

DYNAMICS OF INDICATORS OF PHYSICAL DEVELOPMENT OF ATHLETES AGED 17-18 YEARS ENGAGED IN SCHOOL ATHLETICS CLUBS

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Annotation:

This article presents the results of the tests taken to determine to what extent the physical qualities of 17-18-year-old students engaged in the field training of general secondary schools in athletics are developing, such as speed, agility, strength, endurance, flexibility.

Key words: Physical qualities, physical fitness, physical training, agility, strength, endurance, flexibility, endurance system.

It is known to us that the growing number of developing countries and the introduction of new technologies serve as the key to wide opportunities for young people. This in turn causes healthy competitiveness to increase. Taking into account the developed system of education, the devs, using new technologies, scientific methodological manuals, the most modern innovation devices, are implementing scientific knowledge and extensive practices for improving physical fitness indicators.

Taking this into account, it is necessary to form and improve physical education and sports in our country with the help of new fundamental scientific and practical proven tools. It is no exaggeration to say that one of our main goals is to improve the quality of education, further promote the demand for physical education and sports and educate our youth physically strong, mentally mature, using the opportunities and conditions created by our country leader. In order to be among the most developed countries on earth, to achieve high results in the field of physical education and sports, it is important that we improve the physical qualities of young people studying in educational schools, support their interest in sports and improve measures to direct them correctly. In order to determine the physical qualities of students in the jartayons of physical education, many of our scientists have carried out their own examination work. For Example: T.S.Usmankhadjayev 1995, V.K.Balsevich 1995, V.A.Bogdanova 2001, A.N.Abdiyev 2004; N.N.Azizovwe can cite as an example 2007 and other professor scientists.

Also in a number of research studies, the analysis of age characteristics among students A.A.Gujalovsky, V.I.Lyakh, A.G.Sukharev, V.P.Guba, O.V.Goncharova and other were studied through the work of scientists.

Despite the results of the study carried out in general secondary education schools, it was found that there is a slow progress in the physical qualities of students. The problem of improving physical quality indicators by improving the physical fitness processes of schoolchildren and shaping their intellectual abilities has been put into practice.

Determination and evaluation of physical fitness indicators of boys aged 17-18 years engaged in athletics clubs of general education schools.

Based on the purpose of the study, we set ourselves the following tasks.

Analysis of the literature on the topic, as well as determining the level of study of problems on the topic; engaged in cross-country training in athletics

Determination of the levels of physical endurance of students 17-18 years old;

Development of the necessary conclusions and recommendations on the problems identified on the basis of the results of the studies carried out.

Circle training in athletics, which is carried out with boys 17-18 years old.

Determination of the general level of physical endurance and assessment of the rhythm of formation of students aged 17-18 years engaged in circle training in athletics.

Analysis of scientific and methodological literature, pedagogical observation, questionnaire survey, pedagogical testing, mathematical statistical analysis, pulsometry.

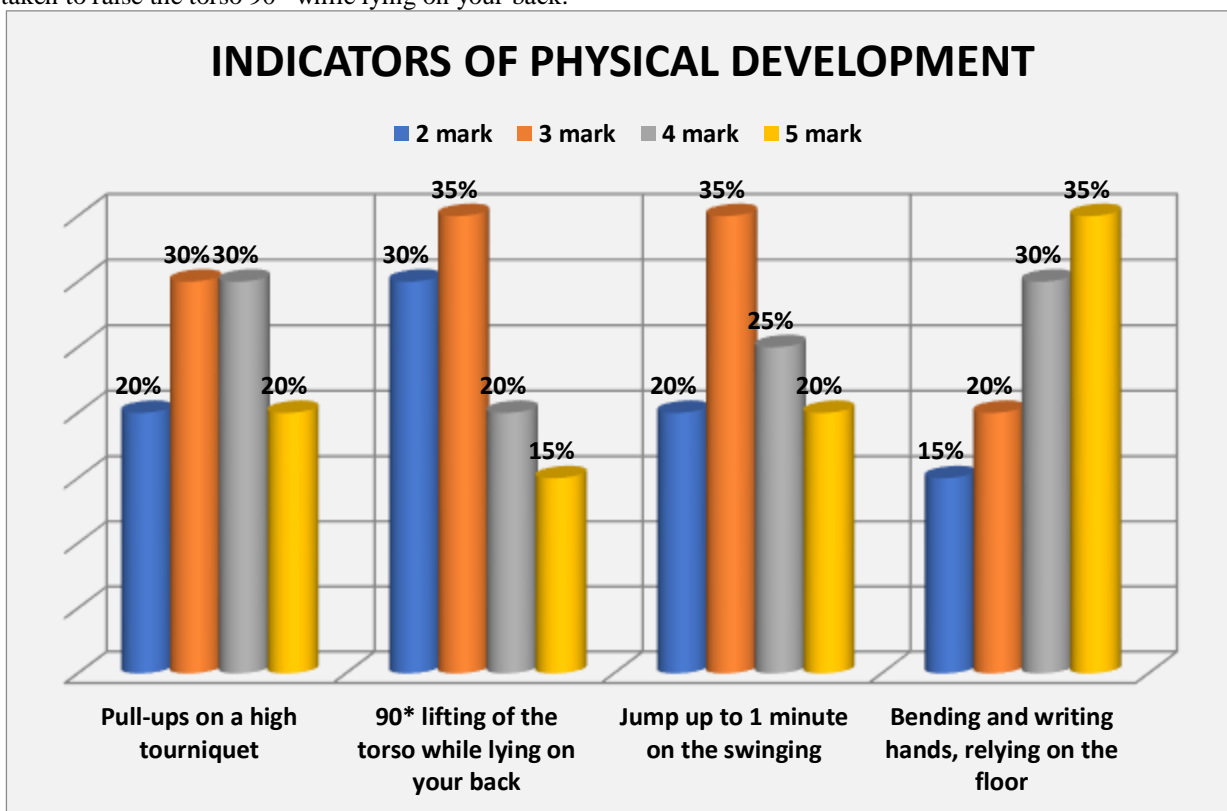
The research was attended by students aged 17-18 who are engaged in circle classes in athletics in specialized State Secondary School No. 35, general Secondary School No. 31, specialized State Secondary School No. 29, general Secondary Education School No. 8, General Secondary Education School No. 11, general secondary education schools No. 1, General Secondary Education School No. 1 of Bukhara region.

MATERIALS AND METHODS

In our country, Olympic sports are divided into priority, promising and developing types, and additional measures are being taken to further develop these sports. In subsequent periods, the National Athletics Team of Uzbekistan successfully participated in major international sports competitions. Due to the fact that athletics sports are among the priority Olympic sports in our country, the interests of young people in athletics sports are to blame, and in addition to school-age boys and girls, regular training with track and field sports is observed. In order for our

young boys to adequately protect the honor of our mamalakat by recording high results in the future, hamada was selected 11 class boys who studied at umum educational schools in order to determine the extent to which physical loads were given correctly during their training processes and the dynamics of physical performance in them so that they could be physically healthy From them, practical control test exercises were obtained on the basis of state educational standards. Initially, a traction control test exercise was carried out on a high tourniquet in order to determine the strength physical quality indicators of boys of the 11 class. during this control test, it was found that in 20% of boys, strength physical quality indicators were at an unsatisfactory level and were recorded with 2 assessments based on evaluation criteria. In 30% of students, however, satisfactory results were recorded, and the strength was determined to be at a low level with 3 grades. During the control test, 30% of 11 class boys were recorded with good results and determined by 4 grades according to the evaluation criteria, and 20% of boys ' strength physical quality indicators were evaluated with excellent grades and completed this control test practice. In 50% of the results obtained, it was found that the strength physical quality indicators of boys of 11 classes are at a low level. (See Figure 1)

To determine the indicators of the growth of the next levels of physical development, a control test was taken to raise the torso 90* while lying on your back.



1 fig. Dynamics of physical quality indicators of boys of 11 classes.

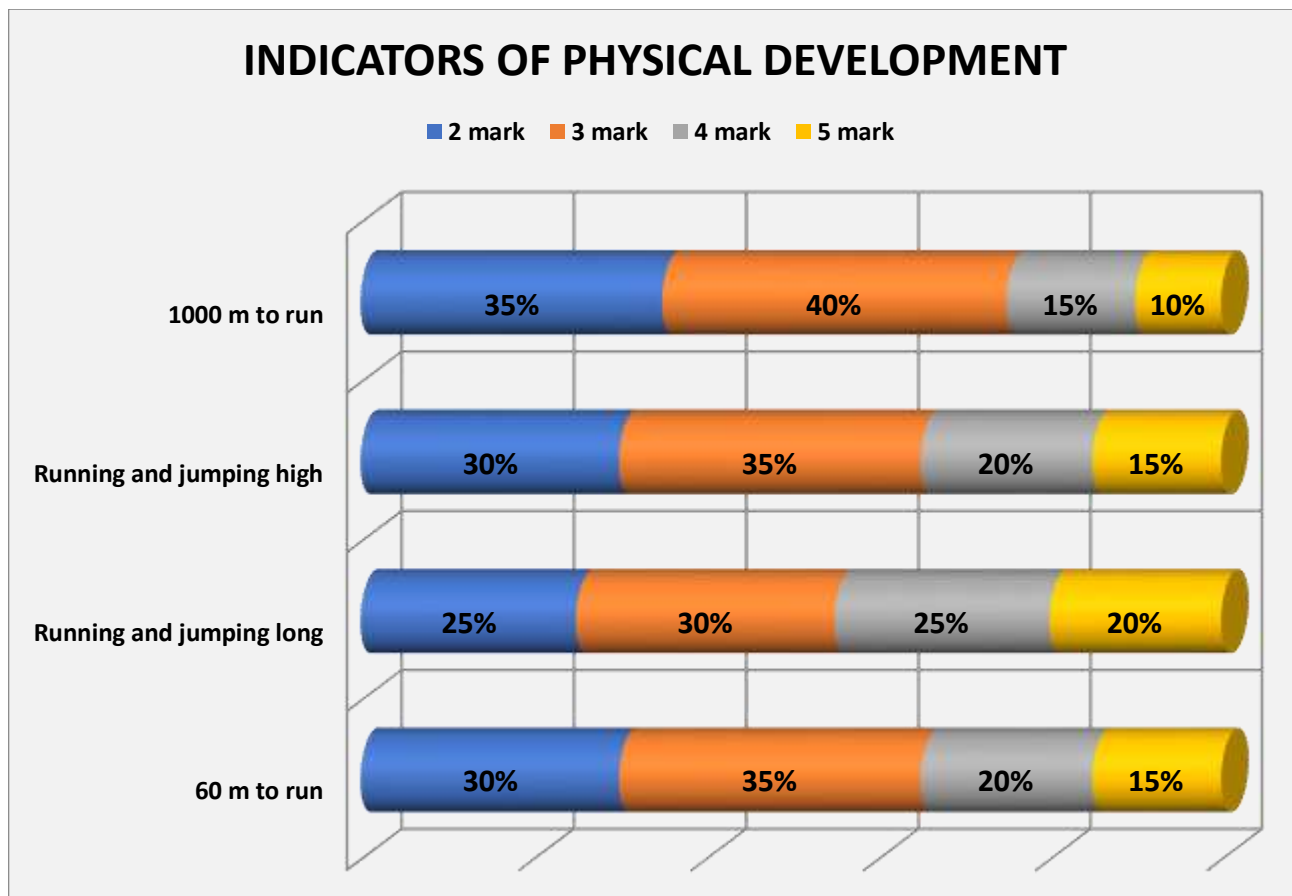
Lifting the torso 90* while lying on your back serves to determine the physical quality indicators of endurance of boys of 11 classes in the practical control test. During this practical training, 30% of the students were unable to perform a given control test and were evaluated with 2 grades based on evaluation criteria. In 35% of boys, the physical quality of endurance was assessed satisfactorily, completing the control test process with these indicators. During the control test, 20% of students ' physical quality indicators were found to be positive and recorded with 4 grades. Students who recorded high results were 15% and were evaluated with a score of 5. In the course of the study, it was found that in the total 65% of boys of the 11 class, the indicators of physical quality of endurance are at a low level.

In the study, which was carried out to determine the next levels of physical endurance, a jump control test was carried out for 1 minute in the boys of 11 classes. Jumping for 1 minute in a swinging force is an exercise designed to determine physical quality indicators. According to the results obtained, we can see that in 20% of boys, strength physical quality indicators appear unsatisfactory. This result, on the other hand, was evaluated with 2 grades based on the evaluation criteria, which means that the students who recorded this result were unable to pass the control test practice. In the course of the studies carried out, students who recorded satisfactory results took a control test with 3 grades, accounting for 35%. And boys of 11 classes, who recorded good grades, accounted for 25%, and students who recorded high grades with excellent grades-20%. (See Figure 1)

To what extent the levels of physical fitness are being shaped, the next control was determined through a test exercise. This selected control test exercise is a supportive practice for determining physical quality indicators of strength. To determine the indicators of the physical quality of strength, a practical exercise of bending and writing hands with a support for the floor was chosen. In this control test exercise, 11% of 15 class boys found that strength physical quality indicators were at an unsatisfactory level and were evaluated with 2 grades. In 20% of students, however, this indicator was found to be satisfactory in the results, and was evaluated with 3 assessments based on the evaluation criteria of the levels of physical quality. 30% of 11 class boys recorded good results and if they completed a control session with 4 grades based on evaluation criteria strength physical quality indicators were shown in the results of the control test obtained that 35% were excellent in boys and were evaluated with 5 grades. (See Figure 1)

The next control test, which helps to determine the physical quality indicators of endurance, was carried out with the aim of determining the physical quality indicator of endurance. According to the results, was trained in general education schools and carried out a control test for running at a distance of 1000 m among boys of 11 classes. In the practice of running at a distance of 1000 m, designed to determine the physical quality of endurance, it was found that in 35% of students in 11 classes, physical quality indicators of endurance are at an unsatisfactory level. In 40% of boys, on the other hand, it was found that the figure looked satisfactory and was evaluated with 3 assessments based on evaluation criteria. 15% of students recorded good scores and 10% of students recorded high scores. These results were evaluated with grades 4 and 5 based on evaluation criteria. This control test, which aims to determine the physical quality indicators of endurance, recorded low results in 75% of boys of 11 classes, and the fact that the preparatory indicators are very poor was largely proved by the results obtained during the study. (See Figure 2).

By running high jump, through this control test, the strength physical quality indicators are determined and evaluated based on the evaluation criteria. The indicators identified in the process of the control test were assessed quidatically: according to him, it was found that the physical quality of power in 30% of boys is unsatisfactory, and in 35% of boys this quality is shaped to satisfactory levels. In turn, these indicators were recorded with grades 2 and 3, based on the evaluation criteria. While 20% of students passed the control test with good indicators, 15% of students ended up with high results. These indicators were also evaluated by Grades 4 and 5 according to the evaluation criteria. And at the end of the control test, more than 60% of 11 class boys were found to have low strength physical quality indicators. (See Figure 2)

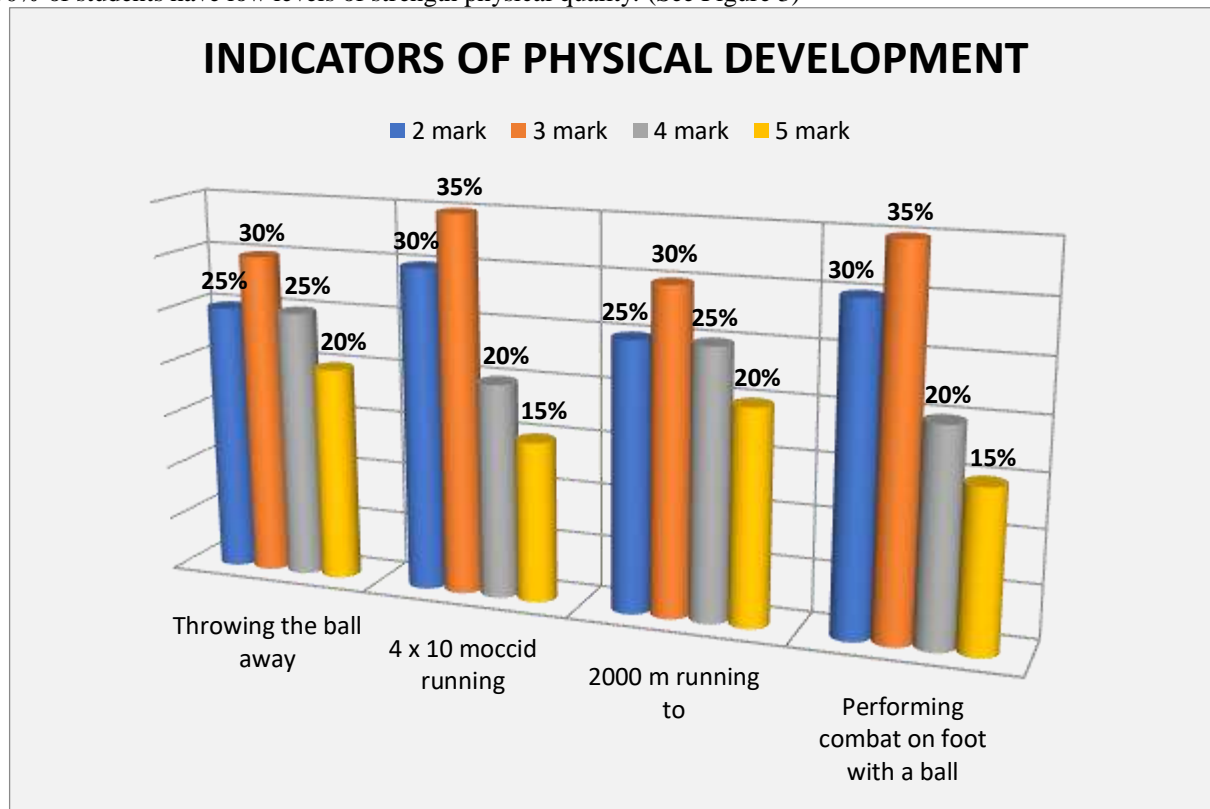


2 fig. 11 dynamics of physical quality indicators of class boys.

The next control test exercise is a running long jump practical exercise; this exercise allows you to determine the operational strength physical quality indicators of schoolchildren. Based on the results obtained in the running and long jump control Test, 25% of boys in 11 classes found that these physical quality indicators were at an unsatisfactory level and were recorded with 2 assessments based on evaluation criteria. The boys who recorded a satisfactory result were 30% and evaluated with 3 grades. In 25% of readers, the physical quality indicators of the rapid force were fulfilled with a good result and found worthy of 4 reviews. Positive indicators were determined by 5 assessments, which were also detected in 20% of boys. Based on the results obtained in this control test, it was found that the operational strength physical quality indicators of boys of 11 classes are at a low level in 55% of students, and the growth indicators have found evidence that they are not at the level of demand. (See Figure 2)

The control exercise, which helps to determine the levels of physical development, consists of a practical test of running to 60 m. this given physical load serves to determine the indicators of the physical quality of speed. According to the results of the conducted practical control, in 30% of boys of the 11 class, it was found that the indicators of the physical quality of the fast were at an unsatisfactory level and were evaluated with 2 assessments. The children who recorded a satisfactory result were 35% and they completed the control test, evaluated with 3 assessments. 20% of boys of the 11 class performed the prescribed control test with good fragility. Their results were evaluated by 4 assessments. In 15% of boys, this figure was performed perfectly and found worthy of 5 grades. The overall result was found to be a low level of speed physical quality in 65% of 10 class boys training in athletics clubs. (See Figure 2)

The keying stage of the indicators of physical development was carried out by throwing the ball far away. Throwing the ball far into the given in Figure 3 the control test shows the processes to which the strength physical quality indicators of the boys in the 11th grade develop. According to the results of this indicator, it was found that in 25% of students the indicators of the physical quality of power are at an unsatisfactory level, the results of this indicator were evaluated by 2 assessments. Students who were able to throw the ball at a satisfactory level to a given distance performed a control given with 3 grades according to the evaluation criteria, accounting for 30%. Students who recorded good indicators were 25% and recorded with 4 grades. The high results, on the other hand, were found to be positive in 20% of boys and were determined by 5 assessments. The final conclusion was found that more than 50% of students have low levels of strength physical quality. (See Figure 3)

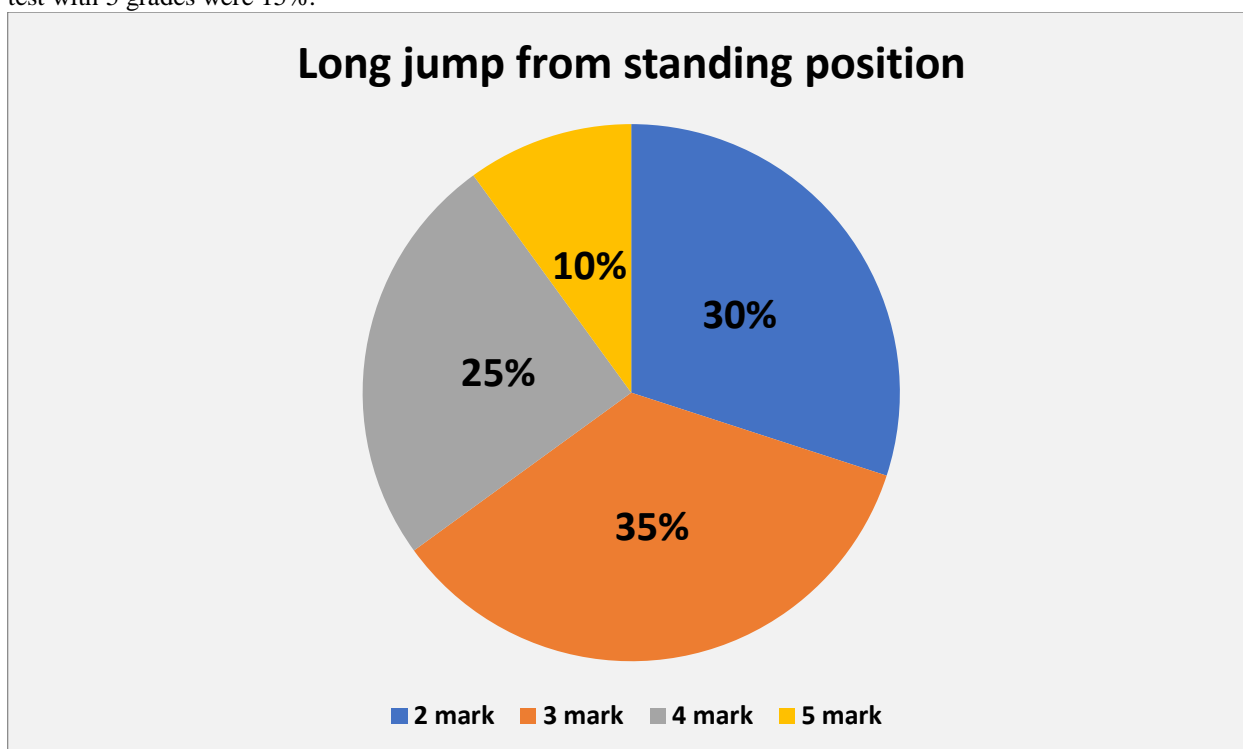


3 fig. 11 dynamics of physical quality indicators of class boys.

Speed physical quality indicators 4x10 mokisimon are assessed more accurately in practical running training. Indicators of physical development during this given session, it was determined that the functional states of boys of the 11th grade are being formed taking into account and the physical qualities of speed are being formed. According to the results, 30% of students could not complete the assigned task and fell from the control test with 2

grades. 35% of students, on the other hand, took a control test for 3 grades with satisfactory results. When calculating the low indicators, it was found that in 65% of boys of the 11th grade, the speed indicators of physical quality are at an unsatisfactory level. Students who performed 20% of their physical quality performance with good results were evaluated with 4 grades, and another 15% were found to be excellent with 5 grades. (See Figure 3)

Endurance physical quality indicators are determined by the practice of running to 2000 m, and the level of training of boys of 11 classes is also adequately assessed, in turn, based on assessment criteria. When running at a distance of 2000 m, students are required to have more physical quality indicators of strength, speed and especially endurance. If the skills and physical load received by students in the training process are given inappropriately, then the students will have an unsatisfactory level of these symbolic quality indicators. The results obtained show that 30% of the boys could not overcome the set distance on time and completed the control test with an unsatisfactory result. And in 35% of students, endurance physical quality indicators were found to be at a satisfactory level, and based on the evaluation criteria, they passed a control test with 2 assessments. Effective results were recorded in 20% of 11 class boys in hamada these results were evaluated with 4 assessments. Students who passed the control test with 5 grades were 15%.



4 fig. 11 dynamics of physical quality indicators of class boys.

The levels of physical fitness show different results in different control areas. In order to correctly assess the processes of physical development, the auxiliary last control exercise is carried out through the practice of long jumps from the standing position. In this control test, 30% of 11 class boys found that the strength physical quality indicators were at an unsatisfactory level, and could not pass the control test based on the evaluation criteria, evaluated with 2 assessments. Students who performed the control test with satisfactory 3 grades were 35%. In 25% of 11 class boys, these physical quality indicators were found to be at good levels and passed the control test, evaluated with 4 grades. 10% completed the control test, evaluated with 5 assessments based on the results recorded by the students and their level of physical fitness evaluation criteria. According to the overall results obtained, the strength physical quality indicators of boys of 11 classes were found to be 65% lower than that of boys. (See Figure 4)

The results obtained from the research work showed a low assessment of the overall training indicators of boys of 11 classes who were engaged in extracurricular activities with athletics sports. Such indicators proved based on the results obtained that the dynamics of levels of physical development is unsatisfactory. The use of high-intensity loads in athletics training increases the likelihood of the growing young organism to extreme fatigue. Reducing the volume of loads on young practitioners during training will lead to a decrease in general physical fitness, and increasing the athlete's body's high adaptability to training loads will prevent the development of a new sports form. An individual approach to the training processes of students has a positive effect on the indicators of their physical development.

CONCLUSION

In order to determine the indicators of physical development, physical qualities, levels of physical endurance of boys aged 17-18 years who are engaged in the Athletics circle training of general secondary schools, control test exercises were obtained from them. According to the results of the experiment, the levels of physical development in boys aged 17-18 years were found to be low according to the results obtained at the beginning of the year, and these results were significantly improved at the end of the year.

The use of new innovational technologies in the system of physical education, the use of exhibitionism and game techniques, the provision of theoretical concepts about the conducted practice lessons, the organization of classes through the use of the advice of psychologists shows its effectiveness.

It was found that in order to improve the level of physical quality of Primary School students of general secondary education schools, including 17-18-year-old students, it is necessary to improve the indicators of physical development by directing them to athletics clubs and improving their material technical base.

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