

**THEORETICAL FUNDAMENTALS OF SPORTS EXERCISES**

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**Abstract:** In this article , the main goal of the reforms being carried out in Uzbekistan is to create a healthy and well-educated generation in our country with high spiritual and moral qualities. Because physical education and sports play an important role in the growth and healthy development of young people. A healthy person develops self-confidence, perseverance, skills and qualities of being able to finish what he has started. The article examines sports activities.

**Key words:** wellness, training, mature generation, physical education, sport, human health, physical training, sports psychology.

In the development of sports, a coach in sports activities should have an understanding of the theory . It is known that the theory of ustanovka was elaborated by the Georgian scientist D.N. Uznadze . According to its definition , ustanovka is the subject's readiness to perceive an upcoming event and perform an action in a certain direction, which is the basis of activity chosen for the purpose. There must be 2 elementary conditions for the origin of Ustanovka : that is, the need arises in the subject and the situation occurs to satisfy this need. Thus, the condition of coming together of the need and the situation leads to the formation of an institution in the subject. At the same time, it gathers the necessary mental processes and directs the activities performed by a person (including some actions).

Ustanovka includes a future action algorithm that predetermines the behavior of a person to be performed. Ustanovka is not the state of individual organs of a person, but the mental state of a whole person. The content of this mental state consists of certain knowledge about how to act in the situation [1,2,3,4,5,6,7,8,9,10].

physical education and sports in our republic, to attract all layers of the population, especially young people, to regularly engage in physical education and sports, the Republic of Uzbekistan "On the wide promotion of a healthy lifestyle in Uzbekistan and the involvement of the population in physical education and mass sports" Decision No. 65 of the Cabinet of Ministers was adopted. This is to constantly take care of the health of the nation - the healthy worldview, physical and spiritual-intellectual health of the population of all ages, to contribute to their well-being and health, to train them with sports, to incorporate physical education and sports into their daily lifestyle [11,12,13,14,15,16,17,18,].

As a result of fitness training, not only the strength of the body increases, but also the possibilities of its thinking expand. Physical and mental maturity is infinite and limitless, and slow or fast pace depends on everyone's aspiration, hard work, patience, and will. "There are processes that are considered important for the comprehensive development of sports training and for popularizing the important aspects of training. The main focus on sport and its popularization is being formed on the basis of humanity's responsibility to society. At the same time, special importance is attached to physical culture and "Peace of mind", which is one of its important stages. The fact that the main task

of young athletes begins with paying attention to peace of mind is a vivid expression of this" [19,20,21,22,23,24,25,26,27,28]. Sports training is a pedagogical phenomenon, aimed directly at achieving high sports results with the help of a system of training methods, and is a specialized process of physical education. It is important to note that sport is not a single goal from the point of view of pedagogy, it is a means of education, health and preparation for life. "It is clear from the world experience that in the teaching of theoretical knowledge of any field, in the formation of practical skills and qualifications, the level of scientific development of the concepts and terms of this field and their appropriate and understandable use directly depends on the level of knowledge and literacy of the population in this field. The field of physical culture is no exception. Because physical culture is also very rich in its own concepts and terms. L. B. Bankevich stated that sport is one of the complex conversational topics in terms of its specific terms and their abundance " [1, D. N. Uznadze's teaching is based on the illusion of perception, that is, by applying balls of different sizes to the examinee's two hands up to 15 times, and then to balls of the same weight If it is replaced, it has been noted in the studies that the examinee has a violation of the perception of spheres, that is, an illusion. D.N. Uznadze called this phenomenon ustanovka and qualified this phenomenon as an unconscious mental process . It has been proven that such a phenomenon (ustanovka phenomenon) is manifested in various other conditions . According to A.S. Prangishvili, ustanovka appears as a generalized structure, which means ustanovka's internal structure, dependence, sequence of behavior, stability of individual activity [29,30,31,32,34,35, 36,37,38,39,40,41].

Ustanovka is an integral part of the structure of the target movement, without which it is impossible to manage the activity at all. In the studies of D.N. Uznadze and his students L.S. Prangishvili, V.G. Norikidze, I.T. Bjalava and others, the phenomenon of ustanovka is not only in perception, but also in other mental processes, thinking, imagination, personal relationships, in the behavior of a person, i.e. the environment it has been determined that it appears in the environment, under similar conditions.

against the background of the origin of various illusions of weight, colors, motion and various other illusions. I. T. Bjalava using the electroencephalography method, T. D. Djavlishvili and A. M. Avalishvili confirmed in experimental studies that the illusion originates from the central nervous system during the study of the biocurrents of the muscles during the illusion.

Sh.A.Nodirashvili, A.V.Chhaidze, G.M.Merabishvili and M.V.Tomeishvili found in their studies that without any fixation, every goal-directed movement is subject to the effect of ustanovka as a result of reversal [42,43,44,45,46,47,48, 49,50,51,52,53,54,55,56,57].

I. T. Bjalava came to the following conclusion as a result of studying the law of voluntary actions by the myographic method. When a specific motor action is established, then the sensorimotor activity of a person is performed based on this assumption. According to Sh.N. Chkhartishvili, all kinds of different institutions are included in one category according to their important features. These include the following:

1. demonstrate a ready-made reaction system through experiment;
2. to be in the form of disposition;
3. activation under the influence of created situations or similar situations;
4. the influence of its content on the direction of consciousness in this situation.

Ustanovka is an integral part of the target movement structure, without which it is impossible to manage the activity at all. In the new device, the explosive movement leads to the formation of ustanovka in the athlete as a result of the development of the ability. Based on the theory of Ustanovka, the exercises performed during training should be performed only precisely. Because every action is based on right or wrong action. Therefore, when similar conditions appear during the

competition, the athlete may make a wrong move [58,59,60,61,62,63,64,65,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,89,90,91,92].

Taking into account the above, during our experimental examination, explosive movement ability is formed as a result of training, and explosive movement in training and competition conditions finds its place in situations of manifestation. "As a result of the development of explosive ability, it leads to the formation of ustanovka in the athlete. Based on the theory of Ustanovka, the exercises during training should be performed only precisely. Because every action is based on a right or wrong action". Therefore, when similar conditions appear during the competition, an athlete's wrong action also appears.

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