

## **STANDARD LOADING IN PHYSICAL EDUCATION AND PUBLIC SPORTS AND HEALTH ACTIVITIES**

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### **Annotation**

In the practice of educational institutions, in most cases, insufficient attention is paid to the independent involvement of students in physical education and mass sports, there are no clubs that suit their interests, classes are conducted on the basis of the same program for all. Therefore, in these exercises there is no attention to the definition of loads and their coordination in the body of the trainees. Students' interests are not taken into account and student initiatives are not supported. This, in turn, reduces students' interest in physical education and mass sports. As a result, students become inactive, and as a result of inactivity they develop various diseases in the body, immunity is reduced, students do not have information about physical activity. This article discusses the importance of load balancing in physical education and mass sports.

**Keywords:** physical culture, sports, physical education, physical development, physical training, physical training, students, standardization, sports training, exercises.

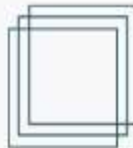
### **Introduction**

The modern way of life requires radical renewal and development of the education and training system of reforms in the socio-economic, political, spiritual and cultural spheres. Therefore, one of the priorities of our state is to bring up the younger generation as active, well-rounded, highly spiritual, mature people who take an active part in the life of society through the development of the education system at the level of modern requirements and experience. [1]

School curricula in all subjects have changed, taking into account the demands of the times, including physical education, with high demands on students. In order to meet the requirements of this program, students are engaged in educational work at school and at home to gain knowledge. [2] Of course, to do such a great mental load work, you need to be energetic and physically fit. It is no secret that a healthy child performs all tasks with high quality, he is strong-willed, aspiring, curious. [3]

One of the most invaluable medications is exercise. Abu Ali Ibn Sina was the first to state scientifically that "a person who regularly engages in physical training will no longer need medicine."

The "health" of the population depends on many factors. In the period of economic policy of the Republic of Uzbekistan, first of all, it is necessary to scientifically



substantiate the structure of the system of physical education, taking into account the climatic conditions and ethnic conditions of the republic.

On the other hand, the main factor of "health" is physical training. The practitioner has extensive experience in this matter. They are aimed at improving the results of various exercises, the formation of motor skills and abilities, increasing motor activity, improving the quality of teaching movement techniques and cultivating the qualities of physical movement.

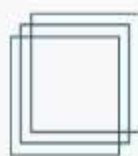
The development of scientific and theoretical bases of physical activity in the process of physical education and mass sports, theoretical and practical and recommendations on the use of physical activity in the process of physical education and mass sports are relevant for today's professionals.

The effectiveness of physical education training depends in many ways on the normalization of the physical loads used in training. Proper use of loads in the process of physical education and sports contributes to the growth of physical development, physical training and sports results. In sports, especially high-performance sports, a great deal of attention is paid to the regulation of loads in professional sports. In the practice of physical education and mass sports, in most cases, this is not given enough attention. [4]

Load normalization is a specific diagnosis of physical education and mass sports. [5] Therefore, the physical fitness of students was studied and analyzed, taking into account the physical fitness, physical development, body constitution, health status, sports experience, physical education and personal interest in sports, taking into account the effectiveness of training methods. Alpomish and Barchinoy health tests were used.

From the first years of independence, our country has paid great attention to ensuring high sports results, developing professional sports, raising the sports status of Uzbekistan in the world arena. Currently, Uzbek athletes have a strong position in the world arena in such sports as boxing, wrestling, athletics, weightlifting, oriental wrestling. This is due, first of all, to the conditions created in the country for the development of physical culture and sports, modern sports facilities, sports infrastructure, organization and management of sports economy, innovation in the organization and management of physical culture and sports organizations, entrepreneurship, investment and innovation in sports. secondly, the sharp increase in the number of people interested in sports, the orientation of parents to sports, the skills of coaches, the development of physical culture and sports in educational institutions, the strengthening of physical culture and sports promotion are becoming increasingly important.

Involvement of students in active and regular participation in mass sports in higher education institutions is an important, integral part of the process of training highly educated professionals and their comprehensive development. After all, in addition to



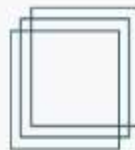
strengthening health, sports also form in a person the character, will, ability to overcome difficulties. To this end, the Resolution of the Cabinet of Ministers of the Republic of Uzbekistan dated June 3, 2017 No 3031 "On measures for further development of physical culture and mass sports in Uzbekistan" is aimed at the mass development of sports Resolution No. 864 of October 20, 2018 "On measures to further improve the system of continuous sports competitions aimed at attracting students to sports" Physical training for students of secondary schools, academic lyceums, vocational colleges and higher education institutions and the continuity of sports competitions in a system of continuing education based on the national model of training and in accordance with its requirements.

The national values of our people in the field of physical culture, the spiritual heritage have served for centuries as a powerful source of spirituality for the peoples of the East. For many years, despite the totalitarian regime, the cultural values and traditions of the Uzbek people in the field of physical culture have been preserved. From the first years of independence, the physical education of the younger generation, the study of our invaluable national and cultural heritage created by our ancestors in strengthening their health has been one of the important priorities of state policy.

In the theory and methodology of physical education, special attention is paid to the normalization of physical activity. It states that the loads are appropriate for the age, gender, and physical fitness of the students. Researchers have also shown that light exercise does not benefit the body and that heavy exercise harms the body. [6,7]

But in the study process, the research, as noted, was conducted in the process of sports activities associated with high results. According to them, the highest, highest, closest, average and lowest levels of loading are listed. Functional indicators of the organism, such as respiration, heart rate, external signs of fatigue, play a special role in the transfer of loads. Heart rate is a key indicator when delivering loads. In a non-exerciser, the heart rate is 72 beats at rest, while this figure increases and changes as a result of exercise. Therefore, expert researchers have shown that exercise with a heart rate of less than 140 beats is of little benefit to the body (L.E. Lyubomirsky, T. Khayitov, 2017). Heart rate was found to be up to 170 beats during health-related physical activity, as well as at moderate levels of physical activity. As a result of high-intensity exercise, the heart rate has increased from 2020 to 240 beats, according to scientific sources.

In the practice of educational institutions, in most cases, insufficient attention is paid to the independent involvement of students in physical education and mass sports, there are no clubs that suit their interests, classes are conducted on the basis of the same program for all. Therefore, in these classes there is no attention to the definition of loads and their coordination in the body of the trainees. In this case, the interests of students are not taken into account, student initiatives are not supported. This, in turn, reduces students' interest in physical education and mass sports. As a result,



students become inactive, and as a result of inactivity they develop various diseases in the body, immunity is reduced, students do not have information about physical activity.

Based on the above ideas, the relevance of the research topic can be justified by the following.

First, physical activity is not taken into account in mass physical education and sports-health training. This leads to a low level of independent involvement of students in physical education and mass sports in their spare time, or to a lack of exercise as a result of overload. This raises the need for scientific substantiation and analysis of physical loads in physical education classes with students.

Second, today in the theory and methodology of physical education, the main focus is on maintaining and strengthening the health of the population. Creating a harmoniously developed generation requires a scientific and systematic approach to substantiating the role and importance of physical education and sports in the development of their health, consciousness and thinking in terms of medical, biological and socio-pedagogical features of the human body.

Thirdly, the reforms being carried out in our country to form a harmoniously developed generation should be carried out on the basis of modern conditions created for physical culture and mass sports, taking into account the personal interest of each student in physical culture and mass sports. , it is important to plan.

In our country, some aspects of physical education of the population, especially students, their involvement in mass sports are being studied as an independent topic, in a scientific-theoretical and fundamental way, to a certain extent.

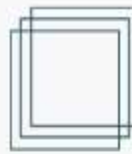
During the past years of independence, the socio-political, economic and spiritual development of society, taking into account the human factor, its free and comprehensive development as an object and subject, including physical development, is reflected in a number of decrees and resolutions of the President. found.

At all stages of human development, the issues of physical education and physical maturity have been at the forefront of the experience of social life. The role of mass physical education in maintaining and strengthening human health, the scientific and methodological correct use of its results have been given special attention by researchers. Also, R.Khalmukhamedov, R. Matkarimov, T.Usmanhojaev, R.Salomov, A. Sadikov, M.Umarov, J.Umarov and other modern pedagogues.

However, these studies have not studied the goals and objectives related to the regulation of physical activity in the process of physical education and mass sports, and little attention has been paid to the issues of mass physical education of students, their involvement in mass sports and exercise.

Leading specialists of the Republic of Uzbekistan, prominent foreign experienced teachers, many scientists (A.Novikov, L.Matvieev, V.Filin, G.Sh. .Bogdanov,





A.Gujalovskiy, L.Lyubomirskiy, V.Volkov, B.Prokudin, M.Zatsiorskiy, V.K.Balsevich, Yu.V.Verkhoshanskiy, A.A.Gujalovskiy, F.A.Kerimov, Sh.X.Khankeldiev, R.Salamov, T.S.Usmonkhodjaev, R.Khalmuhamedov, M.Umarov, K.D.Yarashev, A.K.Eshtaev and others) theoretically and practically studied. [8, 9, 10, 11. ]

The use of scientifically and methodologically based physical activity in the process of independent participation of students in physical education and mass sports in higher education institutions increases the effectiveness of physical education, improves student health, ensures the body's adaptation to large physical loads, focuses on productivity and physical maturity.

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