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STUDENT'S SPORTS FORM AND ITS LEGAL DEVELOPMENT

Abstract: The article provides information on acquiring and strengthening knowledge that forms the theoretical basis of sports activities, expanding the fund of movement skills and skills that create favorable conditions for achieving perfection in the chosen sport, and forming skills and competencies that are part of the selected sports techniques and tactics.

Key words: Air, sunlight, water, bathing, sunbathing, exercise in water.

Achieving the technical and tactical perfection of the chosen tasks in the sport depends first of all on connecting the knowledge, skill and skill area to the system.

In the first stage, it is of particular importance to form a desire for large-scale preparatory work in spiritual-volitional training, to cultivate the diligence typical of an athlete student, and to raise the general level of volitional abilities that ensure success in sports activities.

How strong the foundation of the base seen in this period is depends on the general level of preparation of the student-athlete. The higher the comparative weight of this preparation, the greater the possibility of the expansion of the possibilities of sports achievements and the expansion of the opportunities of fundamental sports achievements and the stabilization of the fundamental sports form. It should not be forgotten that one-sided exercise can lead to a crisis, according to sports science.

In such a case, only a narrow range of organs of the organism functions, which is contrary to the law of providing the organism with necessary substances in one order and one standard, and it is deprived of its normal state (pathology). can lead. On the other hand, it should be taken into account that the relative weight of general training cannot be unlimited. Nevertheless, even at the highest skill level, the pace of general physical training does not slow down, but special physical training increases, and general physical training becomes more specialized.

The nature of loading dynamics during this period depends on the type of sport. Stayers are in favor of smooth dynamics, while athletes practicing in sports that require speed and effort support the ideas of a sharp change in sports. For example, the patient should provide himself with long-term morphological and functional reconstruction (this is the basis of endurance).

In sports that require speed and effort, the tendency of the movement to the maximum (highest) speed prevails, this movement can be performed with increasing and decreasing loads.

More play is given to exercises that train general endurance, improve strength qualities and coordination abilities, and more free ariatsyai are allowed when choosing the variety of exercises.

The most important task of the trainer is to collect the most effective methods of forming and developing the athlete's interest in sports, such exercises of a number of strong weightlifting with barbells.

It is good if the trainer enriches the exercises with positive emotions (polite, sweet).

A student-athlete should be in front of his eyes and a fighting team should be formed. Most student athletes do not strive for independence, they rely on the experience and initiative of the trainer.

But such athletes cannot demonstrate high fighting qualities during the competition and quickly lose confidence in their own strength when there is no trainer next to them.

In the process of playing sports, it is necessary to talk about the fact that an athlete cannot always be in shape, from time to time he gets in shape and keeps it more or less, and then temporarily loses it.

In the period of restoration of the sports form, it is necessary to understand the moral and voluntary preparation, sports ethics, conscious discipline, harmony with one's team in international sports arenas, and high skill performance.

From a pedagogical point of view, the form of sport consists of the optimal readiness of the athlete to achieve success and the psychological, physical, sports-technical and tactical readiness of its components - a harmonious unity.

An athlete is considered to be in good shape only if all these components are present. The criterion of sports form is, first of all, the presence of high-level achievements in sports, the stability of these achievements and the conditions for their further development, the athlete's state of health, freedom from any pain and disease, the highest level of maturity of functional systems, environmental factors reduction, hypoxia-relatively less oxygen in the blood, hypokalemia-relatively less sugar in the blood, priority of mental processes and self-control at the start state, high level of vital activity (freshness, cheerfulness, alertness) is required.

The physical development of the athlete in the state of sports form, the development of the muscular system (the level of its development is harmonious, in the most optimal state), the ability to control the weight of the body, its segments (above the ground or in the position on the ground), the kicking movement apparatus (to the heel and calf muscles) is required to develop mechanically sophisticated breathing.

Where there is a state of the sports form, the ratio of the athlete's physical fitness to the movement characteristics in terms of sports specifications, to withstand the highest amount of loads, a high level of technical training and experience in major competitions are required.

In the period of restoration of the sports form, from spiritual and voluntary preparation, to reveal and develop the signs of the athlete's spiritual image, to serve one's people and homeland with loyalty, to try to put the state's interest above one's own interest, to improve sports skills always feel high responsibility for their behavior in training and competition conditions, get rid of vices such as arrogance, showmanship, self-interest, violation of sports order, all people and nations it is required to be friendly with the representatives, to strive for brave solidarity during international meetings, to fight fiercely against the enemies of peace.

To be consciously disciplined, to strive to show high skills in harmony with one's team on international sports fields, to increase the glory of the homeland (many athletes show great results by showing their hard work and enthusiasm in competitions those who deserve the highest awards and titles of the government for their achievements).

Aspects of functioning of consciousness and moral feelings, these aspects control the athlete's behavior in sports, work, and life. A strong-willed person should have the following qualities: patience, persistence, perseverance, courage, diligence, initiative, ability to "control" one's emotions during sports competitions, in difficult conditions - to achieve these qualities, one must be disciplined and willful. should be.

It is expressed both by the condition of the sports form, the economy of functions, and by the reduction of a number of physiological indicators during the performance of non-standard loads.

The ability to perform a specific difficult task at a high functional level, which is impossible when not in sports form, that is, during the period of sports form, the body acquires a high functional level.

High mobilization, i.e. the ability of the body to get into the process of movement activity faster, the ability to switch from one job to another is more perfect, the recovery process is faster, work is performed more efficiently during the sports form, as well as the ability to work recovers faster after fatigue. .

Conscious control of movements (based on the automation of movement skills according to the goal) and the rise of sports tactical thinking, a special emotional mood aimed at competing and achieving achievements, showing the best courage based on the strong belief in the sports form. is considered a possible period.

As the sport matures, the best level changes. The sport form is different both qualitatively and quantitatively at each stage of sports development.

Different methods are used to evaluate sports form.

1. Pedagogical method
2. It is divided into medical and physiological methods.

Pedagogical method determines the level of training of athletes based on a general assessment of their qualities, skills and abilities. Medical-physiological methods of assessment of sports form.

The most important systems of the body, which implement and provide movement activities, are aimed at determining the work capacity. For this, they use functional tests with standard and maximum specific loads.

It is possible to give a complete description of the sport form only when both pedagogical and medical-physiological data are used comprehensively. Medical-physiological information is extremely important. However, the decisive word in determining the form of sport remains with the coach.

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