



TYPES AND METHODS OF NUTRITION OF ATHLETES

Umarov Abdusamat Abdumalikovich

Professor, Department of Sports and Action Games,

Kokand State Pedagogical Institute, Uzbekistan

Email id: ablusamatumarov@gmail.com

Abstract

The article contains scientific theoretical and analytical information about the eating habits and mechanisms of young athletes. The important aspects of sportsmen's nutrition in their movement are highlighted with the help of scientific data.

Keywords: sports, order, nutrition, hygiene, movement, competition, youth, health.

Аннотация

Статья содержит научно-теоретическую и аналитическую информацию о пищевых привычках и механизмах юных спортсменов. С помощью научных данных выделены важные аспекты питания спортсменов в их движении.

Ключевые слова: спорт, порядок, питание, гигиена, движение, соревнования, молодежь, здоровье.

Introduction

In the world, at present, sport is recognized as a means of promoting the achievements of students-young people in all-round development, strengthening their health, accustoming them to a healthy lifestyle based on expanding their opportunities. This experience was first used in developed countries in a separate practice. In developed countries such as Korea, China, Japan, the USA, Canada, Australia, the basis for the accumulation of great experience in the field of integration of the educational process with sports training is the basis for the need to level the physical education training in schools to the levels of education in a mutually compatible manner, and to introduce the nutrition procedures and mechanisms of athletes is causing.

In the world, researches are being carried out in such areas as getting young people accustomed to a healthy lifestyle, spiritual and moral development by involving them in sports. In particular, the problems of comprehensive development of young people through sports and their comprehensive training are being studied at the state level in Belgium, Italy, Portugal, and France, and at the regional and local levels in Germany, Spain, and Switzerland. The analysis of this scientific research shows that





the comprehensive development of students is a socio-pedagogical need to be scientifically-practically substantiated, to identify the pedagogical and psychological possibilities of sports and physical education in the intellectual-spiritual development of a person; sports competitions, development of spiritual and intellectual powers of students, problems of improving the mechanisms of complex development of students are gaining special relevance at the present time. as a result of the systematic measures implemented in the field of physical education and sports in our republic today, the material and technical base, legal-normative, methodical support of sports schools and educational institutions is being strengthened step by step.

In the Strategy of Actions for the further development of the Republic of Uzbekistan, "building new children's sports facilities and reconstructing the existing ones for the purpose of mass participation of children in sports; raising physically healthy, spiritually and intellectually developed, independent-thinking young people who are loyal to the Motherland and have a firm outlook on life, deepening democratic reforms and increasing their social activity in the process of development of civil society" are defined, which, in turn, determine the historical development path and modern trends of expanding the parameters of the comprehensive development of students in the research of this process, the spiritual education tool of sports competitions based on world experiences, specific people and the state research as a means of introducing, promoting achievements, clarifying the criteria and principles of continuous development of students on the basis of enriching the content of "Three-level sports competitions" implementation of the codes is in accordance with the purpose[1].

Law of the Republic of Uzbekistan "On Sanitary and Epidemiological Peace of the Population" (2015), President of the Republic of Uzbekistan No. PF-4947 of February 7, 2017 "On Strategy of Actions for Further Development of the Republic of Uzbekistan", No. PF-5924 of January 24, 2020 Decrees of the Republic of Uzbekistan on measures for the future improvement and popularization of physical education and sports" and Decrees of the President of the Republic of Uzbekistan No. PF-5590 of December 7, 2018 This thesis serves to a certain extent in the implementation of the tasks defined in the decisions of August 9 PQ-3906 "Regarding additional measures for the development of chess in the Republic of Uzbekistan" and other regulatory legal documents related to this activity.

The 21st century nutritional formula is the regular use of products with specific characteristics (functional nutritional products) and biologically active supplements along with traditional natural nutritional products in the diet (V.A. Tutelyan, 2010; F.B. Litvin et al., 2018; G.I. Shaikhova, 2019). According to the analysis of the level of study of the problems, the balanced nutrition formula gives an idea of the need for the





main nutrients of an adult with moderate physical activity (Ya.N. Borisevich, 2011). Specific characteristics of the nutritional status of young athletes engaged in basketball, highway cycling, and skiing were revealed (R.R. Dondukovskaya, 2005); S.G. Makarov et al. periodical sports (2015), the specific nutrition of athletes in the game form of sports was studied on the example of football players, as it turned out, it does not correspond to scientifically based recommendations and requirements for the chemical composition of the nutrition of young athletes. (Ya.N. Borisevich, 2013, S.P. Grigorenko et al., 2015; V.S. Grinchenko, 2015; V.A. Chekhov et al., 2009). At the same time, there are enough data showing that the athletes' diet during training and competition does not meet even the simple requirements of rational nutrition (V.A. Tutelyan, 2010); A.I. Pshendin 2003)[2].

Errors in eating lead to the deterioration of the physical condition of athletes, a decrease in physiological needs, a decrease in adaptation reserves and non-specific resistance (F. Ruis et al., 2005; M. Russell, 2011; B.S. Grinchenko et al., 2016). When assessing the nutritional status of chess players, information was obtained about the need to develop specialized products for chess players. Such a study has not been conducted before. A set of products for children and teenagers engaged in various forms of sports (chess, checkers) for a healthy diet and an average daily standard ration has not been developed (S.S. Saidaliev, 2016; G.A. Makarova et al., 2015; L.B. Baker, 2014). However, not all coaches and athletes are familiar with the fundamentals of nutrition science, and lack of knowledge can cause athletes to misdiagnose their nutrition (N.D. Goldberg, 2010). In practice, it is recognized that the study of the nutritional status of chess players today requires conducting a number of studies (V.A. Tutelyan, 2010; G.I. Shaikhova, 2018; V.S. Grinchenko, 2016; L. Burke, 2006; V. M. Kodentsova, 2013).

A. Atoev, M. Tairova, R. Salomov, T. Usmonkhodjaev, Kh. Meliev, Sh. Honkeldiev, F. Kerimov, F. Khojaev, E. Seytkhalilov among the scientists of our republic studied the issues of ensuring the physical development of a person in sports. The issues of children's sports and the development of physical abilities of young athletes are reflected in the research works of A. Achilov, B. Madaminov, B. Mambetov, K. Shakirjonova, K. Yarashev, M. Boboërov, O. Goncharova, F. Yuldashev, Kh. Shomuratov. . B.T. Likhachev, V.S. Kukushkin, S.D. Laptinok, Yu.I. Evseev, scientists from the countries of the Commonwealth of Independent States, studied the issues of spiritual and moral education of students and students through physical education. Foreign scientists A.E. Volkwein-Caplan Karin, D.S. Heneriette, L. Hans studied the specific aspects of spiritual development of learners through sports. Although scientific research has been carried out by scientists of various fields on the





comprehensive development of pupils and students, there are problems in the field of pedagogy that have not found their logical solutions. In particular, the fact that the pedagogical possibilities of "Three-level sports competitions", which occupy a special place in the development of young people and their development as mature individuals in our republic, in the complex development of pupils-students, shows that there is a need for deep scientific approaches and new knowledge in this regard. In the world experience, one of the most important medical and social tasks is to protect and strengthen the health of children and adolescents. Regular training during childhood «...increases the body's functional and flexibility capabilities, helps to strengthen health, increase physical and mental capacity for work...»¹. Healthy children are the main problem of the near and distant future of any country "... because all opportunities (both economic and creative), all prospects of social and economic development, high standard of living, science and culture - all this depends on the level of health of children, their physical and is considered the result of mental work ability...»².

A number of targeted scientific studies aimed at studying the rational nutrition of young athletes engaged in various types of sports in the world: including: comprehensive assessment of health and factual nutrition of young athletes engaged in chess and checkers, improvement of health measures, prevention of somatic and burdensome diseases, for young athletes development of special products, toxic evaluation of medical biological safety of new products is being carried out. It is important to improve health measures for chess and checkers athletes, and at the same time, to develop a new menu distribution with the introduction of new products, and to optimize nutrition.

The nutrition of a young athlete is the same as the nutrition of healthy children and adolescents. Proper nutrition of athletes is very important for their health and participation in competitions. Providing the body with the necessary amount of energy, plastic (construction) and biologically active substances. Eating is considered as an active factor, that is, maintaining health, preventing diseases, ensuring the natural growth and development process, and expanding the limits of adaptation to constant physical loads. Inadequate supply of nutrients to the body can lead to consequences such as damage to health, inability to resist harmful factors in the environment, deterioration of mental and physical capacity [8; 164 p., 19; pp. 78-86]. The demand for high achievements in modern sports makes it important for children to play sports from the age of 3-4.

Therefore, when children are given to sports sections to practice different sports, he works hard and carries excessive loads. Many - parents and coaches, in ensuring





proper adaptation of children and adolescents to these processes, taking into account age, health, type of sport, period of training and competitions, time of rest, left out of control proper nutrition. However, not all coaches and athletes have proper nutritional information, and due to a lack of knowledge in this area[3], they incorrectly determine the nutritional regimen. It is not correct to eat too much of one type of food product, which does not help to achieve high sports results.

A healthy child is the main problem of the near and long future of any country, because all opportunities (both economic and creative), prospects for social and economic development, high standard of living, science and culture are all the result of children's health level, their physical and mental capacity for work. is considered It is an important tool to eat less and feel lighter during training. Overeating can cause negative factors in the movement of athletes while increasing their energy.

Low type of physical activity (chess, checkers); type of short-term but significant loads (acrobatics, gymnastics, equestrian sport, shooting, fencing, running up to 300 m, weightlifting); large volume and type with regular loading (running 400-3000 m, wrestling, swimming, sports games, multi-wrestling); long-load type (alpinism, 10,000 m running and marathon, bicycle race, rowing, skiing, walking sports.

In the second group, energy consumption is not so high, but there are differences in the need for nutrients. For example, a weightlifter needs protein first and also fat in the right amount to provide the body with energy. Weight is important for acrobats and equestrians, so their diet is planned to avoid weight gain. In the third group, it is necessary to provide material for muscle growth and at the same time to have a good glycogen reserve, since it has the nature of effort. In sports with a weight category, weight gain is limited.

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