

METHODS OF MONITORING THE PHYSICAL DEVELOPMENT OF SCHOOL-AGE STUDENTS IN PHYSICAL EDUCATION OR SPORTS

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Annotation

In the article, is recommended the ways of physically development of schoolchildren and to progress their physical features from all sides, controlling methods of their physically progressed levels in physical instruction lessons and trainings

Key words: *physically development, physical training, sport training, complex control, control type quick control, physical preparation, physic cal feature, physical action.*

The effectiveness of the athletes' training process in the conditions of the present time largely depends on the use of complex control methods in these processes as a means of management. After all, complex control methods make it possible on the basis of this to increase the level of their management decisions in the preparation of training participants, carrying out reverse contacts between the coach and athletes.

Types of control. In the theory and practice of sports, management states are usually distinguished in the melody: stage management, current management and operational management. Each of them will correspond to a certain type of athlete's condition.

Stage management allows you to evaluate the stage-by-stage condition of athletes, that is, the resulting state of the effect of long-term training. Such cases in an athlete are the result of his long-term training (per year, macrocycle, period or stage) for several years.

Current control is focused on studying the current state of athletes, it is the result of loads

in training, microcycles in training or competitions.

Operational control provides for an assessment of the operational conditions of the spotters, that is, the rapid reactions of their body to the loads on the ASNO of certain classes and competitions.

According to the number of permanent tasks included in the training program, depending on the size of the indicators, there are in-depth, optional and local types of control.

The control of Chukur is associated with the use of a wide range of indicators, which allows us to give a comprehensive assessment of the athlete's training, the effectiveness of competitive activity, the quality of the training process at the last stage.

Selective control is carried out using a group of indicators, and it allows you to evaluate certain aspects of the preparation or skill of athletes, for example, performance at competitions or the training process.

Local control is based on the use of one or more indicators, which makes it possible to evaluate relatively narrow aspects of motion functions, individual capabilities of certain functional systems, etc.

In-depth control is usually used in Stage state assessment, while elective and local control is used in current and operational status assessment.

According to the means and methods used, control can be pedagogical, socio-economic and Medical-Biological in nature. In the process of pedagogical control, the level of technical-tactical and physical training, the peculiarities of participation in competitions, the dynamics of sports results, the structure, content of the training process, etc. are assessed. For example, one of the famous scientists of sports theory. According to S. A. Arkaev (1997), the technique of flying exercises consists of parts in the melody:

-the length of the period without a support this period usually consists of 0.8-1 seconds, while the total in the case of weightlessness is around 5 seconds.

The speed of the flight at the moment of takeoff and deceleration is 5 m/second, and the length of the flight is 1 second. To add another somersault and pyruet, it will be necessary to increase the flight length by 0.4-0.5 seconds, while the start speed should increase by 20%. Such technology requires a lot of work and time from a gymnast of the moment.

Socio-psychological control is a connection with the study of the athlete's personality, his mental state and training, the general microclimate, conditions characteristic of training and competitive activities, etc.

Medical and biological control provides for an assessment of the health, condition of the athlete, the capabilities of various functional systems, individual organs and mechanisms that occupy the main load in training and competition processes.

Consequently, the state of ownership of a sports form is associated with the economy of a certain level of physiological functions, that is, with a decrease in a number of physiological indicators when performing non-standard loads. For example, if the PS 70 ud/min of a new athlete, breathing is 20 per minute, erythrocyte microns in his blood - 5 million. according to their preparation, PS-46 ud/min breathing is 14 minutes, erythrocyte microns in the blood-6-7 million., while in mountainous conditions 10-12 million. will. This improves the supply of

oxygen to the body of athletes.

At present, the need for use in the theory and methodology of sports training, in sports practice with the addition of all types, techniques and means of control has been realized. This in turn led to the emergence of the concept of "complex control".

The indicators used in the control process are divided into two groups. The first group shows relatively stable signs that pass in a kinetic way and change little in the process of training. The indicators characteristic of these signs are used mainly in the performance of selection tasks in Stage control, in determining the directions of many years of preparation at different levels. The range of stable signs includes the dimensions of the athlete's body and its part, the number of different tissues in skeletal muscles, the type of nervous activity, the speed of certain reflexes, etc. The indicators in the second group represent the technical and tactical training of athletes, the level of development of their physical qualities, the mobility and economy of the main systems in the vital activity of their organism in the process of training and in the course of the competition process. That is, in other words, it studies aspects of Group indicators that are prone to pedagogical influence.

According to the application of the conditions of each type of control, the indicators must meet certain requirements.

1. Compliance with specific specific aspects of the Sport. In the consideration of specific specific aspects of the Sport, the main importance is the indicators that are benefited in control. After all, yutukdar in different types of Sports has different systems from each other and, according to the characteristics of competitive activity, requires specific adaptation reactions. In sports that require the endurance of athletes and are assessed by objective metric measurements (swimming, rowing, medium and long distance running, cycling, skiing, etc.), indicators related to the state of the cardiovascular and respiratory systems, substance exchange processes in the body are used. After all, thanks to the study of substance exchange processes, it will be possible to objectively assess the potential opportunities of athletes in achieving high sports results. The main ability of an athlete is the maximum use of short-term neuromuscular tension in sports based on calculated speed and strength (sprinter running, jumps in athletics, throwing various means, pushing, archery, certain types of swimming, rowing, etc.) as a means of control, indicators are used that determine the components of the motor-muscular systems that are manifested during special test For example, according to the frequency of contraction of the vessels of the heart, it is possible to anicalize the level of load that affects the athlete. PS 160-175 od/min. when the charge is anaerobic (at the expense of lactate-glycolytic energy supply). PS 190-200 od/min. and when it is higher, the work will be anaerobic (at the expense of the energy supply of alactac-creatine phosphate).

The results achieved in sports are a wide complex of indicators that determine the anicality of specific movements in sports (gymnastics, acrobatics, rhythmic gymnastics, figure skating, synchronized swimming, jumping into the water, shooting from a rifle, all kinds of sports games, etc.), determining the time and space in the control process and specific movements related to powerparameters, the ability to process, mobility in joints, coordination abilities, etc. are used.

2. Age and qualification of the participants in the training

according to the characteristics. Training and competition the structure and content of the activity of the athlete depends on his age and sports according to their qualification, control is kilinadi. For example, it is still very high when assessing the sports skills of young athletes who are not qualified, their ability to move in the first place to learn how different they are, their new actions importance is given to the ability to be. In the assessment of aerobic efficiency relies on kuvvat indicators of the energy supply system.

Another to the first plan in the study of highly qualified, athletes indicators are released: athlete in the assessment of technical skills show the technique of rasional in extreme conditions in competitions ability to obtain, in relation to other negative effects of his technique determination of tolerance, its variativeness, etc features that allow: in the assessment of aerobic efficiency - economy of the activity of the energy supply aerobic system, mobility and stability.

At the later stages of training, the ability of an athlete to realize action potential through his great sports experience, technical and tactical thoroughness, the ability to organize his own working capacity in the conditions of a particular competition becomes of paramount importance. For Example, S. Bubka set his first world high jump record with an anchor in 1984 at the age of 21. For the next 11 years after that, he broke the world record 35 times, bringing his figure to 585 CM. from 614 CM. managed to raise up to.

So, in this way, in the process of long-term training of an athlete, which continues towards maturity and improvement, various indicators are used that Moe to the age characteristics and level of training of training participants as a control.

3. The directions of the training process are successful.

The state of training and diligence of athletes is not only long step by step radically changes in the annual preparatory processes, maybe at the same time in different microcycles during training can change. These changes are in many ways physical depending on the direction of the training, the nature of the loads on the training and will depend on etc. Complete and detailed in the control process in obtaining information, especially at this stage of preparation regarding the specificity of the loads in the applied training indicators come in handy. For example, sports are based on speed and strength in the types of athletes heart blood in some part of the training - development of the vascular system or respiratory and other systems, for which they use cross-country running or other exercises. After all, these classes give a high working capacity. Consequently, the goal of training from control in this bosci also consists in checking the skills of those involved in training and the performance of Moe in training activities. During the period of competition, when athletes have a high state of preparation, indicators regarding the speed and strength of Moe arrival in the characteristics of competitive activity remain the main source of information. It is the factor that determines the possibility of introducing these or those indicators into the control program, which is served by the level and reliability of information coverage. The information coverage of the indicator is determined by the extent to which it clearly corresponds to the quality and characteristics of the assessment. There are basically two ways to select indicators in terms of information

coverage. The first way is based on knowing the factors that determine the occurrence of one or another feature and quality. The second way, however, is based on finding statistically significant links between indicators and criteria that have a sufficient scientific basis. If the links between this or that indicator or criterion are constant and strong, there is a reason to consider them as data-inclusive.

For example, 17-year-old teenagers can jump up to 8 meters in length, up to -218 CM in height, and up to 5 meters in anchor. They can also reach a distance of 100 meters at 10.2 seconds. However, the distance of 16.50 meters cannot be reached even by the triple jump method. The fact is that each age has its own specific characteristics: the average load that falls on the human musculoskeletal apparatus during the throwing of a jiem reaches up to 500 kilograms. Athletes, on the other hand, have high strength qualities only after reaching the age of 22-24.

Therefore, the results in three jumps in weightlifting sports throwing bodies will come 2-3 years later than in sports, based on speed.

The adequacy of the results of checking the reliability of indicators and their application to changes in one or another quality and specificity in athletes is explained by the fact that the results obtained many times in the conditions of each type of control, as well as in the indicators applied under the same conditions, remain unchanged.

The greater the difference between the results of studies in different athletes or in one athlete with different functional states, and the greater the affinity between the results observed in one athlete in constant conditions, the greater the reliability of the indicators used.

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