

PHYSICAL TRAINING AND ITS ROLE IN WOMEN'S SPORTS (GYMNASTICS)

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Annotation: This article is an example of physical training and its place in women's sports as an example of gymnastics.

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Resolution of the Cabinet of Ministers of the Republic of Uzbekistan "On measures for further development of physical culture and sports in Uzbekistan" bounded by It is also important to improve the health of the population, to ensure the physical well-being of students and women, and to involve hardworking workers and intellectuals in regular physical education and sports [4; 7; 9].

First, the main goal of popularization of physical culture and sports in the country is to keep people healthy, to accustom them to physical culture from childhood, to mobilize young people in sports, the participation of athletes in world sports arenas and achievements. It is aimed at spreading Uzbekistan's fame around the world. On the other hand, with the advent of modern technology, many people are less able to sit still and be creative. This, in turn, leads to a very weakening of the circulatory system, which leads to hypodynamic disorders.

Third, smoking, "tasting" various drugs and alcohol, various infectious diseases (types of influenza) and various other adverse events are observed.

Fourth, the lack of women's participation in physical education classes in preschool institutions, all types of educational institutions, their mass involvement in public health physical education and sports activities, the large number of students and youth the requirements of the physical education program and the inability to meet the special test standards "Alpomish" and "Barchinoy" in a timely manner.

The most important issues mentioned above should be based on socio-educational processes such as physical education, physical development and physical training [3; 8, 69 b].

The concept of physical fitness is that everyone, especially mental and physical workers - employees and students - is active in any ability to be physically strong, fit, and physical qualities are strength, endurance. , is a process aimed at developing flexibility, agility and speed.

Such practical activities are created and strengthened only through physical labor and exercise.

Physical training - There are two main directions in physical education, and physical education is based on these rules. They are general physical training and special physical training.

The main tasks of physical training are:

1. Improving the level of health of children and the functional capacity of various systems of their body.
2. Development of joint physical qualities that meet the specific characteristics of wrestling.

General physical training is the foundation for high results.

Special physical training is aimed at developing the qualities of movement in strict accordance with the requirements of the characteristics of the athlete's competitive activity.

When we talk about strength, which is one of the physical qualities, we mean the ability to overcome the resistance of an opponent or to resist it at the expense of muscle strength.

Power can be divided into the following types; general and special, independent and relative, fast and explosive, strength endurance.

Total force is the force exerted by an athlete without regard to the specific movements of the athlete.

The special force is exerted by the participant in special movements corresponding to the movements of the competition.

Independent power is characterized by the power of the athlete's actions. Relative strength is the force that corresponds to the initial weight of the exercise. This is an indicator of your ability to overcome personal weight. Methods are important for speedy implementation [12; 73 b].

Rapid force is the ability of a muscle to perform fast movements in order to overcome relatively small external resistance.

Rotational force describes the ability to withstand large stresses in a short period of time.

Girls between the ages of 12 and 13 are boys and teenagers between the ages of 13 and 14. Kids this age don't have a single text. During this period, morphological and functional changes occur very quickly in all systems of the body. The high excitability and lability of the neuromuscular system contribute to the rapid development of motor speed. In adolescents aged 13-14 years, the rate of muscle contraction reaches a maximum. Therefore, they need to develop quick strength and agility. Flexibility should also be considered, given that muscle elongation increases significantly after the age of 12 years. The process of developing motor skills in children aged 13-14 years is much faster than in children aged 9-10 years, and they are able to master complex exercises. Demonstrations and explanations should be used when teaching new exercises.

The age, gender, and physical condition (sick or healthy) of the trainees are taken into account. On this basis, the series, amount and methods of performing exercises (gymnastics) are determined.

Pupils and students have a good idea of the physical education (sports) described above through lessons, classes and competitions. In addition, the number of sports textbooks published in the state language is growing. Therefore, there is no need to dwell on the importance of general physical fitness.

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