



THE EFFECT OF PHYSICAL EXERCISES ON THE HUMAN BODY AND THE ATTITUDE OF OUR YOUTH TO SPORTS CULTURE

To'xtayev Juma Jo'rayevich.

Associate Professor,
Department of "Physical Culture and Sports",
Faculty of Digital Technologies
Non-state educational institution
University of Economics and Pedagogy,

Annotation: This article talks about the effect of physical exercises on the human body and the attitude of young people in our country to the sports culture, as well as the effective use of sites. Scientists' definitions of physical training are explained to the human body by the development of muscles and physical exercises.

Key words: physical training, physical exercises, muscles, physical development, movement activity, physical fitness development.

Introduction

Physical education means, first of all, the anatomical structure of the human body, the formation and development of organs, and the (physiological) levels of performance of movement activities. Raising, maintaining and growing them with natural movement skills and special exercises means physical education. The means of physical education includes general development exercises, various games, sports, trips, healing forces of nature (water, air, sun) and hygienic factors. Physical education is considered to be a good effective means of choosing these tools, ways of using them towards the goal. In general, the means of physical education and the methods used to improve health and achieve physical fitness using them can be implemented through physical education and sports as well as physical exercises.

So, physical education, physical training, physical fitness and the tools and directions in it are mutually embodied and lead to a whole concept-physical development. Physical development is formed first of all in the mother's womb, and after birth, physical exercise is used as a tool to achieve physical maturity. The muscles of a newborn baby are very weak. As age increases, the muscles become stronger. The child begins to make coordinated movements.¹

Literature Analysis And Research Methodology On The Subject

Pavlov revealed the physiological mechanism of movements and scientifically proved that the movements are related to the collecting properties of the cerebral cortex and are formed with the active participation of the first and second signal systems, conditioned and unconditioned reflexes. Content and form of physical exercises. Exercise, like all events and processes, has its own content and form. A set of mechanical, biological, psychological processes that occur during physical exercise creates the content of physical exercise, and their influence develops the ability for movement activity. Also, the content of the exercise includes a set of its parts, for example, acceleration of the body in the long jump, jumping in the air, landing links, and the tasks to be solved during the exercise, as well as theoretical knowledge and practical movement skills about the functional changes that occur in the body as a result of the exercise. All these

¹ A.Normurodov. Jismoniy tarbiya. O'quv qo'llanma. Toshkent, 2011 y.



elements make up the overall content of physical exercise. The form of physical exercise is seen in the compatibility of their internal and external structure. The internal structure of the exercise includes the skeletal muscles involved in the performance of this activity, their contraction, elongation, twisting, etc., biomechanical and biochemical connections - energy consumption, cardiovascular, respiratory, nervous control and other processes in organs, their interdependence, includes. The connection and coordination of biological, mechanical, psychological and other processes during exercise is different in running exercises, but in lifting weights, the internal structure is different. The external form and external structure of the exercise is characterized by the external appearance of that exercise, the time taken to perform the movement or the standard of effort and the intensity of the movement. The form and content of physical exercises are interrelated and complement each other. A change in content results in a change in form. Content is more important than form. For example, manifestation of the quality of speed at different distances causes different running techniques (step size, frequency, body position, etc.). Form influences content. The physical qualities that are manifested for a specific movement affect the competence in performing this physical exercise. Therefore, the strength of the swimmer and the strength of the gymnast and the weightlifter differ from each other. Achieving rational consistency of the form and content of physical exercise is one of the main problems of the theory and practice of physical education. This problem is partly related to movement skills and abilities, as well as physical qualities. Exercise technique The concept of technique can be studied from a pedagogical or biomechanical point of view. From the pedagogical point of view, it is accepted to call the movement activity selected for the easy and effective solution of the movement task as a physical exercise technique. Effectiveness is expressed by the most rational influence on the body of students. But the most acceptable of them is called technical execution. For example, you can swim in different ways (crawl, backstroke, etc.), but some people swim without using any of the classic ways. The effectiveness of the execution methods depends on the student's individual quality, level of physical fitness, and the assigned tasks (for example, if they need to quickly climb a rope to a small height, they use the "one-handed" method, on a hard rope, they use one method - the method of holding the wing with their feet, on a soft one - another). Physical exercise techniques are constantly evolving: the usual technique is improved, and sometimes the methods disappear, and new ones are created. This process is determined by a number of reasons:

1. Regular growth of requirements for the level of sports readiness.
2. Continuous search for improved methods of execution of actions, increasing the result and role of compliance checks.
3. Emergence of new sports equipment.²

Physical exercise technique is the result of practical examination and scientific analysis of leading athletes (for a certain period of time). Such a modern technique represents the most reasonable basis for all the actors involved in the movement and is therefore called a template technique. Standard technique does not exclude deviations in terms of individual structure in some methods of execution. Individualization of the technique is carried out in two directions: according to the same standard way of individualization, changes are made within the limits of the standard technique in accordance with the physical fitness of certain groups of people and the standard quality of the figure; Sports and technical skills on the way of special individualization, which takes into account the personal qualities of a person, reflect a high level of special individualization (in practice, they describe it as "their own method"). Model technique reflects only the structural basis of the movement and is built by analyzing the movements of adults. In accordance with

² Abdumalikov R. Sog'lom avlod tarbiyasida jismoniy tarbiya va sport. O'quv uslubiy qo'llanma. Toshkent, 2003 y.



children's physical fitness and structural characteristics of the body, the problem of individualization of technique arises. For example, children of small school age have difficulty pressing on the front part of the heel during running due to the peculiarities of the calf-heel structure. Technique is a Greek word that means "the art of performing". Exercise techniques are always changing and improving. Improved movement technique is the key to high performance, and it is achieved through the constant sweating of athletes. The increase in physical fitness of an athlete or his body structure, variety of indicators showing physical development, the type of sport can cause the basis of physical exercise technique, its links or details to change and exchange. Therefore, movement technique is divided into the following parts: technique base (basis), its main link and technique details. The basis of the technique is the core part of the system of movement activity, which is needed to perform the task set by movement. The used methods ensure that the parts of the body are in harmony with each other, without breaking the system of the sequence of movement activities, and ensure the proper manifestation of their physical qualities. If the method is effective, it can be effectively used in practice and will retain its practicality for a long time. Based on the technique, the so-called leading action is distinguished, that is, the action is connected to it, first of all, by the action showing the result. For example, swinging your arms during a lunge. The main link of the technique is the most important and decisive part of the main mechanism in a certain movement. For example, the main link of the technique for sprinters and high jumpers consists of jumping, swinging the leg up and quickly combining it, for throwing - giving a final push, bending over in gymnastics (for any method) - timely and quick contraction of the pelvic joints (and then stopping). will be. In sports activities, the execution of the main link takes place in a relatively short period of time and requires a lot of muscle effort. The details of the technique are additional movements that are part of the movement, but do not damage its basis, links, or the smallest parts of this movement mechanism. It may or may not be performed as part of the action. For example, in the long jump, someone accelerates the body with sudden acceleration, someone begins to accelerate slowly.

Discussion And Results

Physical exercises are specially selected actions to increase the level of physical development of a person. Regular and consistent physical exercises form the basis of physical education. Physical exercises included in the practice of physical education (on the basis of actions and actions taken from a person's work, life, military activity - running, jumping, throwing, lifting stones, swimming in water, etc.) gymnastics, athletics, weightlifting, movement and sports games, sports tourism and so on. Physical exercises selected on a scientific basis improve the functioning of all movement organs and increase work capacity. Types of physical exercises require correct and accurate classification. Then it is possible to achieve the desired effect from them. Physical exercise is the main means of physical education, and historically it has been divided into groups in the form of gymnastics, games, sports and tourism, and used as a means of the educational process. Physical exercise is understood as a different set of voluntary movement activities that meet the requirements of the laws of physical education and are performed consciously. Such movement activities as gymnastics, games, sports, tourism exercises were historically systematized, methodically collected and filled. The emergence of physical exercise is historically indicated in a number of textbooks (A.D. Novikov, B.A. Ashmarin, etc., 1966, 1979) as corresponding to the period of the primitive collective system. The objective reason for the emergence of physical exercise was considered to be the primitive man's hunting in order to fill his belly, and the subjective reason was the formation of consciousness. Primitive man, who did not know how to use primitive weapons, chased his prey until he was exhausted. With this, the hunter's organism felt the need for great physical training. Those who did not have sufficient physical training became the prey themselves. Accordingly, with the passage of time, primitive people began to go hunting in groups. Hunters began to use primitive weapons: a stone, a spear enriched with an edged stone, wells covered only with wood, etc., social consciousness began to form. The elders of the tribe, who could not participate in the hunt, began



to train the youth to throw a stone at a target, to strengthen its impact, and with this, the elements of the education process, which was the basis of education, began to be formed. Later, throwing, running, jumping to catch up or escape began to be practiced. This is considered the period of formation and formation of physical exercises and elements of physical education. To this day, these exercises are used as the main tool for the physical education process in modern athletics, gymnastics, sports games, individual wrestling, tourism and other types of sports. The increase in types of physical exercises was also influenced by human labor. It is known that work requires a certain level of preparation and development of human body (movement) qualities such as physical strength, endurance, quickness, agility. In educational practice, a person mainly exercises more actions that he uses in his work. In the development of physical exercise, religious ceremonies, games on holidays, dances, consciously performed voluntary actions in military activity and industry serve as tools. Natural laws of the nature of physical exercise I.M. Sechenov and I.P. It is revealed in Pavlov's scientific world views. Voluntary action, according to Sechenov, is controlled by consciousness and reason and is directed to a goal.³

The correct use of individual features indicates individual technique. Individual technique is the most advanced technique for this athlete. The integrity of the act of action is manifested in the interdependence and interaction of the actions that make up this act; as a result of a change in one of the details of the movement, a change in phase and a number of other details in terms of time occurs. In the theory and practice of physical education, the structure of movements is discussed. The structure of the movement is the legal interconnection of all its components as a single whole. All human actions take place in space and at a certain time, therefore, we can talk about the kinematic structure of actions, which includes spatial, time and spatio-temporal characteristics. The kinematic structure of the movement is determined by the dynamic structure, that is, by the interaction of external and internal forces that cause this movement. In one complex movement, another important aspect of the structure of the movement is distinguished - the rhythmic aspect, the aspects of the movement that reflect the relationship of time and power in a complex way. The kinematic and dynamic structure of the movement are interconnected, and a change in one of them legitimately leads to a change in the other. From a pedagogical point of view, the importance of each of these characteristics in the performance of each specific exercise is different. At different stages of education, some of them play the main role, while others are temporarily of secondary importance. However, the simultaneous and gradual manifestation of all characteristics in the movements ensures that the physical exercise is performed technically very correctly. The position of the body and the trajectory (path) of movement of the body parts relate to the spatial characteristics of the physical exercise technique. During the performance of many physical exercises, the body and its parts not only change their position relative to each other, but also remain motionless in a free form due to the static tension of the muscles. The usefulness of many physical exercises in many cases does not depend only on the initial state, but also on the state of the whole body or its parts during the movement in a certain, more useful state. For example, the horizontal position of a swimmer and the bent over position of a skater and cyclist reduce the resistance of the external environment and thereby allow the body to move forward faster. In ski jumping, the more prone body increases the air resistance in the downward movement of the body, while reducing the air resistance in the forward movement of the body, thus increasing the jump distance. By changing the position of the body in the process of movement, it is possible to change the direction of the dynamic base reactions and, due to this, to give the body an acceleration favorable for the conditions of this direction. Examples of these are the different postures of the body during short and long

³ Axmedov.F.K. Jismoniy ta'limda milliy an'analarning o'rni. Monografiya. Toshkent, 2010 y.



distance running, from a standing position, and during the deceleration phases of running and long jump. In some types of physical exercises, there are special requirements for the general condition and the condition of some parts of the body. These requirements arise not only from the biomechanical expediency of physical exercises, but also from the point of view of the beautiful execution of movements. For example, in figure skating, diving and gymnastics, not only the coordination complexity of the exercises, but also the accuracy of the body position, boldness and freedom of movements, elegance and other similar external appearances are evaluated. In any movement, it is necessary to distinguish the trajectory of the moving part of the body.

Conclusion

In short, no one could define and evaluate physical training like Abu Ali ibn Sina, a great scholar of medicine. That is, according to its description, those who regularly engage in physical education will not need any medicine. For this reason, Ibn Sina suggested that every person should always walk in the fresh air, work hard, travel to the mountains and rest, go on boats, fight, ride horses, etc. depending on his health and vitality. recommended that he should perform active practical actions and get used to it. Ibn Sina, first of all, tested the methods of performing physical training exercises in moderation and on time, bathing in water or rubbing the body with a wet towel after the exercises, and wrote them down in his "Laws of Medicine" books and left them as a scientific heritage. Even in the modern world of medicine, not only healthy people, but also sick, elderly and disabled people do not refuse to do physical exercises depending on their condition. The purpose of expressing these comments is that it is necessary to pay more attention to the issues of improving the health of people of all ages, raising physical fitness, maintaining the health of patients or disabled people, and instilling the basic contents of the science of physical education among the population. In conclusion, it is possible to say that it is appropriate to perform physical exercises regularly for human health and physical development.

References

1. A.Normurodov. Jismoniy tarbiya. O'quv qo'llanma. Toshkent, 2011 y.
2. Abdumalikov R. Sog'lom avlod tarbiyasida jismoniy tarbiya va sport. O'quv uslubiy qo'llanma. Toshkent, 2003 y.
3. Axmedov.F.K. Jismoniy ta'limda milliy an'analarning o'rni. Monografiya. Toshkent, 2010 y.
4. Xripkova A.G., Antropova M.V., Farber D.A. Vozrastnaya fiziologiya i shkohnaya gigiena: Posobie dlya studentov pedinstitutov.- M.: Prosveshenie, 1990.
5. Муминов Х. "Соғлом турмуш-соғлиқда йул" -Урганч 1996.