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MEANS OF PHYSICAL CULTURE

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Annotation
Exercise is the main tool of physical culture Exercise is the main tool of physical culture, which has historically been divided into groups in the form of gymnastics, games, sports and tourism and used as a tool of the cultural process. Exercise is understood as a different set of voluntary movement activities that are performed consciously, meeting the requirements of the laws of physical culture.

Keywords: Exercise, physical culture, sports, gymnastics, fitness, strength, quality, physical training.

In the process of perennial physical culture, exercise is used as a means of physical culture to the healing forces of nature and hygienic factors. Exercise is the main means of physical culture and grouped as tourism and used as a tool of the cultural process. Exercise is understood as a different set of voluntary movement activities that are performed consciously, meeting the requirements of the laws of physical culture. Such movement activities have historically been systematized, collected, and supplemented in style as gymnastics, games, sports, and tourism exercises The emergence of exercise is historically mentioned in a number of textbooks (A.D. Novikov, B.A. Ashmarin and others). It is said to correspond to the period of the primitive community system. The objective reason for the emergence of exercise was considered to be the formation of consciousness as a subjective reason, as the primitive man hunted in order to satisfy his hunger. The primitive man, who did not know how to use primitive weapons, chased his prey until it was full. At the same time, it was natural for the hunter's body to feel the need for great physical training. Those who are not physically fit are the ones who fall prey to the hunt. Later, primitive people began to hunt in droves. Social consciousness began to take shape. The beginning of the use of primitive weapons: stone, spear-edged spear, scepter, chup, and so on, signaled the beginning of the formation of social consciousness.

The elders of the tribe, who were not able to take part in the hunt, began to train the young people to hit the stone, to strengthen it, and from that time the elements of the cultural process began to take shape. Later, throwing, chasing, or running to escape, jumping exercises began to emerge. It was a time of exercise and elements of physical culture. These exercises are used as the main tool for the process of

modern physical training in athletics, gymnastics, sports games, wrestling, tourism and other sports.The increase in the number of types of exercise was also influenced by human activity. It is known that labor requires a certain level of preparation of the human body (movement) qualities, such as physical strength, endurance, agility, agility. In cultural practice, mainly, people practice the actions they use in their work. The development of physical activity is a source of religious ceremonies, holiday games, dances, military activities, and voluntary actions in the arts. The natural law of the nature of exercise was revealed by the scientific worldview of IM Sechenov and IP Pavlov. According to Sechenov, voluntary action is guided by the mind and intellect and is goal-oriented. Pavlov, on the other hand, discovered the physiological mechanism of action and proved scientifically that action is associated with the accumulation of the cerebral cortex (first and second signaling systems, with the active participation of conditioned and unconditioned reflexes.) The content and form of exercise. Exercise, like all events and processes, has its own content and form. The set of mechanical, biological, and psychological processes that take place during exercise creates the content of exercise, from which the ability to move develops. The content of the exercise also includes a set of its parts (for example, the content of the long jump exercise is to give the body speed, landing, flying in the air, landing links) exercises that are solved during the exercise, as well as functional changes in the body. All of these elements make up the overall content of the workout. The shape of the exercise is reflected in the harmony of their internal and external structure. The internal structure of exercise includes the skeletal muscles involved in this activity, their contraction, elongation, torsion, biomechanical, biochemical connections, energy expenditure, cardiovascular, respiratory, nerve management and other organ processes, their interconnection. consistency. The relationship between biological, mechanical, psychological, and other processes in exercise is different in running exercises than in barbell lifting. The internal structure is different. The external form and structure of the exercise is characterized by the appearance of the exercise, the rate and intensity of time or effort expended on the site of the action. The form and content of the exercise are interrelated, demand each other. A change in content leads to a change in form. Content played a key role in relation to form. For example, the manifestation of the quality of speed at different distances can also lead to differences in running technique (step size, frequency, body position, etc.) The shape affects the content. The physical qualities that are manifested for a particular movement affect the ability to perform that exercise. Therefore, there is a difference between the strength of a swimmer and the strength of a gymnast. achieving rainonal

compatibility of form and content of exercise is one of the main problems of the theory and practice of physical culture. This problem is partly related to motor skills and abilities, as well as physical qualities. Exercise techniques. It is necessary to distinguish between two things: the action performed, the purpose of its performance; b) the way to solve the task. Often the same action is performed in different ways, for example, in the high jump It is possible to run from the left, right, and step with the foot near or far from the bar. In fact, this exercise is different from the one mentioned above, there is an easy, low-energy, effective way to solve a given action (task).The chosen act of action (activity) for the easy and effective solution of the movement task is called an exercise technique. The basis of the technique is the core of the system of movement activities required to perform the movement task. The methods used require the proper display of physical qualities (strength, speed, agility, muscle flexibility, and joint mobility) without disrupting the sequence of the act of movement by harmonizing the parts of the body. If the method is effective, it can be used effectively in practice and retains its vital practicality for a long time. For example, although the Fosbury-floi method of high jump is effective, most athletes still use the peryokidnoy method. For beginners, the "step by step" method is now used. The main part of the movement is the parts of the movement that help to perform the final force in the jumps and throws. In the pedagogical process, mastering the mechanism of the main link of the exercise is considered to be the basis of teaching. Mastering a technique means learning the basics of exercise technique. The detail of the technique is the additional movements that are part of the movement, but do not damage its base, its links, or the smallest parts of the mechanism of this movement. For example, in the long jump, someone starts to accelerate the body with a sharp acceleration, and someone starts the acceleration slowly: a short-distance runner can move on the treadmill, both over obstacles and without obstacles. The installation of the starting pad for the start is different at both distances, they differ in some detail, but this detail does not damage the basic link of the exercise. Rational sports technique. The basic rule of rational sports technique is to make full and purposeful use of active and passive driving forces in the performance of activities, while reducing the forces that slow it down (attenuate, reduce efficiency). Newton's three laws are devoted to mechanical motion. But when it comes to human movements, it is impossible to rely on these rules of mechanics to draw conclusions about the rational technique of exercise. Why? For example, according to the laws of physics, in order to jump as high as possible, in theory, the jump must be done with a very deep study. However, experience has shown that the limit of a person's ability to jump is quite

high, if he is as short as possible in a semi-sitting position, the effectiveness of a short bend jump from the knee joint of the depressing leg can have both positive and negative benefits. in mastering the technique one has to rely not only on the Laws of Mechanics, but also on the highest forms of motion, one of which is the biological laws. The movement characteristics section of the textbook discusses some of the laws of rational sports technique. Below we will focus on the effects of using muscle strength. The optimal direction of muscle tension. Muscle strength should be as close as possible to the direction of activity. For example, we can force the body to throw a spear, but if this speed is not adjusted to the impact of the javelin, the force expended will be ineffective and the spear may not be measured in the intended trajectory. In a low start, the effect of the start is different after the body tilts at an angle of 54 and 72 degrees. Calculations show that when depressing with a force of 180 kg on both legs starts at 72 degrees, the efficiency of the horizontal direction of force does not exceed 55, 62 kg. If the start is made at 54 degrees, the effective crushing force can be 105, 80 kg. To increase the speed of movement, to accelerate the body, it must be subjected to considerable force. The stronger it is, the faster the body accelerates in space. But the speed does not increase suddenly. It takes a lot of power to do that. For maximum speed, it takes a long distance, and it is useful to act with great force. The longer the upper part of the foot touches the ground, the longer the distance between the balls, and the higher the speed of the soles of the feet, the stronger the impact of the ball. Road congestion slows down speeds. The shorter the force, the faster the movement. The faster the body accelerates along a sloping line; the more force is required. Continuity and sequence of power increases. This rule follows from Newton's two laws (inertia and acceleration). The greatest force is needed to start the movement, to overcome the still (standing) inertia. For example, the back muscles of the legs and shoulders use their strength to start trying to pull the barbell to the chest. This is because it requires more stress to stop it or to change the energy of a stationary body, even if it is small. In fact, it can be used to increase the speed of exercise. If the movement is allowed to slow down or slow down at some point in the shot, the beneficial effect of the previous movement can be lost. stand out. The movements should be performed in such a way that when the muscle group involved is finished, the next group of muscles will attach their spine to continue the movement. This, of course, can be achieved through hard work (exercise). In addition, the next movement should be performed with increasing speed, in addition, it should be continued when a certain part of the body participating in the previous movement stops its movement or hangs in the air. Transferring the number of movements

from one link to another. When we say number, we mean the product of the mass of the body and its velocity. When we look at the performance of an exercise with a high level of technique, we can see that the individual parts of the body are involved in the movement in a certain sequence, not at the same time. In some cases, the floor mass of the body exceeds its small mass and moves forward, in some cases it can be the opposite. According to the law of contradiction, in all movements, such actions as rotation, going, meeting, complementing (compensating) must overcome their opposite effects. On a hard treadmill, the sand moves relative to the treadmill without running. The final result during a core pull-up exercise will only show the desired result if you can lean on the ground with two or one foot. If one exerciser uses his power to turn the body of another, the next must be able to adapt to this force and create a counter-force. If it does not create the opposite force, the effect of the exercise is lost. In some exercises, it is necessary not to create resistance, but to weaken it, to reduce it (to fall, to catch volleyball players). Trying to catch the ball can help you catch the ball. Description of actions. Not only physical education teachers, professional trainers, physical culture activists, but all members of the existing society should be able to analyze not only their own actions and activities, but also the actions of colleagues, peers, children and others. During exercise, we come across the concept of coordination. Violation of the norms of formation of this quality can lead to negative consequences. The movements depend on the state of the body in phase (space); to the trajectory of the movement (path); harkatchchng yunalchshiga; amplitude of motion; depending on (deviation); spent on the execution of the «act; speed of movement; the duration (length) of the movement; temna, rhythm, strength. We can describe movements only if we can analyze the above-mentioned states of action. In practice, we describe the position of the body in space, depending on the trajectory (path) of movement. Tanching position, the movement of parts of the body (springs) creates certain elements of movement in space. The fact that the body parts are bent in space, bent, some springs of the body are folded, these poses and postures are constantly changing during movements, etc., in turn, leads to an increase in physical load. Vertical position of the body - hanging and leaning, horizontal lats, horizontal balances, mixed suspensions, supports, etc. The body is bent, bent: leaning forward, with legs bent forward, backward, "big steps" to the sides. The movements of certain joints of the body are a change in the position of the two biological links in a separate part of the human body in space, which can be directed to solve simple motor tasks such as feeding and correction. can be combined into simultaneous, sequential, series, sequential, or short, long movements performed in the oxide.

This allows you to solve tasks from the simplest to the most difficult. The coordinates of motion are determined by the spatial boundary of the body relative to another part of the body, determined by straight line and angular measurements, relative to the relative position of the body or its springs (starting line, gymnastic equipment, arrow, etc.) before the calculation.

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