

Volleyball as a Means of Developing Physical Qualities of University Students

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ANNOTATION: Physical education at higher educational institution is particularly significant part of the educational process, which has a positive impact on overall health of a student. The paper discusses the impact of physical exercises (volleyball) on development of physical qualities. The improvement of ways and methods of volley-ball playing and exercises aimed at the development of physical qualities are the topical issue now. Therefore, the purpose of the paper is the review of exercises, execution of which help to prepare for volleyball playing, and thereby affect the physical quality of students.

KEYWORD: Physical culture, physical quality, physical quality professional , volleyball.

Volleyball is considered to be one of the most popular and widespread games among the population. Volleyball has become one of the most popular sports due to the fact that it is easy to learn, widely accessible, and dynamic in the process of conducting. It should be noted that volleyball has received the greatest recognition among young people; for this reason, as a game type that develops and improves the physical qualities of students, it is included in the curriculum of the discipline "Physical Culture".

Volleyball is an athletic sport that can be practiced by athletes whose body condition can be characterized by a high and strong level of functional requirements. After reviewing the results of pulsographic studies and the observed fixed weight loss in athletes, you can make sure that volleyball is a sport that is characterized by a large amount of loads and the intensity of the lesson. These characteristics place high demands on the physical condition of students who are directly involved in the game.

It should be noted that volleyball is aimed at developing endurance due to the high saturation of jumps and the intensity of their performance. It is the intensity of performing jumps that is a distinctive feature of volleyball against the background of other types of sports games. In the conditions of modern development of the world, the game of volleyball in physical education classes in universities does not lose its relevance, and even gains its popularity. What are the challenges of holding volleyball games? First, improving the level of health of students, and secondly, the formation of physical qualities that will definitely be useful to students of an educational institution in later life and professional work after completing their education, which will contribute to more effective activities of future specialists.

In order to organize volleyball classes with students methodically correctly and correctly, the teacher must know the anatomical and physiological features of the young organism. Only under this condition will volleyball classes contribute to the proper development of students' physical qualities.

The effectiveness of the learning process is directly related to many factors, in particular, the student's performance in volleyball classes. Performance is the ability of the student to perform technical techniques

and tactical combinations throughout the entire volleyball class. In other words, students should maintain a relatively high level of activity during training for a relatively long time. Accordingly, the entire training period is difficult to imagine without highly developed physical qualities of the body, such as strength, endurance, agility, speed, flexibility. All of them contribute to the production of thermal energy necessary for the work of individual muscle groups. Only in this case, motor game actions will be shown effectively.

In practice, it has long been proven that any physical activity has a positive effect on increasing the level of overall activity of the student and his physical and mental performance, which cannot be said about students who avoid physical exertion and playing any sport. The manifestation of these qualities occurs if the classes are aimed at the predominant development of endurance, ingenuity, the spirit of teamwork and strength.

Playing volleyball promotes the development of speed and its elementary forms-reaction time, frequency of movement, and the speed with which students will move during the game. This fact is confirmed by the fact that professional athletes are distinguished by an instant reaction, which is reflected in the range from 0.12 to 0.18, and a fairly high frequency of movements, which can be judged when working on a telegraph key. The maximum rate of movement is in the range of 70-90 strokes per 10 seconds and exceeds the indicators for this test of athletes of other sports, which indicates high mobility and lability of nervous processes [1].

Just like other sports, volleyball develops students ' ability to perform a combination of complex combinations, forms the ability to make decisions as efficiently as possible in connection with suddenly formed conditions from adachami.

A special place for students during the game is occupied by such characteristics of thinking that are associated with indicators of coordination in space, visual perception and attentiveness.

Students have to solve tactical tasks during the game, based on an urgent assessment of a large amount of information about a specific situation in time and space, comparing this situation with the existing experience behind them. In this case, the solution of tactical problems is probabilistic in nature and the player chooses from a variety of solutions the one that, in his opinion, gives a greater probability of a positive outcome. Thinking through the strategy of further actions in the mind, the player focuses on the object of the game, trains visual memory and non-verbal perception of reality. So, volleyball simultaneously develops both physical abilities and tactical thinking. Volleyball is involved in the improvement of three physiological components of the students ' body, namely adaptability, neuroticism and stability of the balance of nervous processes .

This component shows how well the student feels in society, whether he is satisfied with himself and his life, and what his social status is. Volleyball improves this component, which leads to the student's ability to regulate their mental processes: adequately manage their thoughts, feelings, desires; also, the ability to interact with the environment and communicate with others is formed.

Participation in a volleyball game-prevention of nervous breakdowns, excessive anxiety, and emotional distress

The game promotes a balance between arousal and inhibition in the nervous system of students. Balance exists only when the nervous processes are equally expressed. People whose nervous processes are in balance are characterized by balanced behavior

The combination of the components described in the table highlights the special importance of emotional and mental regulation in the competitive activity of volleyball players.

Teachers of higher educational institutions noticed that students ' performance of general development, leading and special exercises has a positive physiological effect on their body. Thus, during the warm-up

process, the frequency of cardiovascular contractions increases, the stability of the vestibular apparatus improves, and the strength index also actively increases.

By the end of the training session, students have an increase in the field and depth of vision. There was also an increase in intensity, stability, and especially attention switching. This is directly explained by an increase in the overall performance of students, an increase in the strength and mobility of nervous processes.

Volleyball is characterized by movements that are based on jumping, running, as well as throwing, passing the ball. To date, scientists in the field of medicine, biology, and sociology have found that regular organized volleyball classes significantly affect the functioning of all the senses. They are defined as specific analyzers, i.e. functional units that are responsible for receiving and analyzing sensory information. This term was introduced by I. P. Pavlov. Regular play of volleyball positively tells about the musculoskeletal system, improves the performance of the gastrointestinal tract and circulatory system.

In the process of playing volleyball, students are in favorable conditions, in which there is a great opportunity to show strength, dexterity, speed, ingenuity, teamwork, as well as many other qualities necessary for students to improve and develop themselves as individuals.

Directly participating in the game, students should learn to use volleyball methods and techniques that serve as a means of physical improvement of students, which they need in their future life outside the walls of the educational institution.

The technique of playing volleyball involves performing multiple jumps, which directly contribute to strengthening individual muscle groups and increasing their dynamic strength. By developing joint mobility, students improve the physical qualities of their bodies. Volleyball should be perceived not only in a narrow sense, as a sport. It is also a game that plays an important role in preparing future specialists for industrial work after graduation, whose activities will be associated with physical labor, stability, and high response speed.

Psychological training is also important in volleyball. The difference between volleyball and other games is that this sport is characterized by a high level of emotional and intellectual load. Psychological features are determined by the rules of the game. One of the main tasks faced during the preparation for volleyball is the development of strong-willed qualities. This task is handled by training sessions, during which students show new efforts, concentration, and coordination of attention. Thus, it can be concluded that the use of means and methods of playing volleyball in the organization of physical education classes at the university contributes to the improvement of professionally important qualities of students.

In order to develop, improve and improve speed and power qualities in practice, certain methods are used, presented in Table 2.

The student independently determines the optimal weight when performing a load, for example, squats with a weight of several kilograms. This means that students are faced with the task of sitting down and getting up with the load at the fastest possible pace. The exercise can be repeated, but it is worth remembering that you need to slightly increase the weight of the kettlebell or barbell

This method contributes to the development of jumping ability in the process of performing technical techniques or parts of them. Weighted belts are appropriate here, with them retaliatory strikes and ball feeds are performed.

Exercises related to this method are designed to use the main muscle groups:

- 1) hitting the ball;
- 2) jumping from a deep squat;

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- 3) jumping rope;
- 4) jumping up with light weights;
- 5) jumping up on one or both legs

The next type of physical qualities that volleyball helps develop is speed. In this case, it is the student's ability to perform motor actions in a short period of time. It is important that the action does not last long and the student should not feel tired after performing it.

Of all the existing and known physical qualities, the least studied and considered is such a physical quality as dexterity. It is noted that a student who has enough dexterity in volleyball may lack it in athletics. So, there are people who are able to perform certain movements better and faster, but who are among the last to perform completely different exercises.

There are three degrees of dexterity: accuracy of movement, accuracy in speed, accuracy in speed under variable conditions. It is no secret that students who play volleyball, it is desirable to master all the listed degrees of dexterity. How to develop this type of physical qualities? To do this, use any exercises that will include elements of novelty that require a quick response to dramatically changing circumstances.

The article has already mentioned the speed and strength qualities of students; let's consider strength separately. It is logical that those who neglect to strengthen the muscular system can not differ in the strength necessary for playing volleyball. The central issue of the method of developing students ' strength is the choice of the amount of resistance. If weightlifters perform multiple lifting of the bar with the highest weight over a certain period of time to develop strength, then this exercise is not suitable for volleyball players, as this will negatively affect their performance of accuracy exercises.

It is impossible not to mention endurance as a physical quality of students. This term refers to the ability of a student to perform a game activity without reducing its effectiveness during a certain game period. Carrying out training aimed at developing endurance increases the functionality of the upper respiratory apparatus, and also works to improve the response of the cardiovascular system to functional load. To fully determine the methodology for developing students ' endurance, it is advisable to take into account the nature of their play activities and the load that the student takes on. The most effective methods of developing endurance are interval, variable, repeated, and continuous methods.

Volleyball in general should be considered not only as a sport that contributes to the achievement of high athletic performance, but also as one of the means of preparing people for productive work, whose profession is characterized by the manifestation of physical qualities, high intensity, stability, speed and accuracy of switching attention, high reaction speed and accuracy of perception of muscle effort. There is no doubt that volleyball is one of the means by which the development of physical qualities of university students takes place.

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