

THE IMPORTANCE OF PHYSICAL EXERCISE IN PROFESSIONAL SPORTS

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Sports and exercise, in addition to concentration, support the commitment to maintain a habit and do work that involves constant movement over time. Thus, it facilitates the appearance of a disciplined attitude that can be extrapolated to other areas of life. Regular exercise affects body appearance, reduces weight and body fat, and tones the body. This in turn affects self-description and self-awareness, making you feel more attractive, energetic and agile, and increasing your self-esteem. In addition, the fact of maintaining constant order and discipline makes us look more consistent and determined and able to fight for our goals. Exercise is a recommended exercise in the fight against substance abuse because it prevents and dampens the urge to consume and produces endogenous endorphins that are less needed for consumption, moreover, it inconsistent answer with. In this sense, the effect is also associated with changes in circadian rhythms. Indeed, there are times when sport is harmful. Because it's not about you - don't do anything using force (at least you have to look for spiritual strength to physically "get up and go to the gym") and if you don't have a goal. self-defeating. And there is no need to force children to attend classes. At least nothing terrible will happen, and if the child refuses to attend classes regularly, the question arises as to whether everything in his department is in order and properly selected. Professional and amateur at first glance, the sport looks the same and there are current athletes, whose performances are different, from which the winner is determined and the title and titles are paid. Each condition of the participants in the tournament people tends to win, delivering during the maximum board and complete completion of training.

Professional sports, as opposed to amateur sports, are sports in which athletes receive payment for their performance. Professional athleticism has come to the fore through a combination of developments. Mass media and increased leisure have brought larger audiences, so that sports organizations or teams can command large incomes. As a result, more sportspeople can afford to make athleticism their primary career, devoting the training time necessary to increase skills, physical condition, and experience to modern levels of achievement. This proficiency has also helped boost the popularity of sports. Most sports played professionally also have amateur players far outnumbering the professionals. Getting regular exercise means exercising regularly, following a daily routine and hygiene routine, and using the sun, air, and water effectively. There are 3 types of physical exercises:

Strength exercises. These physical exercises are performed with maximum contraction of the muscles. This group includes barbell, stone, and dumbbell lifts.

Exercises performed with strength and speed. In these exercises, the muscles contract at a relatively large force and speed at the same time. This group includes running, long jump, sand jumping and discus.

Exercises based on endurance. These exercises do not require strength and speed from the muscles. This group includes wellness exercises.

The ability to perform the above exercises should be monitored regularly by a doctor, because the wrong choice of exercise, the use of stress in the workout can not only harm health, but also lose the desire for sports. Therefore, it is not advisable for middle-aged and older people to do physical exercises that require a lot of physical effort. It is best for older people to do the third or second group of exercises. Sport - translated from English, means game, play. Sport is an important factor in maintaining human health and physical activity. One of the main requirements in sports is that the stress is appropriate for age, gender and physical fitness. Popular sports include football, volleyball, tennis, athletics, swimming and more. The main purpose of mass sports is:

Increase overall physical development

Increase labor and community activity.

Make the most of your free time.

The main goal of big sports is to achieve maximum, that is, record results in a particular sport. Every year, more than 16,000 different sports competitions are held in our country. Summer and winter spartakiads are held every four years. Holiday sports competitions, such as "Umid Nihollari", "Barkamol avlod", "Unversiada" among teachers and students, play an important role in strengthening the health and patriotic upbringing of young people. The establishment of the Umid Nihollari Games is a free example of the special attention paid in Uzbekistan to the health of the younger generation, who make up almost half of the country's population, and to their harmonious development, both mentally and physically. At the Junior Olympics, the Universiade brings students together, builds friendships in sports, helps them continue to collaborate, and helps them succeed in school. Today's students will join the ranks of the intelligentsia tomorrow and promote a healthy lifestyle with all their heart when they graduate. Today, not only children and adolescents, but also the elderly, women and even people with disabilities are actively involved in sports. The main goal of sports for people with disabilities is to ensure their social fullness. For this purpose, various sports competitions are held among people with disabilities. In 1981, for example, the Blind Sports Association was established, which regularly hosts world championships for the blind. Kindness to the participants of the competition, using all the will of the athletes, forces them to achieve victorious results, educating them in the spirit of respect for healthy competition. In order to take responsibility for their own health and the health of those around them, everyone must first have a minimum set of knowledge that will allow them to prevent the disease from entering their body. This ignorance is a very important task because it is the only cause of all diseases, regardless of their ignorance or parental ignorance. Engaging in healthy physical activity leads to an increase and strengthening of the body's resilience, as well as the prevention of various diseases or their complications. The main tool of health-improving physical training is exercise, developed according to a specially selected method. In particular, Hippocrates, who lived before our era, in his sources paid great attention to therapeutic gymnastics, massage and water-strengthening exercises.

Health-improving physical education is a multifaceted pedagogical process aimed at strengthening the need of young people to exercise and sports, understanding their psychophysiological basis, developing physical strength and health, developing sanitary and hygienic skills, leading a healthy lifestyle. Exercising physical education plays an important role in shaping the need for physical activity and sports in young people, strengthening physical strength and character. One of the important components of health-improving physical education is to equip young people with knowledge about the health benefits of exercise and its effects on the human body. The main purpose of physical education is to strengthen children's health and strengthen the body, necessary for life is the formation of acquired skills. Physical education is carried out in bright, clean rooms or in the yard under the supervision of medical and pedagogical staff. The type of training depends on the health of the child. The better the schedule, the stronger the exercise and health. Exercise improves metabolism, has a positive effect on the nervous and endocrine systems, as well as regulates all physiological processes. As a result of changes in the activity of the central nervous system, a certain degree of adaptation is observed in tissues and cells during exercise. As a result, the activity and physicochemical composition of cell enzymes change. Multiple exposures to cold or heat increase the body's overall resistance. Exercise has both direct and indirect effects on the body.

References:

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