



TO STUDY THE ANTHROPOMETRIC PARAMETERS OF CHILDREN AND ADOLESCENTS INVOLVED IN ATHLETICS

Hikmatova Madina Furkatovna

Bukhara State Medical Institute, Assistant of the Department of Traditional
Medicine and Occupational diseases

doktor.hikmatova@gmail.com, 90.5121524

Annotation

Children from 8-9 years old who have a medical admission to classes are allowed to classes at the sports and recreation stage. The main one at this stage is physical culture, health improvement and educational work aimed at strengthening health, versatile physical fitness, mastering vital motor skills and qualities, familiarity with the basic technique of not only athletics, but also other sports. Classes should be structured so that children enjoy physical activity, the interest of children in sports and their introduction to athletics is fostered; at this stage, there is an initial training in technique and tactics, competition rules; development of physical qualities in general and taking into account the specifics of the types of athletics, education of the ability to compete individually (physical and technical training) and collectively (relay races, outdoor games) ..

Tasks of sports training at the sports and recreation stage

- Health promotion;
- Improvement of physical development;
- Identification of inclinations and abilities, instilling interest in training sessions;
- Versatile physical fitness;
- Mastering the basics of exercise technique;
- Education of a stable psyche.
- Strengthening of the musculoskeletal system and the cardiovascular system by means of general (GPP) and special (SPP) physical training;
- Development of physical qualities (speed, strength, speed-strength, endurance);
- The beginning of participation in competitions in certain types of athletics all-around;

Keywords: Classes, strengthening, training, compete, improving physical development, mastering, education, physical culture, competitions, special, development of physical qualities. vital, pleasure, technique and tactics, individually, collectively.





Relevance

Endurance - plays an important role, and occupies an important place in the Well Life Span each person. Maintaining high performance for a long period of time contributes to the high efficiency of labor and mental activity. Endurance is the ability of a person to perform long-term work, of any orientation, in the absence of a particular decrease in working capacity. The level of endurance is usually determined by the time, which directly depends on the intensity of the load performed. Endurance will be higher if the work performed is longer and more energy-intensive .

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It is known that in children from 7 to the end of 12 years, sex differences appear in the size and shape of the body, as well as an increase in growth in length begins. During this period, puberty in girls begins on average two years earlier than in boys. At about 10 years old, girls overtake boys in body length, weight, and shoulder width. Especially quickly in girls during this period, the lower extremities grow, and there is also an intensive increase in the massiveness of the skeleton. During the second childhood (8-12 years), especially in girls, an increase in the secretion of sex hormones begins. As a result, by the end of the second childhood, secondary sexual characteristics begin to develop .

Recent studies by scientists in sports show that moderate physical training does not have any negative consequences for pregnant women, that you can stay fit in endurance running, exercising both during pregnancy and during lactation. This does not affect the health of the mother or the health of the child. Of course, all this should take place under the supervision of a doctor and a coach, and only for athletes with extensive training experience, well-trained and in excellent health. To determine the level and harmony of the physical development of children, the most





common method is based on centile tables. This method is easy to use, since it does not require any calculations and makes it possible to assess the rate of individual development of a child in ontogenesis .

Basically, in preschool age, attention should be paid to the indicators of length, body weight and chest circumference in accordance with the age and gender of the child, while the assessment of head circumference indicators is usually most relevant only in the first years of life .

In the 40s - 50s. In the works of anthropologists, the method of indices was criticized due to the fact that some of the indices were based on a false idea of a proportional change in the compared characteristics. However, in subsequent years, some indices began to be used again, since a high correlation was found between the considered characters, approaching unity in inter-age comparisons. The most common indices in use include two characteristics: weightfor- growth and breast- growthrates. By veso rostovym indices include:

- Quetelet index I (IC I), which is calculated in children during the neonatal period. It reflects the nutritional status of the child in the prenatal period .

- when examining both the child and the adult population, the Quetelet II (IC II) index objectively reveals both deficiency and excess body weight relative to height and depends little on the characteristics of the physique and constitution of the child. It is widely used.

- the Rohrer index (IR) is a group indicator of a fraction of - and brachymorphia. Moreover, ecologists explain the nature of these features by adaptation to climatogeographic living conditions of various populations . By thoraco the weighting indices are:

- Pigne index (PI), which characterizes the strength of the physique. The lower the index, the stronger the physique.

the Vervek index (IV) is used to determine the constitutional type of physique, defining dolih about - , meso-, brachymorphic types . Despite the standardization of physical development studies, there is still no single approach in the methodology for assessing it. Currently, there is a search for the most informative methods for assessing the indicators of physical development and their standards . Along with the established acceleration processes in the physical development of modern children, an increase in the proportion of overweight children and adolescents is increasingly observed, and according to WHO studies, overweight occurs in 14% of children in economically developed countries . In Bukhara, about 30% of the population is obese and 25% overweight . Obesity





affects 3 - 5 to 20% of children in Bukhara. Some researchers believe that overweight in childhood leads to obesity in adulthood, while others question this connection. Overweight is an acute problem, as it can lead to the development of serious diseases. Childhood obesity can provoke type 2 diabetes mellitus, which later in adulthood can lead to such serious complications as atherosclerosis, coronary heart disease, stroke, myocardial infarction and even sudden death. In his work, he noted that overweight in girls in childhood leads to early onset of puberty, which entails early sexual intercourse, teenage pregnancy, as well as obesity and cancer of the reproductive organs. There were also scientific publications in which the lagging of the morphometric characteristics of physical development in modern children was established in comparison with children of past years. This trend indicates the opposite process of acceleration - deceleration (slower growth and development of the body). The various deviations, according to WHO, are based more on nutritional, environmental, health factors than genetic and ethnic reasons. According to an international study, under favorable living conditions for children (non-smoking parents, breastfeeding, a healthy diet and prevention of infections) from different countries, the same patterns of their growth and development were revealed at the age of up to 5 years. The physical development of children is influenced by various endo- and exogenous factors, which include: genetic predisposition, constitutional characteristics of the body, congenital or hereditary pathology of growth and development, ecological treatment, climatogeographic, socio-economic and sanitary-hygienic living conditions, as well as the number, quality of nutrition and intensity of physical activity. Since the most intensive growth and development of the child occurs in utero, therefore, the factors corresponding to this period play a very important role. If during this period there is a malnutrition of the fetus, then the child may be born with a growth deficit and / or low body weight.

Analysis of anthropometric indicators of schoolchildren in the age of districts showed a pronounced deficit in body weight. The authors associate this deviation with the poverty of the population, which entails prolonged starvation, unbalanced nutrition with a deficiency of trace elements and vitamins, which subsequently led to a deficiency in body weight and stunting.

The study showed that boys in areas with stressful environmental situations lagged behind their peers living in favorable areas. In girls, in terms of total body parameters, the differences are less pronounced, which testified to their great adaptive capabilities and ability to withstand anthropogenic loads. However, in girls, the variation in body weight is more pronounced than in body length.





Thus, the physical development of the child population is influenced by a wide range of factors. Each of them, both individually and in aggregate, can lead to deviations from the normal level, which can subsequently lead to disorders in the state of health of children. Therefore, constant monitoring of the physical development of the child population is necessary for the timely detection and prevention of deviations.

Recommendations

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