

Using Innovative Methods in the Development of Women's Sports

N.A. Tukhtamuradova

teacher, Bukhara Institute of Engineering and Technology, Bukhara

Article Information

Received: February 18,2023

Accepted: March 19,2023

Published: April 18,2023

Keywords *information technology, human health, organism, computer*

ABSTRACT

It is said about the use of innovative methods in the development of women's sports.

In recent times, there has been a heated discussion among scientists of the world regarding the impact of information technology on human health. Some of them say that the electromagnetic waves emitted by these technologies have a serious negative effect on health, while the other part expresses the opposite opinion. It is difficult to assess the clear advantage of any side in this "controversy", but in any case, this issue should not be ignored. Technologies are changing our lives.

Our life, the world around us is rapidly changing. The exchange of news has reached such a level that our eyes and minds cannot keep up. Thousands of inventions are being made every day, and these inventions are soon becoming a part of our lives. Take television for example. It is in every family. It is no exaggeration to say that this device has become a member of the family. Because he is with us every day - when I eat, when the whole family is together, at night, during the day, even in airplanes, trains and cars. We communicate with him almost live - we listen to what is said on TV, we believe in his news, we live with his TV series... Here's a look at the progress! A simple proof that technology has entered our lives! Now, imagine the position of computer and Internet, mobile and innovative technologies in our society.

Undoubtedly, these changes are a great achievement of mankind. Today, with the help of information technologies, we use conveniences that were unimaginable ten years ago. Earlier, relatives in distant villages were told to go to weddings and events one by one, but now a mobile phone call solves the problem. Educational methods are being perfected with the help of computer technologies in the educational system. If before we heard about electronic computers

only through the computer science class, nowadays the use of computer technology is introduced in the perfect study of every subject. These examples are just a glimpse of how important information technologies are in our lives. The participation of ICT in all sectors of the economy: industry, management, banking, trade and other areas has gained indescribable importance. A representative of any field, every employee can analyze this based on his work activity, weigh the support of technologies in his work. I'm sure - the scale of the scale, where the benefits of these technologies are concentrated, is very heavy. But...

Just as where there is light there is shadow, where there is good there is also harm. Scientists say that the main negative consequence of modern technologies, including information technologies, is related to human health. It can be said that getting rid of this damage by restricting technologies will cause economic damage. So, we cannot imagine our life without screens and displays surrounding us. This is the law of progress.

So what to do?

First of all, we need to learn to follow rules and regulations. Foreign scientists have studied the negative effects of television on the human body, especially children. They say that a child who spends a lot of time in front of the TV may experience many problems, such as weight gain, weakened immunity, heart and eye diseases, premature puberty, and mental retardation. As a solution to the problem, scientists recommend the following - not to bring the child close to the TV at all until the age of two or three, children from three to five years old should watch half an hour of quality children's programs under parental supervision, one hour for children from 5 to 12 years old, until 1.5-2 hours of TV viewing should be allowed until adulthood. It should be noted that TV includes other screens as well. That is, it is necessary to follow the same restrictions when watching DVDs, playing games, etc. on the computer screen.

If you pay attention to the harm of TV to children's health (listed above), most of them are related to inactivity and weakening of the body's activity. Therefore, parents should first of all pay serious attention to their children's physical exercises and regular sports.

The problem with children can be solved by limiting it to a certain extent, but what about adults? Many of us spend the day in front of the computer due to work demands. In such conditions, there is a high probability that problems will appear in the eyes first. Human vision has been shaped and adapted to natural light and colors for millions of years, not computer displays! Colors and images on the monitor are completely different from real life, so it is not out of the question that there will be problems with the eyes.

Secondly, people who spend a lot of time in front of the computer may develop microinjuries. Thirdly, devices that emit electromagnetic waves - computers, mobile phones, microwave ovens, etc. - have a negative effect on the nervous and cardiac systems, brain activity. Constantly sitting and working in one place, watching TV all day through the remote control can lead to inactivity, obesity, increased blood cholesterol, muscle weakness, etc.

It is difficult to avoid these problems directly. The reason is that technology makes our work easier. In addition, it is unreasonable to ask people who are addicted to mobile phones or computers not to use these technologies. Therefore, it is necessary to choose an alternative way. This is how we continue to use information technologies in our work and life. Harmful consequences can be eliminated through sports. So, the rule "technologies + sports = healthy life" comes into being. One way to prevent inactivity and weakening of the body is to do sports regularly. It is not necessary to enumerate the beneficial aspects of sports and physical education for our body. We have heard a lot about it. Just one aspect should not be forgotten: a middle-

aged person who does not engage in heavy physical work consumes 2800-3200 kilocalories of energy per day. Women consume 15-20 percent less energy than the indicated kilocalories. This indicator decreases with age. Those who spend the day working, sitting in one place, in front of the computer and TV use even less energy. As a result, excess calories begin to accumulate in the body. The main way to get rid of them depends on physical training. First of all, everyone decides for himself whether to do sports or simple physical exercises. It's even easier if you have a knack for sports from a young age (that's why you shouldn't neglect children's sports). Everyone should choose the type of sport that they like so that the training is not difficult and not forced. It is enough for those who do not have the opportunity and time to do sports regularly (especially women) to do 15-20 minutes of physical training at home.

Everyone has the right to make good use of progress, technological achievements, and... it is necessary to regularly engage in sports so that its harm does not appear "scary"!

Training of young athletes is considered one of the most important components of sports training and is understood as a process aimed at comprehensive development of the body, strengthening of health, improvement of physical abilities and creation of a solid functional base for other types of training.

Regardless of the purpose and content or direction of human activity, its final productivity and efficiency of movement is based on appropriate physical qualities, movement skills, skills and, of course, the functional capabilities of the organism.

Women's body differs from men's by a number of morphological and functional features. These features are primarily related to the most important biological function of motherhood. 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-tactical exercises performed in sports circles, should correspond to the functional capabilities of the participant or be slightly higher. Because, according to laws that have been proven since time immemorial in the science of biology, if the gross 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 exhaustion appear. Such negative "traces" disrupt the usual functional activity of a person, especially young girls, lower mood, disrupt sleep, weaken the proved work ability and prevent its full recovery. If such loads are chronically repeated in women's activities, it is possible that they not only affect the normal growth of the body, but also cause local or global pathological complications to various functional "objects". On the other hand, if the volume and intensity of daily or gross training loads is lower than the functional capacity, the formation of physical qualities slows down, work capacity does not increase. Therefore, the age of those who engage in daily or gross loads, including loads related to physical education classes and training sessions, it is necessary to increase according to the "wave" principle depending on the physical and functional capabilities. Therefore, in the organization of women's sports training, the basis of pedagogical and medical control 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 each specialist (teacher, trainer, organizer, stylist, guide) and it is not necessary to prove that it is necessary to impose great responsibility on the leaders, to acquire knowledge about physical culture, physical education, physical development, physical training and sports facilities, and to

thoroughly 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 course 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. A person's health throughout life, his 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 education and sports training is to strengthen health and achieve high sports results. Properly planned physical and technical training in the training of qualified athletes is one of the most important factors in forming technical tactical skills and achieving high results during the competition. It is necessary to take into account the compatibility of the physical loads used during the training sessions with the functional capabilities of the body of the participants, and to plan this load accordingly, so that the planned physical exercises do not produce the expected results in the development of appropriate movement qualities.

References

1. Файзиев Я. З. ЗАЧЕМ НУЖНА ФИЗКУЛЬТУРА В ШКОЛЕ //Вестник науки и образования. – 2022. – №. 10-2 (130). – С. 55-58.
2. Тураев М. М., Баймурадов Р. С., Файзиев Я. З. Интерактивные методы физического воспитания в вузах //Педагогическое образование и наука. – 2020. – №. 3. – С. 132-135.
3. Файзиев Я. З., Зиёев Д. Я. У. Краткий исторический обзор развития физического воспитания и спорта //Academy. – 2020. – №. 9 (60). – С. 32-34.
4. Файзиев Я. З., Кузиева Ф. Эффективности использования национальных средств физического воспитания в учебном процессе //Вестник магистратуры.–2020. – 2020. – С. 3-1.
5. Файзиев Я. З., Зиёев Д. Я. У., Бозорова С. С. К. СОЦИАЛЬНАЯ ЗНАЧИМОСТЬ ФИЗИЧЕСКОЙ КУЛЬТУРЫ //Вестник науки и образования. – 2021. – №. 15-2 (118). – С. 22-25.
6. Файзиев Я. З. ПСИХОЛОГИЧЕСКИХ ЗАКОНОМЕРНОСТЕЙ ФОРМИРОВАНИЯ У СПОРТСМЕНОВ //Таълим ва инновацион тадқиқотлар. – 2021. – №. 4. – С. 292-297.
7. Файзиев Я. З., Юсупова М. ЭСТЕТИЧЕСКОЕ ВОСПИТАНИЕ СРЕДСТВАМИ ФИЗИЧЕСКОЙ КУЛЬТУРЫ И СПОРТА: 10.53885/edinres. 2022.59. 66.126 ЯЗ Файзиев. Бухарский государственный университет Бухара, Узбекистан М. Юсупова Студент 3 го курса Бухарский государственный университет Бухара, Узбекистан //Научно-практическая конференция. – 2022. – С. 982-984.
8. Файзиев Я. З., Юсупова М. Ф. РАЗВИТИЕ ФИЗИЧЕСКИХ КАЧЕСТВ ДЕТЕЙ МЛАДШЕГО ШКОЛЬНОГО ВОЗРАСТА: 10.53885/edinres. 2022.77. 70.001 ЯЗ Файзиев Доцент БухГУ Бухара, Узбекистан МФ Юсупова студентка БухГУ //Научно-практическая конференция. – 2022. – С. 215-218..

9. Sattorov A. E., Saidov G. K. Improving the training elements in primary training groups of sports schools //Web of Scientist: International Scientific Research Journal. – 2021. – Т. 2. – №. 05. – С. 737-746.
10. Saidov G. K. Conditions for Effective Improvement of the Level of Physical Fitness of Students //Nexus: Journal of Advances Studies of Engineering Science. – 2022. – Т. 1. – №. 6. – С. 40-43.
11. Golib S., Islombek R., Madad B. Methods of Determining the Level of Physical Development of Vocational College Students //Web of Scholars: Multidimensional Research Journal. – 2022. – Т. 1. – №. 6. – С. 137-141.
12. Djuraeva M. Z. Q. Sport va jismoniy tarbiya xalqning umumiy madaniyatining ajralmas qismi //Science and Education. – 2022. – Т. 3. – №. 6. – С. 695-700.
13. Джураева М. З. Healthy lifestyle in perfect generation's upbringing //Scientific researches for development future. – 2019. – С. 75-77.
14. Xusenov N. КЕКСА ЁШДАГИ КИШИЛАР УЧУН СОҒЛОМЛАШТИРУВЧИ МАШҒУЛОТ МЕТОДИКАСИНИНГ ТАЖРИБАВИЙ АСОСЛАРИ //Buxoro davlat universitetining Pedagogika instituti jurnali. – 2022. – Т. 2. – №. 2.
15. Кадыров Р. Х., Назарова Н. Э. Развитие эффективности исследовательской деятельности студентов ВУЗа //Проблемы науки. – 2021. – №. 4 (63). – С. 52-54.
16. Nazarova N. E., Suyarov J. F. PROBLEMS OF SPORTS SELECTION AND ORIENTEERING AND WAYS TO SOLVE THEM //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 1. – С. 468-475.
17. Nazarova N. Formation of motivation for physical exercise and sports for people with disabilities //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 8. – №. 8.
18. Tursunov O. A comparison of catalysts zeolite and calcined dolomite for gas production from pyrolysis of municipal solid waste (MSW) //Ecological Engineering. – 2014. – Т. 69. – С. 237-243.
19. Amrilloevich T. O. Methods of Increasing the Effectiveness of Training of Athletes Engaged in Primary Training Groups //Texas Journal of Multidisciplinary Studies. – 2022. – Т. 6. – С. 134-139.
20. Nuriddinovich X. N. КЕКСА YOSHDAGI KISHILARNING YURAK VA QON TOMIRLARI FUNKSIYALARINING PEDAGOGIK PRAFILAKTIKA JARAYONLARI //Journal of new century innovations. – 2022. – Т. 11. – №. 8. – С. 45-50.
21. Xamroyev B. X., FUNKSIONAL S. D. Z. O. B. L. I. K., YO‘LLARI Q. O. Scientific progress, 2021.
22. Xalimovich X. B. DEVELOPING STUDENT’S READINESS TO USE ADAPTIVE PHYSICAL CULTURE //International Journal of Advanced Research in Management and Social Sciences. – 2022. – Т. 11. – №. 2.
23. Xamroyev B. X. BOLALARDA JISMONIY MADANIYATNI SHAKLLANTIRISHDA SPORT MUSOBAQALARINING ROLI //Экономика и социум. – 2022. – №. 7 (98). – С. 145-148.
24. Rasulovna S. N., Rasulovna S. M. Advantages of Using Action Games in Teaching the Sport of Basketball //Nexus: Journal of Advances Studies of Engineering Science. – 2022. – Т. 1. – №. 6. – С. 44-48.

25. Rasulovna S. N., Nusratilloevich Y. J. Possibilities of using the tools used in teaching short-distance running techniques //Web of Scientist: International Scientific Research Journal. – 2021. – Т. 2. – №. 05. – С. 210-222.
26. Сабирова Н. Р. и др. Роль физического воспитания в пропаганде здорового образа жизни в школе и воспитании здорового поколения //Science and Education. – 2022. – Т. 3. – №. 6. – С. 1162-1168.
27. Sabirova N. Basketbol bilan bog'liq o'quv va tarbiya jarayonida o'yin texnikasining o'ziga xosligi: Basketbol bilan bog'liq o'quv va tarbiya jarayonida o'yin texnikasining o'ziga xosligi //Buxoro davlat universitetining Pedagogika instituti jurnali. – 2021. – Т. 1. – №. 1.
28. Rasulovna S. N. Stages of modeling and age indicators in the optimization of the process of sports activities //Web of Scientist: International Scientific Research Journal. – 2021. – Т. 2. – №. 05. – С. 75-86.
29. Rasulovna S. N., Rasulovna S. M. BASKETBOL SPORTINI O'RGATISHDA TA'LIM PRINSIPLARI //Journal of new century innovations. – 2022. – Т. 11. – №. 8. – С. 51-56.