

**INNOVATIVE TECHNOLOGIES OF POPULAR SPORTS DEVELOPMENT**

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**Аннотация:**

В данной статье рассказывается об инновационных технологиях развития массового спорта. Сегодня инновационные технологии являются неотъемлемой частью любой деятельности человека. Физкультура и спорт не исключение. В современных условиях инновационные технологии помогают улучшить физические результаты, создать комфорт для занятий спортом, а также эффективность физических упражнений.

**Abstract:**

This article talks about innovative technologies for the development of mass sports. Today, innovative technologies are an integral part of any human activity. Physical education and sports are no exception. In modern conditions, innovative technologies help to improve physical results, create comfort for sports, as well as the effectiveness of physical exercises.

**Key words:** mass sport, technology, innovation, communication method, healthy population.

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**Key word :** public sports , technologies , innovation , communication methods , population health .

**INTRODUCTION**

In our society healthy marriage style formation of the population , especially young people generation physical education and with public sports regularly engage in for time requirements suitable conditions create sports competitions through in young people own will , power and opportunities has been confidence strengthening , bravery and patriotism , mother Homeland loyalty feelings maturity finding , as well as young people from among talented athletes sorted get their work systematic organizing and physical education and public sports more to develop directed wide scope affairs done is increasing .

**LITERATURE ANALYSIS AND METHODOLOGY**

Our country representatives Olympia games , world championships , Asia games and championships and international in competitions high to the results in the world of Uzbekistan

reputation and athletic potential more is increasing , our republic in the regions the world to the templates suitable magnificent sports facilities set up being read , reader and students-youth in the middle three from the stage consists of " Hope sprouts ", " Perfect generation " and Universiade sports games becoming popular is especially important . Physical education in their classes innovative technologies Current in the day education to the process innovative technologies and interactive methods to apply interest more and more wide color is taking Such methods apply education efficiency and effectiveness increases the number of students reading motives grows . Innovation ( English innovation) is new creation is innovation . So traditional in education such as one different templates based on not but news based on education of the process effectiveness to increase directed the work from the form use innovation means In education pedagogical to technologies justification and to innovation aspiration , students to activate directed different interactive of the methods use education purpose efficient done to increase help will give . It's in technology communicative of the methods wide used , their some main signs seeing we go out Current interactive training take on the go it is known , mainly interactive methods is being used . In the future while these methods known level interactive to technology grow up pass to the goal according to It's interactive method and technology concepts mutually the difference we think so describe can Interactive education method - each teacher by there is tools and own possibilities level done is increased. Each in this student own motives and intellectual level according to respectively different level absorbs. Interactive education technology - each teacher all students in the eye as caught absorbing training take to go provides. Each in this student own motives and intellectual level have without training in advance in the eye caught level absorbs.

Interactive training in practice apply according to some experiences learning based on this of training quality and to increase efficiency effect doer some factors our show can them conditional respectively organizational-pedagogical , scientific-methodical and to the teacher , students , education tools depends call factors can They are own to the point according to positive or negative effect to show mean to keep it is necessary until 2025 physical education and sports system reform of doing main directions in line Uzbekistan Republic President of January 24 , 2020 " Uzbekistan in the Republic physical education and sports more improvement and publicize measures about " gi in the decree physical education with regularly engaged in of the population common the number shown . and sports up to 30 percent is increased . of the population of health deterioration , illness and traumatism because of economic of losses growth , development release intensification conditions active work activity with engaged in of individuals physical health and professional preparation level requirements is getting stronger . Workers health storage not only high work productivity and of prosperity improvement for necessary necessarily , perhaps the country stable socio-economic development warranty is considered That's why work for in teams physical education , health and sports activities organize reach big important have Of ownership all

shaped enterprises and in organizations they are professional of diseases prevention to get , work release uncomfortable of factors to a person effect to reduce , from labor after recovery , professional practical physical preparation to increase and professional diseases recovery according to events done to increase directed to be need Physical culture workers by diary in life of use main to the forms the following enters • long term physical education ; • hygienic and recreational physical culture ; • health promotion and wellness physical culture ; • main sports . This of the form main direction education in institutions reading during state programs according to physical education in the process created common physical preparation base extension ( extension ). That's why for work of activity main during common physical education continue is enough , but health condition , functional opportunities , professional activities , individual interests and needs account received without Main long term physical culture physical status and in health serious disability didn't happen almost healthy people by is used .

## RESULTS AND DISCUSSIONS

This physical education direction within enterprise wellness and prevention gymnastics groups organize to do can This training type limited physical activity , uncomfortable sanitation and hygiene conditions and heavy physical work with nervous-emotional stress increase with depends those who are for the most suitable will come . Rest and prevention gymnastics group method more efficient will be Lessons from work after will be held . This open in the air , in winter - good carbonated in the place to do it is good Special in clothes workers from class before their clothes substitutions and bathing need The work feature looking gymnastics to complexes basically breath get , fix and development exercises , relaxation exercises enters Correction exercises mandatory in case stand up and one kind of the work actions perform with depends to those who correction exercises recommendation because long term the work during flat legs , spine step curvature , varicose veins and the brain blood veins disaster development can Worker condition and worker actions analysis so which muscle groups for corrective exercises their choice fulfillment shape and nature in terms of how to be need determination need Basically , complex right the situation formative , physical in development defects eliminate also work during static in the case the muscles liberating and stretchy from exercises consists of to be need Health and prevention gymnastics to complexes the following exercises includes :

- 1) relaxation elements with walk
- 2) shoulder of the belt muscles stretching
- 3) of the body turns ;
- 4) side folds ;
- 5) of the body circulation actions ;
- 6) sitting and lungs ;

7) swing actions ;

8) labor operations in execution participating of muscles self massage ;

9) arm , leg , trunk muscles discharge Physical exercises during the breath arbitrariness with holding from standing escape , actions phases with combine need With that together , breath get cycle included dosage and short term optional delays special used as exercises can Also basic- extendable physical education main forms common physical education (GPP) departments and independent are trainings . Physical education departments physical education in groups physical exercises with to engage those who want for , but of sport one type with to engage in interest those who did not for organize will be done . Groups of 20-25 people age and sex features according to is filled . Lessons 2-3 times a week , each 1.5-2 hours on average organize does In the department of training main task - comprehensive physical of preparation acceptable level provide that while of the audience health and work ability to keep guarantees . Usually this different different physical exercises , that's it including light athletics , the main gymnastics , sports and open games and others This funds distribution easy and that's it with together in the body functional systems to improve directed . Main muscle in groups endurance and strength which develops to exercises superiority is given Classes methodology physical education Methodical principles according to respectively take will go Independent exercises one series problems solution does - simple prevention and from work after work ability from recovery high physical preparation until reaching Self learning tools are this different different physical exercises : fitness walking and running , sports gymnastics , swimming , various different fitness types (Pilates, stretching and etc. ) . per week lessons the number is from 2 to 7 change can This direction hygiene function in the morning and evening exercises with done is increased . In the morning hygienic gymnastics is diary in training physical of exercises the most comfortable and wide spread out form His main target body systems upcoming work and home economy to the activity step by step adaptation with depend In the complex exercises the number usually from 8 to 12 , each of them 8-10 times is repeated . All of exercises duration 10-15 minutes . Exercises sequence so appearance need : breath get exercises with walk shoulder girdle muscles for exercises execution is also common effect do ( squat , swing , lunge , jump and don't relax exercises ) .

Summary by doing so to speak , quietly walking breath get exercises with together is given In the morning of exercises hygienic effect not only Tonic , maybe harden which also performs the function water procedures with increases . The work from the day after the work ability recovery with depends recreation function is different kind of open in the air activities ( walking walking , skiing , swimming , cycling walking and etc. ) with engage in through done is increased . It's work from the day then rest days and holiday days , as well holiday on time cumulative fatigue loss , work ability restore health improve and of workers cultural and rest times organize to do for is used . Healthy physical Guess the gift TURA does disease and from injuries after a person body recovery for physical from exercises use Health and

rehabilitation direction the following main forms with expressed : 1) in hospitals , medical and physical in dispensaries , polyclinics and in others exercises therapy groups ; 2) physical education in teams , physical education and in sports bases health storage groups and others ; 3) by doctors (OFK Methodists ). defined program and to the methodology according to independent studies . Physical exercises therapy in groups training heart-blood vein and breath get systems , musculoskeletal system chronic to diseases played people for will be held . Physical culture means individual characteristics ( health condition , functional opportunities , physical preparation level ) into account received without differential is selected . Lessons preparation type according to , the main and final from parts organize found without 2-3 times a week the work from time except will be held . Theirs duration 45-90 minutes . Health storage groups of the audience health , age , gender and physical preparation level account received without is made . Health storage groups work activities account received without , for example , one different kind of work release factors under the influence of has been workers ( of gas pollution , pollination , vibration , high temperature and others ) combined as well of the disease to himself special features account received without perform can Classes in health serious to deviations have didn't happen people for common health storage feature have and of the disease to himself special features account received without special directed therapeutic to the feature have Main medium is weight in terms of easily dosed main gymnastics , light athletics exercises . Most good healthy and strengthening to the effect different different exercises complex apply through is achieved . Lessons usually 3 times a week for 45-90 minutes during will be held . Motor density of occupations initially low - 40-45% , in the future it will gradually increase to 60% rise can Classes transfer load and rest in the methodology fixed individual doses central place occupies Enter measure Methodist , doctor and of the student himself determines

## CONCLUSION

Greeting is a lesson preparation part of necessary didactics . It is mutual health who wants and polite , courteous , polite , mutual relationship bring up and next in activities successful which provides to be need First with the class in class from greeting after students composition with get to know in order to the list by reading comes out next in classes the list reading a must not the time io'tisord to do in order to , during the lesson or conclusion in the part on duty through don't send to do to the goal according to

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