

ANALYSIS OF THE PRIORITY METHOD OF DETERMINING THE DEVELOPING AND HEALTH-GIVING EFFECT OF PHYSICAL EXERCISES IN SPORTS TRAINING

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Abstract

This article presents practical conclusions about the priority ways of developing physical qualities in sports training and the stages of training for movements.

Keywords: Physical qualities, movement, movement is a unity of various loads, movement games, movement skills and physical abilities.

The development of physical qualities is carried out through the targeted development of a person's leading abilities, which, in turn, develop on the basis of certain abilities. Laws are understood as an expression of the application of laws and reflect the general trends of the pedagogical process, regardless of the state of health of the participants. Direct development of all physical abilities is subject to a number of laws. They include:

Movement is the leading factor in the development of physical abilities. Movement is characteristic of all living objects of varying degrees of organization. During development, the characteristics and methods of movement have taken different forms, but the basis of the most perfect types of movement lies in the contraction of muscles, and the energy released from it is directed to move the mass of the body. The human body is designed for constant movement, therefore it is examined as the core of human life activity and behavior, and at the same time as the formative beginning of its development. the result is counted.

Movement activity is aimed at improving the psychophysiological nature of a person. The importance of activity, exercise, which is a necessary factor of functional and morphological improvement in the body, was first shown by Jean Lamarck. Forming his "law of exercise", he writes: "Frequent and uninterrupted use of an organ gradually strengthens it, develops it, enlarges it, gives it strength according to the duration of this use, and not using it regularly weakens it." weakens, depresses, steadily diminishes his faculties, and finally causes him to perish.' In this way, Jean Lamarck reflects one of the general laws of the development of living nature. P. F. Lesgaft, A. A. Ukhtomsky, I. P. Pavlov, N. N. Yakovlev made a significant contribution to the deeper study of this law.

Grading of the development of physical abilities. According to this law, if the same load is repeated, the effectiveness of the development of abilities decreases. In order to maintain it regularly at a high level, it is necessary to change the content of the download and the conditions of its execution. If a constant load is used for a relatively long time, the development of physical abilities goes through three stages: an increase in the level of development of abilities, the achievement of maximum indicators in the development of abilities, and a decrease in indicators in the development of abilities.

In the first stage, as a result of using the load, all-round adaptive changes occur in the body, which gradually expand the functional capabilities of the body and cause a gradual increase in physical abilities required by the Specificity of movement activity. Usually, the specific response of the organism to the load being performed, the low efficiency of mechanical work are the characteristics of this stage.

In the second stage, as the adaptive changes develop, the standard load causes less and less functional changes in the body. This is one of the signs that adaptation processes are moving to the stage of stable adaptation. Work efficiency and interoperability in the activity of organs and systems increases. This creates conditions for maximum manifestation of abilities.

In the third stage, this load stops producing adaptive changes, does not provide further growth of abilities, that is, its developmental effect decreases or disappears almost completely. In order to increase the effectiveness of the effect, it is necessary to change the content of the load (work force, its duration or conditions of exercise), thus new high demands on physical abilities arise. In other words, it will be necessary to transfer the development of abilities to the previous stages.

Action games are considered aesthetic activity according to their content. All types of game movements are distinguished by their variety and precision and require agility and dexterity from the players. During the game, which is performed with excitement, children have a desire to perform complex movements expressively and qualitatively. They clearly fulfill the requirements of different formations - standing in one or several periods, standing next to each other, forming a column in a row, and forming a formation. These movements require them to maintain their posture, flexibility, and develop aesthetic feelings in them. Physical culture form gives more beauty to the game actions perceived by children.

Various games, especially folk games, give children aesthetic pleasure, teach them to think, count, and develop character. The games contain original speeches, rhythmic accuracy, songs and rhymes, which also delight children.

Professor F.N. Nasriddinov's book called "1001 games" also contains text games. A child playing these games makes rhythmic movements and rejoices by saying certain words. All these train children's coordination mechanisms and evoke happy emotions in them.

Music also has a great aesthetic effect on a child: it inspires children, creates a general mood in them, and it is important to make more beautiful movements. Taking this into account, music can be used only in some parts of the game.

At the time of active games, it is necessary to teach children to make expressive and beautiful movements, to encourage their efforts to portray the image.

Thus, the correct use of the emotional-healing, knowledge and educational complex of mobile games helps to fulfill the tasks of comprehensive education of children.

Unity and interrelationship of movement skills and physical abilities. It is impossible to imagine the physical abilities that are manifested during the activity as some of the skills and abilities of movement. The successful use of relevant physical abilities is evaluated depending on how well a person has mastered this or that activity.

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