Identification Of School Pupils’ Physical Fitness Based On Attaining State Requirements For Special Tests “ALPAMISH” And “BARCHIAY”

Akmal Mamatkulov, Shuhrat Sultanov

Abstract: The article shows the analysis of Gulistan school pupils’ physical fitness based on attaining state requirements for special tests “Alpamish” and “Barchinay”. According to the data obtained during the evaluation the following is noted: among school pupils in Gulistan the boys achieved the following results: “Golden grade” – 10.4%, “Silver grade” – 31.7% and “Bronze grade” – 29.9%. Besides, the girls showed the following results: “Golden grade” – 4.9%, “Silver grade” – 20.7% and “Bronze grade” – 4.5%. Due to the obtained data the following is stated: the school pupils achieved low results of physical fitness of “Speed-Power” and “Speed” abilities and the girls achieved the low results of physical fitness of “Power” and “Speed-Power” abilities.

Index Terms: endurance, evaluation of physical fitness, health, school pupils, sports, State requirements for special tests “Alpamish” and “Barchinay”, I - III grade.

1 INTRODUCTION

At the present stage of development of society, the improvement, preservation and strengthening of the health of young people are gaining important state significance. The motivation and interest in physical education is primarily influenced by the Ministries of Physical Culture and Sports of the Republic of Uzbekistan: on January 29, 2019, the Resolution of the Cabinet of Ministers of the Republic of Uzbekistan “On the promotion of a healthy lifestyle and the widespread involvement of the population in physical education and sports in Uzbekistan” [3; 4; 7]. Based on this Decree, special tests “Alpamish” and “Barchinay” were introduced in the country, which include sports standards that determine general physical fitness (PKM dated January 29, 2019, No. 65). Special tests “Alpamish” and “Barchinay”, organized in the form of competitions, can be taken by everyone from 6 years old. Tests are conducted on different types in 12 age categories 2 times a year. In order to get the badges “Alpamish” and “Barchinay” I, II, III degrees, the participant must pass the required test. The tests “Alpamish” and “Barchinay” for the first time pose the task of forming the intended formal population, Barchinay - for women.

Today, students of academic lyceums have a motivation and interest in physical education, and as a result, the number of people who want to participate in the performance of the special test “Alpamish” and “Barchinay” is increasing. As studies show, most modern students of academic lyceums, in addition to physical education lessons, do not receive any motor activity [1; 2]. The application of the requirements of the special test “Alpamish” and “Barchinay” allows you to evaluate physical fitness, to monitor the individual dynamics of indicators of health, physical development of the student.

2 ORGANIZATION OF THE STUDY.

The admission of the special test “Alpamish” and “Barchinay” of the first stage for students of 16-17 years old Gulistan was carried out on the sports grounds of Gulistan State University. The results of fulfilling the requirements of stage I of the special test “Alpamish” and “Barchinay” by students aged 16-17 in Gulistan were processed using the online service www.rosinwebc.ru [6; 7]. The sample of the studied amounted to 407 people, of which 296 were young men and 111 girls who took part in fulfilling the requirements of the special test “Alpamish” and “Barchinay” under the first-level program.

3 RESEARCH RESULTS AND DISCUSSION

The results of fulfilling the requirements of the first stage of the special test “Alpamish” and “Barchinay” by students of 16-17 years of age in Gulistan are presented in table.1. With the requirement in the test to test speed abilities of young men, the standard for obtaining the I degree of the special test “Alpamish” and “Barchinay” was completed by 46 participants, which is 46.2%. 56 young men coped with the norm for obtaining the II degree, which is a percentage of 19.1%. The requirement for III degree was fulfilled by 24 young men, which corresponds to 8.3%. Failing to meet the regulatory requirements for checking speed abilities of young men to receive a mark was 55 participants, which corresponds to 18.6%. In total, 217 participants, which corresponds to 73.6%, fulfilled the requirements in the test to test speed abilities of young men for receiving insignia. With the requirement in the test to test speed abilities of girls, 44 participants fulfilled the norm for obtaining I degree, which is 39.2%. 36 girls coped with the norm for getting the II degree, which is a percentage of 18.9%. The requirement of a special test “Alpamish” and “Barchinay” for III degree was fulfilled by 11 girls, which corresponds to 9.7%. 36 participants who failed to meet the requirements for testing speed abilities of girls to receive the special test “Alpamish” and “Barchinay” of the sign were identified, which corresponds to 32.2%. Altogether, the
Alpamish and Barchinai who completed the special test in the test to test the speed abilities of girls for insignia - 75 participants, which corresponds to 71.8%. A total of 163 participants coped with the test to test the strength abilities of young men, which is 55.2%. With the requirement to receive II degree - 60 young men, which is a percentage of 20.2%. The requirement to test the strength abilities for obtaining the III degree was fulfilled by 31 young men, which corresponds to 10.6%. There were 41 participants who did not fulfill the standard requirements for testing strength abilities of young men to receive a badge, which corresponds to 14.0%. In total, 216 people coped with the requirement to check speed abilities of young men for insignia, which corresponds to 72.9%.

Table. 1. Results of fulfilling the requirements of stage I of the special test “Alpamish” and “Barchinay” by students of 16-17 years old in Gulistan.

<table>
<thead>
<tr>
<th>№</th>
<th>Demand</th>
<th>Boys (n=296)</th>
<th>Girls (n=111)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Applied Skills</td>
<td>80.8%</td>
<td>74.1%</td>
</tr>
<tr>
<td>2</td>
<td>Speed-power capabilities</td>
<td>79.6%</td>
<td>77.8%</td>
</tr>
<tr>
<td>3</td>
<td>Flexibility</td>
<td>89.8%</td>
<td>92%</td>
</tr>
<tr>
<td>4</td>
<td>Endurance</td>
<td>88.7%</td>
<td>86.5%</td>
</tr>
<tr>
<td>5</td>
<td>Strength</td>
<td>72.9%</td>
<td>72.2%</td>
</tr>
<tr>
<td>6</td>
<td>Speed</td>
<td>73.6%</td>
<td>71.8%</td>
</tr>
</tbody>
</table>

With the requirement of a special test “Alpamish” and “Barchinai” in the test for 168 participants completed the endurance test for young people, the standard for obtaining I degree was fulfilled, which is 56.8%. 55 young men coped with the norm for obtaining the II degree, which is a percentage of 18.1%. The requirement for III degree was fulfilled by 41 young men, which corresponds to 13.8%. 33 participants who did not fulfill the endurance standard for young men to receive a badge were identified, which corresponds to 11.3%. In total, 263 participants fulfilled the endurance requirement for young men to receive insignia, which corresponds to 88.7%. Requirements in the endurance test for girls, the norm for obtaining I degree was fulfilled by 65 participants, which is 58.4%. With the norm for receiving the II degree - 29 girls, which is a percentage of 21.6%. The requirement for III degree was fulfilled by 5 girls, which corresponds to 4.5%. 17 participants did not fulfill the standard requirements for endurance for girls to receive a mark, which corresponds to 15.5%. A total of 94 participants coped with the requirement in the endurance test for girls to receive the insignia, which corresponds to 84.5%. With the requirement to test the flexibility of young men, the standard for obtaining I degree was fulfilled by 206 participants, which is 69.7%. 39 young men coped with the requirement for II degree, which is 13.3% in percentage terms. The requirement to test flexibility for obtaining the III degree was fulfilled by 20 young men, which corresponds to 6.8%. 30 participants who failed to meet the requirements for checking the flexibility of young men to receive a mark were noted, which corresponds to 10.2%. The total number of young people who met the requirement to check the flexibility of young men for receiving insignia was 269 participants, which corresponds to 89.8%. For girls, 84 participants fulfilled the requirement to check the flexibility for getting I degree, which is 76.1%. 16 girls coped with the requirement for II degree, which is a percentage of 14.4%. The requirement for a special test “Alpamish” and “Barchinai” to test flexibility for obtaining the III degree was fulfilled by 2 girls, which corresponds to 2.1%. Failure to fulfill the standard requirements for checking the flexibility of girls to receive the sign of 8 participants, which corresponds to 7.4%. The total number of girls who coped with the requirement to check the flexibility of girls for receiving insignia was 103 participants, which corresponds to 92.6%. With the requirement to check the speed-power abilities of young men, 71 participants completed the standard for obtaining I degree, which is 24.0%. 78 young men coped with the norm for obtaining the II degree, which is a percentage of 26.4%. 83 young men fulfilled the requirement for III degree, which corresponds to 28.2%. There were 54 participants who failed to meet the requirements for testing speed and power abilities of young men to receive a mark, which corresponds to 18.4%. A total of 236 people met the requirements in the test to test speed-power abilities of young men for receiving insignia were registered, which corresponds to 79.6%. With the requirement in the test to test the speed-power abilities of girls, 26 participants fulfilled the standard for I degree, which is 23.1%. 28 girls coped with the norm for obtaining the II degree, which is a percentage of 25.5%. The requirement for III degree was fulfilled by 32 girls, which corresponds to 29.2%. Failing to meet the standard requirements for testing speed-power abilities of girls to receive a mark turned out to be 25 participants, which corresponds to 22.2%. The total number of girls who met the requirement in the test to test speed-strength abilities of girls for insignia was 86 people, which corresponds to 77.8%. With tests to test applied skills in young men, 173 participants completed the norm for obtaining I degree, which is 58.3%. 38 young men coped with the requirement for II degree, which is a percentage of 12.7%. The requirement to test applied skills and skills for III degree was fulfilled by 29 young men, which corresponds to 9.8%. Failing to meet the regulatory requirements for testing applied skills among young men to receive a mark was 57 people, which corresponds to 19.2%. In total, 239 people completed the requirement to test applied skills among young men for insignia, which corresponds to 80.8%. For girls, 76 participants coped with tests to test applied skills and abilities, which is 68.1%. With the requirement to get the II degree - 5 girls, which is a percentage of 4.3%. The requirement for a special test “Alpamish” and “Barchinai” to test applied skills for obtaining the III degree was fulfilled by 2 girls, which corresponds to 1.7%. 29 participants failed to meet the requirements for testing applied skills of girls for obtaining a degree, which corresponds to 25.9%. The total number of girls who coped with the requirement to test applied abilities and skills for obtaining a degree of difference was 82 participants, which corresponds to 74.1%.

4 CONCLUSION

As a result of fulfilling the requirements of the first stage of the special test “Alpamish” and “Barchinai”, students of the academic lyceum of 16-17 years of age in Gulistan, 10.4% of young men managed to get I degree, 31.7% fulfilled the standards for II degree, and for III degree they completed...
2.9%. Failed to meet the standards of 27.8% of the total number of participants. Girls got 9.4% for getting I degree, 29.7% fulfilled the standards for II degree, 1.5% for III degree. 40.4% of the total number of participants failed to meet the standards.

5 REFERENCES


