IMPROVING THE TECHNOLOGY OF ENHANCING STRENGTH QUALITIES IN STUDENTS ENGAGED IN PARALYMPIC SPORTS

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Annotation: *This article examines the improvement of technology for developing strength qualities in students engaged in Paralympic sports. The study analyzes pedagogical features of strength development in adaptive physical education, the role of static exercises, and methods of organizing training based on an individual approach. It also substantiates ways to optimize pedagogical mechanisms and scientifically manage training loads.*

Keywords: *Paralympic sport, strength quality, adaptive physical education, static exercises, pedagogical technology, individual approach, physical development, training load.*

СОВЕРШЕНСТВОВАНИЕ ТЕХНОЛОГИИ ПОВЫШЕНИЯ СИЛОВЫХ КАЧЕСТВ У СТУДЕНТОВ, ЗАНИМАЮЩИХСЯ ПАРАЛИМПИЙСКИМИ ВИДАМИ СПОРТА

Аннотация: *В статье рассматриваются вопросы совершенствования технологии развития силовых качеств у студентов, занимающихся паралимпийскими видами спорта. Проанализированы педагогические особенности развития силы в условиях адаптивного физического воспитания, значение статических упражнений и методы организации тренировочного процесса на основе индивидуального*

подхода. Обоснованы пути оптимизации педагогического механизма и научного управления нагрузкой.

Ключевые слова: *паралимпийский спорт, силовые качества, адаптивная физическая культура, статические упражнения, педагогическая технология, индивидуальный подход, физическое развитие, нагрузка.*

PARALIMPIYA SPORT TURI BILAN SHUG‘ULLANUVCHI TALABALARNING KUCH SIFATINI OSHIRISH TEXNOLOGIYASINI TAKOMILLASHTIRISH

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Annotatsiya: *Mazkur maqolada paralimpiya sport turi bilan shug‘ullanuvchi talabalarda kuch sifatini oshirish texnologiyasini takomillashtirish masalalari yoritilgan. Tadqiqotda adaptiv jismoniy tarbiya sharoitida kuchni rivojlantirishning pedagogik xususiyatlari, statik mashqlarning ahamiyati hamda individual yondashuv asosida mashg‘ulotlarni tashkil etish usullari tahlil qilingan. Shuningdek, yuklamani ilmiy asosda boshqarish va pedagogik mexanizmni takomillashtirish yo‘llari asoslab berilgan.*

Kalit so‘zlar: *paralimpiya sporti, kuch sifati, adaptiv jismoniy tarbiya, statik mashqlar, pedagogik texnologiya, individual yondashuv, jismoniy rivojlanish, yuklama.*

INTRODUCTION

Today, Paralympic sport is considered not only an important component of the physical education system but also a significant means of promoting social adaptation and a healthy lifestyle among persons with disabilities. According to the World Health Organization, a certain proportion of the world’s population lives with various levels of disability, and increasing their

physical activity remains an urgent issue (WHO, 2020). From this perspective, the development of physical qualities, especially strength qualities, in students engaged in Paralympic sports is regarded as one of the priority directions of pedagogy and sports theory.

Strength is one of the main components of sports activity, as it not only improves movement efficiency but also plays an important role in strengthening the musculoskeletal system, preventing injuries, and expanding functional capabilities (Zatsiorsky, 2006). In particular, the development of strength qualities in students engaged in Paralympic sports requires a specific approach because their physiological and psychological characteristics differ from those of their healthy peers (Sherrill, 2004).

In the modern system of physical education, improving technologies for strength development, individualizing training sessions, and scientifically managing workloads are among the most pressing issues. In particular, the use of static exercises, load control through pulsometry, and the organization of training based on an individual educational plan contribute to the effective development of strength qualities (Bompa, 2009).

At the same time, a number of нормативе-legal documents have been adopted in the Republic of Uzbekistan to support persons with disabilities and involve them in sports, creating the necessary conditions for conducting scientific research in this field. However, scientifically grounded methodologies aimed at improving the technology of enhancing strength qualities in students engaged in Paralympic sports have not yet been sufficiently developed.

The purpose of this study is to develop the pedagogical foundations for improving the technology of enhancing strength qualities in students engaged in Paralympic sports.

The development of strength qualities in students engaged in Paralympic sports is a complex pedagogical process that requires consideration of their

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individual physiological, morphological, and psychological characteristics. Strength quality is interpreted as the ability of muscles to perform active movement against resistance and is divided into such types as maximal strength, speed strength, and strength endurance (Zatsiorsky, 2006). Since the functional capabilities of students with disabilities are limited, an adaptive approach to strength development is of particular importance (Sherrill, 2004).

As a pedagogical process, the technology of enhancing strength qualities is based on the integral unity of goals, objectives, means, methods, and control components. Within this technology, static (isometric) exercises, resistance exercises, and special training equipment are considered effective training means. In particular, static exercises ensure consistent muscle tension, strengthen the locomotor system, and reduce the risk of injuries (Bompa, 2009). Therefore, it is recommended that static exercises be used as one of the main tools for students engaged in Paralympic sports.

An individual approach plays an important role in effectively organizing the training process. An individual educational plan should be developed according to each student's functional condition, health status, and level of physical preparedness. This allows for the proper determination of training volume and intensity, prevention of excessive strain, and improvement of training effectiveness. At the same time, monitoring heart rate through pulsometry serves as a scientific method of workload management and is widely used in adaptive physical education (McArdle, 2015).

Modern pedagogical approaches, particularly the use of digital technologies and electronic educational programs, are of special importance in improving the technology of strength development. Such programs expand opportunities for planning, monitoring, and analyzing the training process. In addition, through the introduction of a pedagogical monitoring system, the level of students' strength development can be regularly assessed, and necessary

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adjustments can be made to the training content. As a result, the process of strength development is organized systematically, safely, and effectively.

The results of this study demonstrate that improving strength qualities in students engaged in Paralympic sports is a complex and multifactorial pedagogical process that requires the application of scientifically grounded technologies. Along with traditional training methods, approaches based on the principles of adaptive physical education are of significant importance in strength development. In particular, the use of static exercises was found to be an effective means of ensuring stable muscle tension, strengthening the musculoskeletal system, and reducing the risk of injuries (Bompa, 2009).

Furthermore, organizing training sessions based on an individual approach and considering each student's functional capabilities and health condition are important conditions for the effective development of strength qualities. Scientific management of the training process is ensured through controlling the volume and intensity of workloads based on pulsometry, which helps prevent excessive strain and increases training effectiveness (McArdle, 2015).

During the research process, the importance of modern pedagogical and digital approaches in improving the technology of strength development was also substantiated. Through electronic educational programs and monitoring systems, opportunities for planning and supervising training sessions are expanded, thereby increasing the effectiveness of the pedagogical process.

CONCLUSION

In conclusion, in order to improve the technology of developing strength qualities in students engaged in Paralympic sports, static exercises, individual educational plans, and scientifically based workload management should be applied in an integrated manner. This approach ensures high effectiveness in practice and contributes significantly to improving the physical development level of students.

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