

### Methodology of Use of Classified Volleyball Equipment in the Health of Girls Students in Higher Education Institutions

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#### ABSTRACT

*The upbringing of a physically fit generation and its maturity is established through the culture of a sustainable lifestyle. The main criterion for it is the level of health of the individual. And health goes back to the maturity of the human body, and laying its foundation stone is carried out from the first period of biological age.*

Today, the rapid development of technical means is causing growth, but on the other hand, it is causing the increase of many diseases caused by low mobility and low mobility. With its essence, fitness training has a worthy place as a tool in the physical culture of a healthy lifestyle, preparing the body of society members for daily life activities, creating the necessary biological strength for this activity, and refers to their use in the process of mental and physical work. These trainings are different from targeted trainings during the life activity of a person.

That is why it is important to categorize, systematize and recommend the theory of health training tools and their use and the tools that use them in practice.

The phenomenon of building a sustainable lifestyle culture on a healthy basis has scientific and theoretical definitions and interpretations of various contents from ancient times to the present day. In the component of its current definition, physical culture of a healthy lifestyle and its activities, their main SMs serve as one of the leading tools in the implementation of the education of a well-rounded generation with its merits.

Korotkova E.A., Suleymanov I.I., proved the theory that the functioning of internal organs improves and is related to their activity by establishing the activity of skeletal muscles through fitness training. , based on the fact that by means of the nerve fibers that have a microscopic appearance in tendons, bones and muscles that "connect" muscles, they have a positive effect on their activity by transmitting certain frequency impulses (energy) caused by the movement of the

central nervous system to the internal organs.

In volleyball, teaching to perform each skill of the game (passing the ball, passing, blocking, receiving, hitting) in different ways, for example, the right and left hand of hitting are relatively the same. Being able to perform in a variety of ways expands the range of performance of game skills and enriches the stock of movement. In the process of training and improvement, in order to ensure long-term physical, technical-tactical, fast, strong, agile, accurate and effective execution of game skills, in most cases, exercises are performed in cases where there are complications of fatigue. However, such exercises should be used very carefully. Because excessive load can cause the child's organism to strain, get injured or suffer pathological conditions.

In the training of young volleyball players, it is important to develop their psychological qualities in parallel. It is known that success in the game of volleyball or in certain situations of the game requires the development of all qualities, skills and abilities, as well as quick thinking, analysis, discernment, correct assessment, attention, memory, foresight. (anticipation), will, intelligence also require the formation of "cunning" qualities. The effectiveness of training talented young volleyball players largely depends on the appropriate organization of the selection process for admission to sports clubs and sports schools.

If the muscle group involved in movement activity does not have a sufficient level of tone, tension, or the necessary level of development, physical training, the impact of the impulses on our internal organs will be weak, and this will have a negative effect on the normal functioning of our organs. Taking into account that it can be done, the main problem is to introduce the means of health training into the lifestyle of the members of the society.

One of the people who understood the importance, benefit and pleasure of using the means of mobility is the famous medical tester Tverskikh V.V., Niyasova N.S. always unexpectedly, certainly not at the writing desk, not when the brain is tired and the body is tired, but when the physical stamina and mood are high.

Walking exercise as a means of STT training has been considered as the most convenient means of physical culture of a healthy lifestyle that does not require material benefits, is priceless, and cannot be exchanged for anything, and will continue to be considered as the simplest means. Of course, it is not necessary to wear a sports uniform, it is possible to wear everyday clothes.

The physical culture of a healthy lifestyle is simple, the simplest act of movement "walking" exercise is the simplest SM tool and there are many positive opinions about it, the requirements set for the perfection of the body, the fulfillment of the requirements of our great grandfathers, oriental scholars, noble fuzalos separate collections can be written about what he said and what he did. [66,68]

During our theoretical analysis, we did not come across any literature or basic scientific researches related to fitness classes, their tools, methods. The fundamental theoretical foundations of the organization of SMs, which are conducted using the tools that can be used taking into account our regional characteristics, have not been created.

Through our research, we set the goal of our research to create the theoretical basis of health training tools and their use, to generalize the theoretical knowledge and practical skills of the currently available, practical health training related to the problem, and based on them, to solve the following research tasks we shook hands.

An important factor in the health effect of training is compliance with the condition of non-limit loads. Therefore, the problem of strictly dosing the size and intensity of the load comes to the fore. Solving this problem requires the ability to theoretically analyze the quantity and quality of the energy process in the human body. Therefore, there is a problem of studying muscle

biopower, and research has been launched to solve it.

The positive effect of physical exercises in fitness training is not only in improving the functions of the most important organs and structures of the human body, but also in increasing endurance, mood, and well-being after exercise. This, in turn, stimulates the energy of activity (tonus), prevents the organism from being affected by various unfavorable factors of the external environment, including infectious diseases, overcomes the disease, increases endurance, and others. is showing its effect.

As a result of today's scientific research, special literature, studying the problem of aging and its prevention, they provide valid evidence and information about the fact that "many people are dying prematurely, before the appointed time" and give their conclusions about its causes.

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