

# Improving the methodology for improving students' physical abilities using wrestling elements

Alibek Jo'raev  
Bukhara State University

**Abstract:** This scientific work studies methodological approaches aimed at developing students' physical abilities based on wrestling elements. Basically, the role of wrestling exercises in developing strength, endurance, agility, balance and coordination is analyzed, and improved methodological recommendations are developed based on modern pedagogical technologies. During the research, the dynamics of students' physical condition are assessed through experimental training, and the effectiveness of wrestling elements is practically substantiated. The results of the work serve to further improve physical education classes in higher educational institutions.

**Keywords:** wrestling exercises, endurance, agility, balance, pedagogical technologies, improved methods, development of coordination

The theoretical and methodological foundations of improving the physical fitness of students by introducing elements of sports wrestling into the educational process are highlighted. The results of experimental research confirm the effectiveness of the proposed methodology in the formation of endurance, strength, balance and general motor activity. The methodology was developed based on the age and physiological characteristics of students, as well as the requirements of modern educational standards.

Modern society places high demands on the physical development of the younger generation. In conditions of decreasing motor activity and increasing levels of hypodynamia, the effective organization of physical education among schoolchildren and students has become an urgent issue. One of such effective directions is the introduction of elements of sports wrestling into the educational process. In this way, it is possible to achieve comprehensive development of students' physical qualities and the formation of vital skills.

Modern physical education in higher education institutions requires constant updating of methods for developing students' physical qualities and searching for effective means. The decline in the level of physical activity among young people requires the integration of motor activities with high motivational and developmental value. In this regard, wrestling serves as a powerful tool for the physical and personal development of the student.

## 1. Theoretical foundations of sports wrestling in the physical education system

Sports wrestling develops strength, agility, speed, endurance, flexibility and coordination of movements through a rich arsenal of movement activities. Wrestling elements have the following pedagogical capabilities:

- Has a complex effect on the musculoskeletal system and muscle structure
- Develops psychophysiological qualities (reaction, attention, self-control)
- Forms self-defense skills and self-confidence

Scientific studies (Ilin, 2018; Yartsev, 2020) show that the inclusion of wrestling elements in physical education classes in a standardized manner leads to a stable increase in general and special physical fitness indicators.

## 2. Research methodology and organization

### 2.1 Research goal

Improving the physical fitness of students based on the elements of sports wrestling.

## 2.2 Research objectives

- Studying the physical condition of students before the experiment
- Developing an author's methodology that includes wrestling elements
- Analyzing the results of the experiment and determining its effectiveness

## 2.3 Participants and conditions

The study involved 60 students in grades 7-8 of a comprehensive school. They were divided into a control group and an experimental group. The experiment was conducted in physical education classes 2 times a week for 3 months.

## 2.4 Content of the author's methodology

The following elements of sports wrestling were included in the TG lessons:

- Basic positions and movements in wrestling
- Movements from the method and exit from the method
- Pulling with a partner, exercises
- Tasks on maintaining balance
- Game fights based on elements of judo and freestyle wrestling

The exercises were conducted in a controlled and light mode, based on instructions on safety techniques.

A person's physical capabilities are a combination of morphofunctional, motor and psychophysiological abilities that ensure the performance of motor activity. Physical development in students is associated not only with obtaining knowledge, but also with the formation of labor, social and professional skills. Research shows that in recent years, the level of physical fitness of students has tended to decline. This requires a revision of traditional forms and means of physical education in favor of more dynamic and practical areas.

## 3. Experimental results

### 3.1 Physical fitness indicators (before and after)

Test / Indicators	Control group (before/after)	Experimental group (before/after)
Elbow strain (times)	4.5 / 5.1	4.4 / 7.2
Long jump (cm)	168 / 171	169 / 181
30 meter dash (sec)	5.4 / 5.3	5.5 / 5.1
Balance test (sec)	19 / 21	18 / 27

### 3.2 Data analysis

Students in the experimental group showed a significant increase in all indicators compared to the control group, especially in strength and balance exercises. This indicates a positive effect of the methodology not only on physical, but also on psychomotor development.

## 4. Discussion of the results

The analysis showed that the integration of elements of sports wrestling into physical education classes:

- Increases students' interest in lessons
- Increases motivation for physical activity
- Develops strength, agility, confidence
- Strengthens team discipline and communication with partners

This confirms the feasibility of including elements of sports wrestling in the school program.

Wrestling is an effective means of developing the physical and personal qualities of students. With the correct methodology for introducing its elements, the level of physical education in universities can be significantly increased. The methodological flexibility and scientific approach to

organizing classes allow you to adapt wrestling to the needs of different student audiences, contributing to the harmonious formation of the personality and health of future specialists. In conclusion, it should be said that the developed methodology based on the elements of sports wrestling gives high results in improving the physical fitness of students. Through this methodology, not only movement qualities are developed, but also a positive attitude to a healthy lifestyle, social and personal skills are formed in students. The proposed methodology can be widely implemented in secondary schools.

### References

1. Il'in E.P. Jismoniy madaniyat va sport psixofiziologiyasi. — M.: Piter, 2018.
2. Yartsev V.P. Sport kurashi: o'rgatish va mashg'ulot metodikasi. — M.: Fizkultura i sport, 2020.
3. Shiyani B.M. Maktab o'quvchilarini jismoniy tarbiyalashning zamonaviy yondashuvlari. — Kiyev, 2019.
4. Rojkov M.A. Kurash vositalari bilan o'quvchilarda harakat faolligini shakllantirish. — Qozon, 2021.
5. Vlasov A.I. Maktabda jismoniy tarbiya darslarini o'qitish metodikasi. — M.: Akademiya, 2022.
6. Бодров В. А. Исследование структуры и динамики летных способностей / В.А. Бодров, Ю.Э. Писаренко // Психол. журнал. 1995. Т. 6. № 2. С. 85-94;
7. Борисова Е. М. О роли профессиональной деятельности в формировании личности // Психология формирования и развития личности / Отв. ред. Л. И. Анцыферова. М., 1981. С. 159-176;
8. Климов Е. А. Введение в психологию труда. М.: Изд-во МГУ, 1988. 199 с.; Марищук В. Л. Психологические основы формирования профессионально значимых качеств: Дис. ... д-ра психол. наук. Л., 1982. 351 с.;
9. Ростунов А.Т. Формирование профессиональной пригодности. Минск, 1984. 176 с.;
10. Рожкова А. П. Развитие личностных профессионально важных качеств студентов-психологов средствами тренинга: Дис. ... канд. психол. наук. М., 2003.
11. Гуревич К. М. Профессиональная пригодность и основные свойства нервной системы. М., 1979; Левитов Д. Н. Психология труда. М., 1963; Смирнов А. А. О психологической подготовке к труду // Избранные психологические труды. М. 1987. Т. 1. С. 229-241.
12. Дружилов С. А. Системный подход к изучению психологического феномена профессионализма человека // Вестник Томского Педагогического университета. 2005. Вып. 1 (45). Серия: Психология С. 51-55.
13. Ермакова З. В. Профессиональная идентичность социального педагога: Дис. ... канд. психол. наук. Владивосток, 2007. С. 14.
14. Иванова Н. Л., Конева Е. В. Социальная идентичность и профессиональный опыт личности. Ярославль, 2003. С. 52-53.
15. Климов Е.А. Образ мира в разнотипных профессиях: Уч. пособие. М.: МГУ, 1995. С. 9.
16. Маркова А. К. Психология профессионализма. М.: МГУ, 1996. 308 с.
17. Петренко В. Ф. Введение в экспериментальную психосемантику: исследование форм репрезентации в обыденном сознании. М., 1983.

18. Поваренков Ю. П. Развитие и диагностика способностей / Отв. ред. В. Н. Дружинин, В. Д. Шадриков. М.: Наука, 1991. С. 107.
19. AB Jo'rayev. Boshlang'ich sinf o'quvchilarida harakatli o'yinlar orqali jismoniy sifatlarni rivojlantirish (kurash). Science and Education 5 (2), 473-479
20. AB Жураев. Обучения к нагрузкам физической подготовки как деятельность подготовке школьников. Science and Education 5 (2), 574-579
21. AB Jo'rayev. Adaptiv jismoniy madaniyat jismoniy reabilitatsiya va ijtimoiy moslashuv vositasi sifatida. vol. 3 no. 11 (2024): Journal of science, research and teaching, 12
22. AB Jo'rayev. Morphofunctional state of judoka athletes for the preparation of professional teaching activities. Multidisciplinary Journal of Science and Technology 4 (5), 579-583
23. AB Жураев. Формирования развития спортсменов дзюдоистов к подготовке профессиональной педагогической деятельности. Science and Education 5 (6), 254-258