

## Management of Students' Physical Development

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**Abstract:** This article provides a summary of the management system for the physical development of students.

**Key words:** Physical development, pedagogic, system, healthy, student, person, character, element, experiment.

Management of the pedagogical health system is a complex and multifaceted process. Controlling physical development and making corrections if necessary, as well as comparing the proportionality of student personality characteristics with normative indicators are its main elements.

Management is considered as a specially organized, purposeful, regular activity for the physical development of the forms and functions of the student body. In general, management is a closed cycle of closely related characters on the control of pedagogical influence.

According to the results of conducted natural experiments, in order to effectively manage the physical development of a person, it is necessary to regularly receive and process information about the student's comprehensive readiness (taking into account typological characteristics), physical condition with the help of pedagogical control.

Pedagogical effects should be selected based on the development of research results, decisions should be made on the use of various forms, methods and tools of valeological education. The pedagogue plays a leading role in this activity. In the process of physical development, management implies a series of actions by the pedagogue.

The first step is to get initial comprehensive information about the comprehensive readiness of the student; identify its strengths and weaknesses; The second action is to get acquainted with the normative indicators that ensure the achievement of the goal. Orientation to the indicators that the student must pass is explained by the need to achieve physical maturity. Therefore, the effect of physical development is determined by comparing the obtained data of the indicators of normative requirements. Physical development that is not based on the efficiency factor loses its purpose, accuracy, and effectiveness.

The third action - (the most important in terms of essence in the management system) envisages a valeological education system that ensures that students achieve the planned indicators. For this reason, issues of planning physical development, choosing the most rational form, tools and methods are of primary importance.

The teacher's activity in creating a program of theoretical and practical training is directly related to the choice of ways to implement these programs. It is necessary not only to develop a program of physical training, but also to be able to apply it to life in order to achieve physical maturity.

The fourth action is to evaluate the effectiveness of the selected direction of the specially organized regular activities of the pedagogue. Determining indicators of comprehensive readiness, comparing

them with the initial data and setting appropriate measures for them is carried out with the help of pedagogical control.

The fifth action is to analyze the results, draw conclusions and set the next goal. Thus, the management system of the student's physical development envisages scientifically based methodical recommendations for departments. They include the following: - Information-controlled pedagogical system "student-teacher-student"; - Evaluation of the initial physical condition of the student; - Normative indicators of physical development; - Rational arrangement of organized, purposeful, regular activity (physical training) that helps to achieve physical maturity. - Pedagogical complex control system that implements the decisions made. - Carrying out educational work with students taking into account the typological characteristics of their personality.

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