



WOMEN'S SPORTS IS A KEY LINK OF PHYSICAL CULTURE

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Annotation

The issues sports and physical education have become an integral part of people's lifestyles. It is important to create wide opportunities and conditions for young people, to guide them in the right direction, to bring them up spiritually, to help them become mature people in all respects

Keywords: physical culture, women's sports, physical performance

Introduction

The development and popularization of physical culture and sports in our country and its transformation into a nationwide movement is an important factor in strengthening the health of citizens, the harmonious development of the younger generation. Therefore, the state of physical culture and sports in our country special attention is paid to it as one of the important directions of the policy.

One of the important factors in the success of Uzbek athletes in the international arena is the special attention paid to mass sports among students.

Independent Uzbekistan, which has gained a reputation in the international arena in a historically short period of time, is known not only to the world as a country of ancient culture, great thinkers, scientists, poets and commanders, but also as a country that has achieved great success in the international sports movement.

There is no continent or any major sports conference in the world without the national anthem of Uzbekistan and the raising of our flag in honor of our athletes.

Now we can safely say that Uzbekistan has become a major sports power and has passed the path that other countries need for many years in a historically short period of time.

As a vivid example of this, we can cite the world-class achievements of Uzbek boxers at the XXXI Summer Olympics in Rio de Janeiro in 2016.

Today, sports and physical education have become an integral part of people's lifestyles. It is important to create wide opportunities and conditions for young people, to guide them in the right direction, to bring them up spiritually, to help them become mature people in all respects. Our young people should be not only well-educated and spiritually beautiful, but also healthy, fit, physically strong. To do this,





it is necessary to pay attention to the popularity of the sports movement, to develop physical education, to strengthen the willpower of young people, to prepare young men and women for physical labor and defense. One of the important directions in the development of sports in our country is the involvement of girls in sports, the creation of the necessary conditions for their regular participation in mass sports.

The best way to ensure the popularity of sports in the country, to pay special attention to the development of children's sports, especially women's sports - is to ensure the healthy birth, growth, upbringing and ultimate goal of the children of Uzbekistan.

The goal is to improve the gene pool.

Events organized by the Children's Sports Development Fund of the region, construction and reconstruction of sports facilities, delivery of domestically produced sports equipment to remote villages in the upbringing of our children, especially our women, to be spiritually and physically fit serves as an important factor.

It is noteworthy that the future plans in this area are focused on finding solutions to problems and their solutions the fact that coaches are working is an important factor in the popularity of the sport among girls.

Today, 48% of girls in the cities of the country and 45.7% in rural areas are involved in sports. This figure also testifies to the rapid development of women's sports in all regions of the country.

Along with strengthening the health of girls, sports are expanding their worldview and raising their medical culture. The girls, trained in the classes, have a deep understanding of their responsibility to the family, society and homeland, and are married to a healthy and happy person.

Many girls have become professional athletes and are achieving great results in competitions in our country, on the continent and around the world. The fact that 38 girls were awarded the Zulfiya State Prize for their achievements in sports is an example of the attention paid to women's sports.

The State Program "Year of Healthy Mother and Child" sets out a number of measures to bring the work in this direction to a new level, to involve women in physical culture and sports, to strengthen their health.

In our region, special attention is paid to the transformation of physical culture and sports into a daily lifestyle for women through various health promotion events, competitions, tournaments, educational events.

The work carried out in this area at the Faculty of Physical Culture of Bukhara State University is also noteworthy. If we analyze the work done in the past 2012-2017, ie 5 years in the development of women's sports, we will see the following significant results:





- First, in the last 5 years, the number of female students at the Faculty of Physical Culture has increased by 20%.

- Secondly, 23 female students play sports became winners of Uzbek, Asian and world championships in various fields.

As you know, to assess the general physical fitness of a person and the level of his physical fitness, quantitative indicators of aerobic endurance are of the greatest importance. An objective indicator of human health is a multiple increase in oxygen consumption. However, this statement does not always coincide with the statement of experts that the main indicator of human health is the activity of the cardiovascular system.

Based on systematic studies, it has been established that in order to maintain and improve the health status of people of different ages, genders and people with different initial physical performance, different threshold loads are required (Tkhorevsky, 2001).

At present, we have established the main parameters of physical activity, determined the intensity (power) and duration of performance, as well as the frequency of classes per week, which together determine the total volume of the load. At the same time, their mutual influence is so great that it is not possible to single out the relative role of each of them and the degree of interrelation between them.

It is known that the lower the level of a person's physical fitness, the less the intensity of the physical training load should be. At the beginning of classes, the intensity of physical activity is not recommended to be set more than 50-60% of the IPC, or 60-70% of HRmax. Therefore, to determine the required heart rate load, a simple formula is used: $180 - \text{age (in years)}$. As the physical fitness of a person increases, the intensity of training loads (in pulse terms) is increased to 70-80% of HRmax. Only under this condition is positive effect and improvement of human physical health.

The systematic performance of physical exercises by a person causes at least two positive functional effects:

1. The maximum functionality of the whole organism as a whole and its vegetative systems (blood, circulation, respiration) are enhanced. This is evidenced by the growth of the maximum values of physiological parameters characterizing the activity of these systems during the performance of test physical loads.

2. The efficiency of the activity of the whole organism and its organs and systems increases when performing dosed muscular work. So, in particular, when performing the same load in a trained person compared to an untrained person, or in the same person after a 2-3 month period of aerobic training, there are weak functional changes (heart rate, blood pressure, pulmonary ventilation, body temperature), as well as





reducing energy costs (for example, reducing oxygen consumption) when performing the same load.

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