

Development of Women's Sports

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ABSTRACT

This article describes the development of women's sports, the specific morpho-functional characteristics of women, physical development and its analysis.

The Uzbek people are one of the great nations that have made a great contribution to the world civilization with their ancient and rich national culture, which has reflected goodness for centuries. The importance of sports in introducing our independent republic to the world is increasing. Today, we are witnessing the fact that national games, wrestling, ulaq, as well as international sports - tennis, boxing, football, serve to increase the prestige of Uzbeks among the peoples of the world. Respecting values, forming ancient traditions, strengthening beliefs, passing on our cultural heritage to the next generation, and instilling the essence of national folk games into the minds of young people is an urgent issue today.

Popularization of physical education and sports is defined as one of the important directions of social policy in our country. Because sport strengthens the health of the population, by educating the young generation to be healthy and well-rounded, it establishes a healthy way of life in the society. Prevents various diseases, harmful habits among young people. Sport plays an important role in the formation of high culture and patriotism. Achievements in this field will make the country known to the world and will bring pride to all compatriots. Training of young athletes at the initial stage of preparatory work is considered one of the most important components of the formation of skills, organization of sports training, comprehensive development of the body, strengthening of health, physical abilities. The video selector's lecture on improving the management system in the field, developing mass sports, selecting and training talented athletes, strengthening the field with qualified personnel, and building modern sports facilities is understood as a process aimed at creating a solid functional base for the next stage of improvement and preparation. . Regardless of the purpose and content or direction of a person's sports activity, its ultimate productivity and efficiency of movement, in turn, is based on appropriate physical qualities, movement skills, skills and, of course, on the functional capabilities of the body.

Women's body differs from men's by a number of morphological and functional, anatomical and physiological features. Among women, puberty age - up to 34 years, middle age - 35-54 years, and old age - 55-74 years were considered. Such age-related features are primarily related to the most important biological task - maternal functions [2]. The amount and intensity of daily movement is important for human health, its physical and functional formation. However, the volume and intensity of all types of movement, including physical and technical exercises performed in sports clubs, should match or be higher than the functional capabilities of the participant. Because, according to laws that have been proven in the science of biology, if the partial effect "power" of the daily physical load performed at certain stages of ontogenetic development is always higher than the functional capabilities of the organism, then in this organism (organs, muscles, vessels, cells, etc.) tissues, heart, lungs, spleen, liver, etc.) Symptoms of stress or rapid fatigue appear. Such negative "traces" derail the usual functional activities of a person, especially young girls, lower their mood, disrupt their sleep, ultimately reduce their ability to work and prevent their full recovery. If such loads are chronically returned in women's activities, it is possible not only to affect the normal growth of the body, but also to cause the occurrence of local or global pathological complications in various functional "objects". If the volume and intensity of daily or gross training loads are below the functional capacity, the formation of physical qualities will decrease, and work capacity will not increase. Therefore, it is necessary to increase the daily or gross loads, including the loads related to physical education classes and training sessions, on the "wave" principle, depending on the age, physical and functional capabilities of the participants. Therefore, in the organization of women's sports training, basing on pedagogical and medical supervision is an integral part of the process of raising a healthy and mature generation. Therefore, purposeful development and management of the content of physical education and sports activities (physical education classes, training sessions, sports competitions) is the responsibility of every specialist (teacher, trainer, organizer, stylist, guide) and it is not necessary to prove that it is necessary to impose great responsibility on the leading persons, to master the knowledge of physical culture, physical education, physical development, physical training and sports facilities, and to acquire appropriate professional-pedagogical qualifications and skills. It is important to pay particular attention to the fact that the effective organization of women's sports, the health of the participants in the process of long-term sports training, and the development of their sports skills primarily depend on the indicators of physical fitness.

Physical training in sports practice is usually divided into two closely related types of general and special physical training. During life, human health, mental and physical activity, the formation of sports skills during many years of sports training are primarily related to the content and level of these two types of training.

The main goal of physical training and sports training is to strengthen health and achieve high sports results. Most of the scientists say that regularly organized exercises in a specific sport, in terms of volume, intensity and content, have a positive effect on the body. However, it has been observed that trainings that are not based on general physical training and are specialized in a narrow scope have negative consequences. In fact, physical training is considered to be the most important foundation in the training of qualified sportswomen and an incomparable factor in the effective formation of sports skills. In addition, according to the analysis of scientific and methodological literature, any physical training process does not lead to the effective development of physical qualities and may not have a positive effect on the formation of technical and tactical skills. In many cases, it is possible that it will have a negative effect on sportsmanship. The development of women's sports will lead to the birth of healthy children in the future. After all, the health of our children ensures the prosperity and prosperity of our country. Because our future is our children.

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