



SHORT-DISTANCE STUDENT-ATHLETES DETERMINATION OF PHYSICAL FITNESS STATE

Boymatov X. X.

associate professor National University of Uzbekistan named after Mirzo Ulugbek, Faculty of Taekwondo and Sports Activities, Department of Sports Management.

Mirzaxmedova D.S.

Teacher of special subjects at the Republican center for training in Olympic and Paralympic sports

Abstract: Development of the sport of athletics, for high sports results in the future to achieve, exercise downloads athletes preparation to the level suitable in a wayplanning, the intensity of implementation of the annual workload, the means used, receiving training on the implementation of the methods, short-distance runners exercise downloads in planning athletes individual characteristics to plan and prepare highly qualified athletes, taking into account their integral ready opportunities shaping according to industry specialists by enough studied.

Key words: training processes, optimization, development, intensity, process, student-athletes, physical preparation.

The work purpose. Short to the distance runner student-athletes exercise processes during physical preparation determine the status.

1. Analysis of scientific methodological literature on the topic.
2. Sports exercises content analysis to do.
3. Short to the distance running to the types specialized student-athletes exercise in the processes physical preparation the situation analysis.

Short to distances runner student-athletes preparation his/her exercises optimal planning according to scientific methodological literature although in them given information today on the day because it is old evidence gives. World in the arenas sports the results day gradually growing to go short to distances runners preparation scientific training processes require the development of a planning program on the basis will.

Short to distances runner student-athletes annual preparation his/her exercises to plan optimization program today on the day new structure practice to the process implementation verb, high qualified athletes preparation efficiency increases.

In the current programs, only the size of training loads is calculated as a percentage showing passed. Ours in our opinion net specialization according to sports to competitions volume of preparatory training, intensity of performance, number of repetitions of the athlete macro, meso and microcycles of preparation based on individual characteristics according to loads unplanned. If this downloads student-athletes when the distribution takes into account the individual circumstances of the athletes sports more results to rise will have served was.

Short to the distance to run specialized student-athletes sports results they mainly depend on the work of all members and organs of the organization. To do this, first of all, the cardiovascular system, breathing, lung capacity, and central nervous system are affected. Good functioning of the immune system and a balanced body composition are important. is enough. In addition, measurements of their height and body weight, number of steps, steps length and frequency athletes sports the results on the rise service does.

More than 100 student-athletes who run short distances were selected and Of these, 46 were selected based on



the criteria for the second and first-class ranks. We selected and divided them into two equal groups of 23 people each for the experiment and control. to the group We separated. Physical preparation determination for the purpose of research in advance We conducted a pedagogical experiment. According to it, in determining the quality of quickness, a distance of 30 meters start in advance running test We used it. In research participation did experience group The subjects recorded an average time of 3.29 ± 0.11 s in the 30-meter sprint. if, supervision group test subjects this distance printed to pass 3.31 ± 0.15 s. time spent.

In running from a low start to a distance of 30 m, the subjects of the experimental group performed on average 4.30 ± 0.24 s., while the control group also covered this distance. running passage average for 4.30 ± 0.15 p. to the result equal that it is They showed.

60 meter to the distance lower from the start come out on the run Experience group It was found that the rapid strength of the test subjects was 7.80 ± 0.15 s. In the control group and the average result of the experimental group in running from a low start to a distance of 60 m with equal 7.80 ± 0.14 is observed.

The subjects of the experimental group and the control group ran a standard distance of 100 meters. group in testers one different 11.90 ± 0.17 and 11.90 ± 0.15 s. being passed experience in the future was determined.

Quick strength endurance in determining 150 meter to the distance on the run every both in the group average the result is 17.40 ± 0.34 s. and 17.40 ± 0.48 s did.

Quick strength endurance adjective determination according to passed 200 meter to the distance while the average training of the experimental group was 24.05 ± 0.47 s., supervision in the group one bath lower 24.10 ± 0.35 to the village equal being It was seen. Explosive Experiment on the standing long jump test to determine the strength of the quick jump The average height of the test group was 257.0 ± 12.08 cm, while the control group did not perform this test. according to 258.6 ± 16.77 cm did.

Five slowly jump through quick bomber strength development level to determine directed this on the test experience soul test subjects research in advance The result was 1185.5 ± 64.03 cm. The control group did not meet this criterion. showed that the average is equal to 1190.3 ± 90.25 cm. The next 3 kg filler the ball two support head from above forward in progress experience group the average result of the examinees It is expressed as 887.7 ± 95.15 cm. Control group in testers this indicator according to average 888.9 ± 41.39 cm. equal being taken from the result we see possible. From foot to foot jump running through steps length to determine directed next in our test experience and supervision groups copper in a way 26.1 ± 1.00 times and 25.3 ± 1.56 once a month equal being observed. By determining the number of repetitions of steps while standing still for 20 s. In our test, the experimental group participants answered the questions 80.1 ± 4.36 times more frequently. As we observed, the number of steps in the control group increased by 82.3 ± 4.96 times. equality was determined.

A test was conducted to determine the number of steps taken in 1 minute while standing still. next our indicator experience in the group 178.92 ± 13.10 once a month equal was if, supervision in the group 179.0 ± 8.86 times did.

In a test aimed at determining the level of development of strength qualities, 60 kg is equal to In the barbell squat control exercise, the experimental group subjects performed on average 16.4 ± 2.15 times showed that if, supervision in the group this criterion according to It was found to be 16.1 ± 2.15 times. The next 300 m run In our test aimed at determining quick strength endurance, the participants in the experimental group The mean time to recovery was 41.1 ± 1.24 s., while the control group had an average time to recovery of 40.9 ± 1.13 s. It was observed that the experimental group for the 500 m distance in terms of fast strength endurance The test subjects recorded an average result of 67.8 ± 1.93 s. This distance was not reached by the control group. The test subjects showed an average result of 66.3 ± 2.90 s. The last special speed endurance in our test, the average result of the experimental group was 176.6 ± 6.33 In the control group, the speed at which this distance was



covered was average 173.6 ± 6.33 p. to the result equal being passed in research was determined. We from us 17 yes indicator according to supervision criteria taken. Taken The results show that the physical condition of the experimental group participants involved in the pedagogical experiment Providing them with annual training, along with the opportunity to assess their readiness their activities optimized option work exit necessity shows. This from the bottom we from us pedagogical experience before to the results based on short to distances runner student-athletes for annual preparation exercise of downloads optimized plan work exit gives.

Table 1

Experience and control group of athletes research before physical fitness indicators

| T/p | Tests | TG (n=23) | NG (n=23) |
|--|---|--------------------|---------------------|
| Special physical preparation indicators | | | |
| 1. | 30 per meter start before running (s.) | 3.29±0.19 | 3.31±0.19 |
| 2. | 30 per meter lower from the start running (s.) | 4.30±0.24 | 4.30±0.26 |
| 3. | 60 per meter lower from the start running (s.) | 7.80±0.38 | 7.82±0.37 |
| 4. | 100 per meter lower from the start running (s.) | 11.90±0.56 | 11.93±0.61 |
| 5. | 150 per meter lower from the start running (s.) | 17.40±0.34 | 17.46±0.48 |
| 6. | 200 per meter lower from the start running (s.) | 24.05±0.47 | 24.1±0.46 |
| 7. | Standing on the spot step frequency 20 in the city (time) | 80.08±12.1 | 82.3±12.8 |
| 8. | Standing on the spot step frequency 1 in minutes (time) | 178.92±16.8 | 179.0±17.2 |
| General physical preparation indicators | | | |
| 9. | From the place standing up to the length jump (cm) | 257.0±13.9 | 258.6±16.7 7 |
| 10. | From the place stand up and walk slowly jump (cm) | 807.3±25.93 | 808.3±27.18 |
| 11. | From the place standing up five slowly jump (cm) | 1189.5±64.03 | 1190.3±55.65 |
| 12. | 3 kg.li filler the ball head behind forwardthrowing (cm) | 887.7±95.15 | 888.9±41.39 |
| 13. | From the foot to the feet jump 60 m, (time) | 26.1±1.8 | 25.3±1.56 |
| 14. | 60 kg barbell with sitting standing | 16.1±2.15 | 16.1±3.18 |
| 15. | 300 per meter running (s.) | 41.1±2.35 | 40.9±2.67 |
| 16. | 500 per meter running (min., (s.) | 1:07.8±4.26 | 1:06.3±4.35 |
| 17. | 1000 per meter running (min., (s.) | 3:08.4±15.8 | 3:09.6±17.1 |

Conclusion. Taken results pedagogical to experience attraction done experience group Along with providing an opportunity to assess the physical fitness of its test subjects, to them annual preparation his/her exercises optimized option work exit necessary shows. This therefore we from our side pedagogical experience got to the results based on short to distances runner student-athletes for annual preparation exercise of downloads athletes physical to the state suitable in a way work exit gave the opportunity.

In the study sports his/her exercises take to go during physical preparation good was athletes or research to the results to decrease negative impact analyzing the student-athletes involved in the preliminary results of the study we did not add to the table. Because according to the rules of research, these student-athletes are



common in research participation but it will be enough implementation to the results does not add.

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