Impact of Sports Activities on Physical Development

Olimjonov Muhammadjon Obidjon o'g'li
Master's degree in Pedagogical Institute of Andijan State University

Yusupov Tulanboy Ibroximovich
Associate professor of Andijan State University

A B S T R A C T
To create a healthy lifestyle, our young people should be healthy and spiritually mature. A healthy lifestyle is associated with the level of people's lives, with sound health, mood, aspirations, confidence, with daily changes, with the extended to which these changes satisfy the needs of our people, and most important with measures that ensure the high efficiency of the education of the younger generation.

A R T I C L E I N F O
Article history:
Received 23 April 2022
Received in revised form
22 May 2022
Accepted 29 Jun 2022

Keywords: sports, family, physical exercise, start picked reaction, competition.

Hosting by Innovatus Publishing Co. All rights reserved. © 2022

The basis of a healthy lifestyle is the family. The well – being of the family, peace, the supply of a healthy generation in society is in the hands of young people. Each parent should attach great importance to the proper development of his or her child from birth.

In short, it is natural that it is clear to all of us that family, based on a healthy lifestyle, is the basis of social well – being, and social well-being-ensures the stability of the country. As our compatriot insisted: as long as the family is healthy – society is strong, society is strong – the country is stable."

Today, a number of laws, decisions and orders aimed at reforming health care have been adopted. In particular, the decree of the president of the Republic of Uzbekistan adopted in March 1993 on the establishment of the International Fund "for the healthy generation" and the establishment of the "order for the healthy generation" in order to encourage initiative in this field, the law on "health care of citizens" adopted on August 29, 1995, the presidential decree on the "state program" , Decree of the president of the Republic of Azerbaijan on measures to ensure more effective organization of the process of acquisition of rights over land parcels and other immovable property as part of the South Caucasus pipeline expansion project more ...

Restoration of the health of the population, healthy development of the growing generation and formation of a healthy lifestyle in the family is one of the most important tasks of the work carried out in the Republic. 1998 year" Family year", 1999 year" year of women", 2000 year" year of healthy generation", 2001 year" year of mother and child", 2008 Year" Year of youth", 2010 Year" Year of harmonious generation". In these years, a number of positive works have been carried out in order to form a healthy and physically healthy, harmonious person in Uzbekistan, to promote a healthy lifestyle, to ensure the health of future mothers and children, and state programs "healthy generation", "mother and child" are widely applied to practice. In addition, the state program "year of youth" was developed in order to be announced as the "year of youth" in 2008 and to support young people in every way. In the seventh section of this program, measures were also developed to formulate the aspiration of youth to a healthy lifestyle, create a system of mass development of youth sports. These activities carried out by our government are a great responsibility for every family, woman and mother, raising a healthy and

harmonious generation, bringing them up to adulthood, forming a healthy lifestyle in the family.

In addition to bringing people with physical education, especially the younger generation, to a healthy, harmonious adulthood, to strengthen their health, to improve their psyche, it also allows people to participate in life more fully and more actively, to make productive use of their free time, has a positive effect on the development of other forms of social activity. The proper use of free time brings into the body the opportunity to properly organize the life of young people, to avoid various harmful habits and alien ideas, to properly evaluate them [21].

Sport helps the younger generation to grow up as a healthy, energetic, prosperous person, - says our compatriot. –Sport serves as a specific ground for decision-making in the family, in the society, in a healthy environment.

When purposefully engaged in physical exercises and sports, it is important to know the physiological laws of the human body. Any physical work performed, muscle movements actively affect the function of the entire system and muscles in the body. For example, simple everyday actions-walking, chopping, jumping, manual labor, etc., accelerate living activities such as heart rate, breathing, metabolism, energy, circulation, blood pressure, digestive system function. And in heavy physical labor, such functional changes that are observed are maximized and this condition does not remain indifferent to the body.

Physical education and sports are absorbed into people's lives from day to day, there are more and more people engaged in them. The basis of this lies in educational and political activities, such as the protection of Health and health, the improvement of labor productivity, the establishment and strengthening of friendly relations between peoples and states. Therefore, the study of the secrets of physical exercises and muscle activity to influence the functioning of the system and organs of the body is one of the main tasks of every teacher-coach in this field.

Physical exercise and sports activities bring about a number of specific changes in the working capacity of the body, the metabolism and energy metabolism in it, as well as in the functioning of the cardiovascular system, respiratory organs, digestive organs, nervous and muscular systems.

These changes are divided into different periods according to their characteristics, without being the same in the process of training, and these periods, which are described below, differ from each other in physiological terms. They are divided into periods of onset reaction, magnification, short-term deterioration of working capacity (commencement of work), stagnation, fatigue and recovery in the initial part of the workout.

Start-up reaction-a change in the physical processes of the meyory, observed in the body of an athlete before training or competitions, is called a start-up reaction. It can also occur before direct physical activity or much earlier than the physical activity performed. The physiological changes observed during the period of the Start-up reaction are diverse, which are manifested in the excitation force of nerve centers, the speed of metabolism of substances and energy, the frequency of Heartbeat, the exchange of gases and in other cases. Before the start of the competition took place, the observed start reaction heart rate can rise to 100-130 per minute, oxygen assimilation can increase 2-3 times compared to the rest of the time, and blood pressure can rise for a while. The characteristics of such changes are different in everyone; most often depends on the preparation of the athlete and other factors for the masonry of the competition.

The higher the masonry of the competition, the stronger the reaction to the start will be. The mechanism of occurrence of a Start-up reaction is explained by conditional reflexes. The appearance of stadium or competition venues accelerates the frequency of heartbeat, breathing, based on the conditional reflex of the presence of sports inventories of the audience.

There is also an important practical significance of this condition, namely the reaction that has taken the start, due to which the athlete prepares himself appropriately for the upcoming operation of the organism.

Three types of Start picked reactions are seemingly namely combat readiness status, start picked confusion and start picked apathy.

Combat readiness status is considered the most favorable, purposefully received a positive start reaction.

In this case, excitation of moderate strength occurs in the central nervous system. As a result, purposeful physiologic silences are formed, which are important for carrying out the future work on the movement and vegetative (internal) organs. The athlete in this case fully mobilizes his strength and opportunities, therefore often wins. Breathing, heart rate will be moderate, the athlete will not panic and will not be indifferent to the work that happens at the same time. The state of combat training is often observed in athletes who constantly walk with reasonable training. In those who do not exercise constantly and do not use time, strength wisely in the process of training, the state of combat readiness is poorly observed and becomes very superficial.

List of used literature

1. И.А.Каримов. Юксак маьнавият – енгилмас куч. – Т.:"Маьнавият" нашриёти. 2008 й. 58-б.
2. Маьрифат 2011 йил 26 феврал № 17. 1-б
3. Баркмол авлод орзуси. "Ўзбекистон энсиклопедияси" Давлат илмий нашриёти. – Т.: 2000 й. 12-б.
4. Соғлом авлод учун 2010-йил 1-сон 4-5-б.
5. Клемешева Л.С., Ергашев М.С. Ёшга оид физиология. Тошкент, Ўқитувчи. 1991.81-82-б, 166-б, 102-б, 103-б
6. Косицкий Г. И (пед). Физиология человека. М.: Медицина. 1985 44-45-б.
7. Хрипкова А.Г., Антропова М.В., Фарбер Д.А. Возрастная физиология и школная гигиена. М. Просвеснение. 1990. 319-б.
8. Хрипкова А.Г. Козлов В.И. Антропова М.В. Физиология-гигиенаическое исследование учебной нагрузки учаюшихся. Педагогика. 1983 № -12, 34-42-б.
9. Жисмоний машқларнинг физиологик асослари. Ш. Қурбонов. А. Қурбонов. Тош-2003 38-44-б,б-ҳ.