



Spectrum Journal of Innovation, Reforms and Development

Volume 09, Nov., 2022

ISSN (E): 2751-1731

Website: [www.sjird.journalspark.org](http://www.sjird.journalspark.org)

**ТАЛАБАЛАРНИ МУСТАҚИЛ ЖИСМОНИЙ ТАРБИЯ ВА СПОРТ  
ТАЙЁРГАРЛИГИГА ЎНАЛТИРИШ**

**ЗАЧИСЛЯТЬ СТУДЕНТОВ НА САМОСТОЯТЕЛЬНЫЕ ЗАНЯТИЯ  
ФИЗИЧЕСКОЙ КУЛЬТУРОЙ И СПОРТОМ**

**ENROLL STUDENTS IN INDEPENDENT PHYSICAL EDUCATION AND SPORTS**

Мирахмедов Фатхулла.

Низомий номидаги Тошкент давлат педагогика университети  
Жисмоний тарбия ва спорт кафедраси доценти.

Мирахмедов Фатхулла

Ташкентский государственный педагогический университет  
Доцент кафедры физического воспитания и спорта

Miraxmedov Fatxulla.

Tashkent State Pedagogical University

Associate Professor of the Department of Physical Education and Sports

**Аннотация**

Ушбу мақолада талаба ёшларни жисмоний тарбия ва спорт машғулотларига ўз-ўзини жалб қилишнинг замонавий усуллари очиб берилган. Спорт машғулотларига йўналтирилган талабаларнинг ўз-ўзини иш билан таъминлаш бўйича турли илмий-методик маълумотлар тавсия етилади.

**Калит сўзлар:** жамият, маданият, жисмоний маданият, спорт, соғлиқни сақлаш, жисмоний ривожланиш, мотор фаолияти.

**Аннотация**

Данном статьи раскрывается современные методы самостоятельного привлечения студенческой молодежи к физическому воспитанию и спортивной подготовки. Рекомендуются различные научные и методические сведения по самостоятельному занятию студентов, ориентированную к спортивной подготовке.

**Ключевые слова:** общество, культура, физическая культура, спорт, здоровье, физическое развития, двигательная деятельность.

physical education and sports training. Various scientific and methodological information on self-employment of students, oriented to sports training, is recommended.



**Keywords:** society, culture, physical culture, sport, health, physical development, motor activity.

In order to physically educate the growing younger generation in higher educational institutions of the Republic and direct them to sports training, our government has created wide opportunities and great care. The first two decades of a person's life are considered the most important period in their formation as a person. Also during this period, a solid foundation is laid for the health of their organism. But at this time, young people devote all their time to the performance of a future professional student, go from the background to study. Tabbiyki, such cases lead students to low mobility. As a result of it, the first signs of various diseases appear in the young organism of the student, the body's resistance to the influence of the external environment (immunity) decreases, inflammation of the upper respiratory tract increases. The period of getting rid of diseases stretches, and its complications increase over the next years. This condition can have more severe consequences, especially in student girls. The negative situations that prevent girls from getting married in the future and becoming mothers, making childbirth difficult, increase. In the Prevention of such unpleasant situations, physical culture and sports training are the most effective means. They have a positive effect on the student's body, leading to an unparalleled improvement in the functioning of the central nerve, respiratory, cardiovascular, digestive, internal secretion glands, as well as the movement-base systems. The organism of a person who performs such an exercise will be able to cope with any difficulties, putting in front of himself important life goals, ensuring movement for their implementation, will lead to an understanding of the meaning-purpose of real human life.

The harmonious development of man with nature, that is, his presence in constant physical movement, leads to the fact that as a conscious being in space and time, eternity reaches its essence. Therefore, questions about whether we are able to give the necessary knowledge to our students who are promising us today in order to strengthen their health, develop their mental abilities, achieve physical maturity, show them the right path, direct them to engage in Physical Culture and sports on their own, and the problems associated with them lie in front of us.

The words "Physical Culture", "Sport", "sports training" today are short, but with their broad social, economic, Medical-Biological, pedagogical, psychological essence are effectively used among our people. Currently, the theory and practice of Physical Culture and sports as a whole, self-developing and improving biological system of the human organism, it should be focused on the development and use of modern content, form and means of activities aimed at preserving and developing its physical and mental abilities. These tasks are clearly reflected in its definition: physical culture is part of a common culture and is the sum of the successes achieved by society in the work of creating and using special means of human health and physical maturation.

Physical Culture and sports are used in the process of today's advanced age of technology as the most effective means of preventing various diseases resulting from sedentary work,



meeting the daily and constant needs of the body for physical movement, maintaining and strengthening health, preparing it for the upcoming profession.

In the past, our ancestors, now we are called Physical Culture, Sports, called the processes of activity physical education, - and paid great attention to it. In the content of folk Proverbs "blessing in action", "action-soul food", "healthy body - health", significant contributions are reflected, aimed at improving the body and psyche. It is the sacred duty of each of us to use these as invaluable values of the past of our people, to restore and further develop them, and to transmit them to future generations. We hope that the information provided in the content of this article will help a lot in this.

### **Basic concepts and principles**

Let's start by analyzing the knowledge of students about the process of independent practice of Physical Culture, first of all, we found it necessary to cite indicators of physical development regarding the physical and psycho-psychological differences between an organism that practiced and did not exercise. The indicators of physical development are mainly studied more in medicine. Nevertheless, the study of these indicators in the process of Physical Culture also gives young specialists a lot of knowledge and experience. Physical development indicators can also include indicators such as height, weight, chest width, lung vitality capacity (spirometry), waist strength (stanometry), arm strength (dynamometry), as well as a minute heart rate, minute breathing. Because these are also a necessary indicator in the assessment of physical development and the level of exercise the body performs.

In sports activities, a person's height plays a huge role in the faster growth of sports results. In sports such as football, volleyball, basketball, athletics, the length of the neck, that is, 180-190 CM, is of great importance in the growth of sports results. But large results cannot be achieved only with the length of the neck. The longer the height, the more exercise it takes to get a good result. Famous anthropologist scientist M. Bunak noted in his works that "bolshe razmer tela, trebuet bolshe uprajnenie".

Currently, some young people grumble and grumble at the low height and use various means to grow their neck. Of course, it is not a vegetable that makes a person grow in a short time. There can be many different reasons for low height. For example, severe childhood diseases, unqualified hard work, heredity, regular hunger, lack of vitamins, disorders of the functioning of the internal secretion glands, etc.

Various information can be found in the literature on the growth of the human organism, as well as height. Some say that the growth of the body, including the neck, stops by the age of 22, while some believe that the neck grows by the age of 25-27.

There are many generally accepted norms about height. But they do not coincide by region. For example European indicators to Asia, or vice versa. In medicine, the average height for men is taken as 165 cm, while for women it is 155 cm. So, more than that is considered a height above or above the middle. The lower one can be perceived as low height.

The mutonasib height of the torso, in any conditions, testifies to its perfection. To grow a neck, most young people widely use the exercise of pulling in a tourniquet.



In the Tourniquet, the pulling exercise neck can be grown. But yes, repeating this exercise can strain the body, especially the muscles of the palms, wrists and shoulders. Therefore, it is recommended to perform this exercise in combination with other physical exercises, for example, generalizing, alternating with athletics, gymnastic exercises such as running, jumping.

Body weight, that is, weight, is considered one of the main indicators of physical development. It is difficult to explain why low mobility in our today's society, namely hypodynamia, increases weight from the point of view. It is also perceived by some as a sign of health if it is perceived by others as a disease. But it will be more correct to understand that women with excessive obesity, men are directly suicidal sufferers. The strain on the body as a result of excess weight is understood not only by specialists, but also by ordinary people. As a result of excess weight, most often negative changes occur in the cardiovascular and respiratory system. Feeling overwhelmed, gasping for breath are the first signs of this change. It is necessary to control weight. Controlling weight means controlling health. According to the height-weight index, for example, if the height is 170 cm, the weight should be 70 kg. If height is 180 cm, the weight will be 80 kg, etc.k. The less lean, the greater is obesity. There are age-related differences in these indicators. After the age of 50, according to the böyvazn index, it is considered the norm if 10 kg is added to the weight. For example, it is considered the norm if a man over 50 years old with a height of 170 cm weighs not 70 kg, but 80 kg.

One of the biggest problems with weight in sports is weight loss before responsible competitions. Losing weight in sports in general should be understood as a mistake tactic of a coach and athlete. The result of an urgent weight loss can lead not to victory, but to extremely ugly consequences.

**The width of the chest is also** calculated from the necessary indicators of physical development. There are wide, narrow and medium chest manifestations. Those with a wide chest are called heperastenics, those with a narrow chest are asthenics, and those with a medium chest are called normastenics.

As a result of regular exercise, the chest will expand. Breathing deepens, more air is drawn into the lungs. This in turn leads to a good supply of blood with oxygen. People who are not sufficiently engaged in physical activity breathe 17-18 times per minute, while those who are engaged, that is, athletes, exhale 11-12 times per minute. Nevertheless, the lungs of athletes provide the body with oxygen well. In addition, the Vitality capacity of the lungs will also be higher.

The minute-long contraction expansion of the heart, to put it simply, the heartbeat, is one of the important indicators of exercising. An adult, non-athletic person's heart beat 72 times a minute, taken as an average. Heart rate in children and women is faster than in men. Of course, age indicators are important in this. The minute heart rate decreases as a result of regular practice of sports or other physical activity. This is called "sports bradycardia" in medicine. For example, Olympic champion in running 5000 and 10000 m V.Kus's heart beat 32 times per minute in a calm state. Another Olympic champion in these distances, the heart of the Finnish Pavvo Nurmi, hit 28 times per minute. If, as a result of the exercise, your heart beats in a calm state, 60 beats per minute, this is a sign that your health performance is good. Also,

as a result of exercise, the volume of the heart also increases. These indicators are the only ones in sports practice, that is, no other similar data has been recorded.

There is information that as a result of obtaining a large sports load in competitions, the highest heart rate limit has reached 300 times.

In the process of exercise, the highest, high, moderate, low rates of load on the athlete's body (nagruzka) are distinguished. These are also reflected in the heartbeat. For example, when given the highest level of load, the heart rate reaches 220-240. It reaches 190-200 times in high-level loading, 170 times in the middle, 140-170 times in low level. Experts say that there is no benefit to the body from such exercise if the heart rate as a result of the exercise does not reach 140 times.

Studying and observing the above indicators of physical development and the information associated with them in the process of training is of great importance in the independent practice of Physical Culture and sports.

#### **Literature**

1. Мирзиёев.Ш.М. Эркин ва фаровон, демократик Ўзбекистон давлатини биргаликда барпо этамиз. Тошкент: Ўзбекистон, 2016-йил.
2. Давиденко Д. Н. Социальные и биологические основы физической культуры:
3. Учебное пособие–СПб, 2001г.
4. Ионин Л.Г. Социология культуры. –М,: Наука, 2000г.
5. Ильинич В. И. Физическая культура студента. –Москва, Гардарика, 2001г.