physical culture and sports; physical improvement and health promotion as a condition for ensuring and achieving a high level of professionalism in socially significant activities; natural and individually acceptable development of physical potential, ensuring the achievement of the necessary and sufficient level of physical qualities, a system of motor skills and abilities; physical culture general education aimed at mastering the intellectual, technological, moral and aesthetic values of physical culture; actualization of knowledge at the level of skills for conducting independent studies and the ability to involve others in them [1].

The inclusion of handball in the physical education program for secondary schools is not accidental. Handball fought for this right for a long time and won it deservedly and fairly. Back in 1898 Holger Nielsen, a teacher at the women's gymnasium in the Danish city of Ordrup, introduced a game called "Haandbold" in his lessons, in which teams of 7 people competed on a small field, passing the ball to each other and trying to throw it into the goal.

Like most sports games, the new game of throwing the ball appealed to the practitioners; teams started to form. So for the first time it

appeared in the cities of Kharkov and Lvov in 1909. At first, it was used in gymnastics lessons, and at the suggestion of Dr. E. Mala, handball was used in Kharkov gymnasiums as a means of physical education of the younger generation. Former high school students, having moved into the category of adults, continued to play handball [2].

The effectiveness of handball in promoting the harmonious development of the individual is explained, firstly, by its specificity, and secondly, by the deep versatile impact on the body of those involved in the development of physical qualities and the development of vital motor skills; thirdly, accessibility for people of different ages and preparedness (the level of physical activity is regulated in a wide range - from insignificant in occupations with a health-improving orientation to the maximum physical and mental stress at the level of elite sports); fourthly, by an emotional charge, here on this basis everyone is equal - "both old and young"; Fifthly, sports games are a unique spectacle; on this basis, other sports cannot be compared with them. The motor activity of handball players in the game is not just the sum of individual methods of defense and attack, but a set of actions united by a common goal into a single dynamic system. The success of motor actions depends on the stability and variability of skills, the level of development of physical qualities and the intelligence of the players. Along with the most ancient disciplines of athletics, handball as a system of movements consists of the most natural motor actions based on running, jumping and throwing historically the most ancient human movements. This explains the harmonic influence of handball on the physical development of the body, it also determines the health-improving orientation of the game. The educational process

consists of lectures and practical exercises. One of the forms of classes in this process also provides for educational practice, which conducted a study to improve the quality of teaching the discipline "Physical Education" on the basis of the development and implementation of the program of the course "Handball" in the educational process for classes in a non-physical institution of higher education.

The results of the study showed that targeted pedagogical influences implemented in the process of experimental verification of the developed program of the course "Handball" provide an increase to the identified values:

- students' interest in physical culture and sports activities (45.0%), in particular in beach handball (93.7%);
- the level of knowledge in the field of pedagogical control of one's physical fitness (31.7%);
- physical development (5.5%);
- functional indicators (13.0%) and physical condition (17.8%);
- attendance of training sessions (in the experimental group, there were no absences for an unexcused reason).

The results of the experiment give grounds to recommend classes according to the developed program with the predominant use of handball tools for use in the departments of physical education in higher educational institutions and expand the possibilities for improving the process of physical education of students.

The lectures provide information about the essence and significance of the sport at the present stage, provide data on the history of the emergence and development of handball, provide information on the training of young athletes, characterize the basics of the technique and tactics of the game, and reveal the methodology for initial handball training.

In practical classes, students master the technique and tactics of handball, improve their physical and technical-tactical readiness, acquire the necessary professional and pedagogical knowledge, skills and abilities and improve them.

At the stage of basic training, the discipline consists of the following sections:

- General questions of the theory and methodology of team sports ("sports game",

"handball technique", "handball tactics", "training", "training", "preparation", etc.).

- Fundamentals of the theory and methodology of handball (characteristics and essence of the game, history of occurrence, development trends, physique of handball players and motor abilities, development of special physical qualities, game and competitive activities, technique and tactics (training), rules and refereeing of competitions and refereeing of competitions and etc.).

This e-tutorial provides information about the sport of handball, which is part of the Olympic Games. It contains a lot of valuable information on issues such as the history of the emergence and development of handball, the rules of the game, judicial gestures, the general characteristics of the movements performed, the size of the field, etc. The manual is also equipped with a glossary, hundreds of educational videos, pictures and diagrams, tests for self-assessment of knowledge. Functionality of the program: quick access to the desired section, material and topic; viewing many pages of the studied text in a fraction of a second; using the possibilities of multimedia, which makes the subject under study more interesting and understandable; providing the student with the opportunity to independently complete tasks (oral surveys, tests, etc.).

In conclusion of the analysis of this article, it becomes completely clear that the pedagogical technology of "Handball" is used in many educational institutions of higher education, at the same time, such a spread of sports games is reflected in the studied literary sources as an independent means of physical improvement of students of the Republic of Uzbekistan.

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