

## WAYS TO ORGANIZE LABOR AUTONOMY IN PHYSICAL EDUCATION AND SPORTS AND REDUCE INJURIES

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### ABSTRACT

This article discusses ways to improve occupational safety in sports and the educational institution's gymnasium, outdoor sports field, as well as sports equipment and any additional equipment used in the classroom to meet safety standards and improve working conditions.

**Keywords:** Sports, Physical Education, Labor Protection, injury, student.

### INTRODUCTION

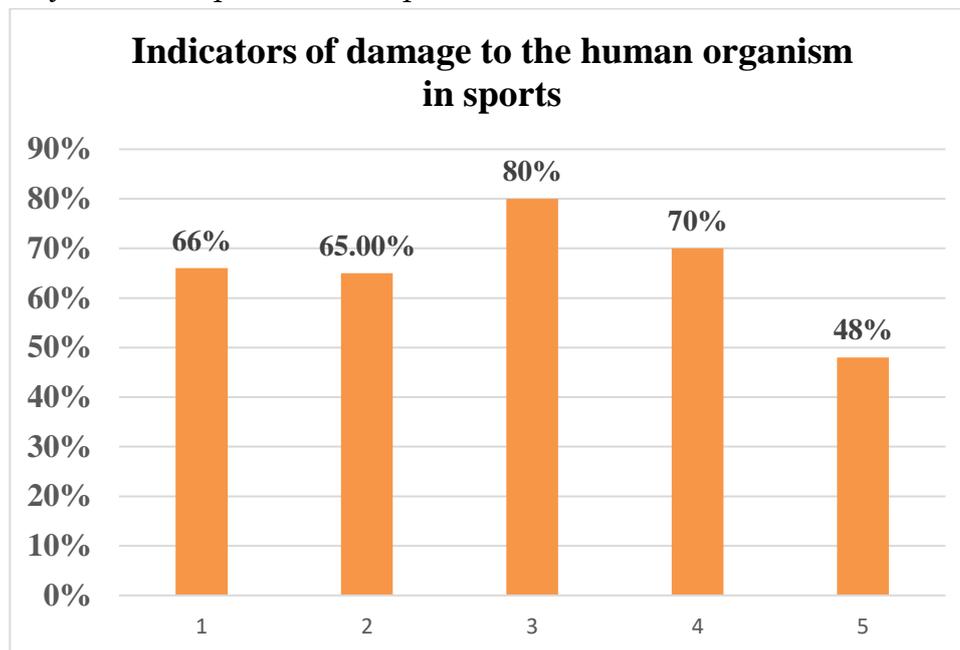
The issue of the development of the field of physical education and sports in Uzbekistan is considered at the level of Public Policy, which is used as a guaranteed means of improving the gene pool of the nation, educating the generation of physical and intellectual potential, and as an important area of strategic importance in promoting the ideas of national independence. It is not a secret for anyone today that it was thanks to independence that a high level of change was made in our country towards the development of this network. In order to competently educate the younger generation, sports complexes have been built that meet the requirements of state standards and are effectively operating. It is necessary that physical education and sports are an integral part of the general culture of citizens of the country.[1] Physical fitness is the most important condition for being healthy, and its improvement is the wellness of physical education activities in schools- it is directed to the Rish and depends on the high level of transition. The lessons of Physical Education organized in the traditional way are aimed at developing a certain physical capabilities of schoolchildren, the formation of knowledge and qualifications characteristic of those of this age, knowledge that meets the requirements of physical education. A total of 51,300 sports facilities, 27,573 of them in rural areas, were built and put into operation in our country as of 2017. They have a total capacity of 2,663.3 people per day. The number of physical education and sports clubs is 12,312, of which 7,303 operate in rural areas. Including 78 physical education and sports clubs in higher education institutions, 11 in labor communities and 18 in other organizations, there are regular activities. Today, the total number of children participating in physical education classes is 6465030. Of these, 5179511 are engaged in schools, 83566 in academic lyceums, 1062531 in vocational colleges, 139422 in children's and junior sports schools. The number of girls participating in the Sport is 3,154.5 and the number of boys is 3,310. 5. A total of 8,201 people participate in Uzbekistan's wellness groups. The tests "Alpomish" and "Barchinoy" are considered the program and the main basis of the system of physical education of the population. But despite the creation of so many opportunities, the issue of improving the labor autonomy of sports facilities remains an issue at the second level. And the fact that Labor

autonomy in sports halls is not good, which leads to unfortunate events of athletes, does not remain without affecting the physical fitness of athletes. Accidents with students have been and remain a tragedy in the educational process, causing grief to parents, teachers. The accident leads to a huge loss of workers first aid and it will take time for further medical treatment. Many different specialists are distracted from their main work on the examination of the accident. The funds are spent on paying the salaries of all specialists involved in this process, treating and rehabilitating the victim. As a result of the fact that physical education classes always increase, the risk of injury remains high. This puts high demands on the physical education teacher to perform safety techniques. In sports, very few scientists have been trained to improve labor resistance, especially Platonov V.N., Perasalo O scientists have covered sports injuries. Most scientists are interested in the issues of socio-economic consequences of injuries in sports, accounting, analysis and Forecasting, Prevention or mitigation of injuries in all types of sports related to movement activities Platonov V. scientists and researchers from foreign countries and the Republic.N., Perasalo O., Vapaavuori M., Louhimo L. Vuori I., Aho A.J., Karakorpi T. Axelsson R., Are detailed in the scientific work of Renstrom P et al.

### **MATERIAL AND METHODS**

Student injury accounts for 8-10 percent of the total injury. Injuries received in physical education classes are 20%. Although we take sports injuries are not the first place in the overall structure of injuries, but in terms of weight and ratio of bone fractures, they are second only to road traffic injuries. Therefore, damage to students (especially physical education and sports during classes) requires a lot of attention, learning and the implementation of preventive measures at all stages of physical education. Compliance with labor protection and safety measures in sports are important components of the factors of maintaining student life and health and are necessary and prerequisites for the successful conduct of physical education training. The labor activity of physical education teachers is clear. Physical education, unlike most other academic disciplines, can be very traumatic, due to the high physical activity of students and, therefore, requires special adherence to safety and labor protection measures. This, on the one hand, is aimed at strengthening the health and sports training of those involved, while on the other hand, it is related to the health of the professionals themselves. This is reflected in the content of labor protection. Labor protection is the maintenance of life and health of workers, including legal, socio-economic, organizational-technical, sanitary-hygienic, therapeutic-preventive, rehabilitation and other measures. [2] Research results. The elimination or drastic reduction of sports injuries is achieved by establishing, applying, implementing rules for sports, requirements aimed at organizing training exercises, sanitary and hygienic requirements that determine the microclimate and weather conditions of sports facilities, technical requirements for sports equipment and equipment, requirements for legal and regulatory documents of labor protection and safety equipment, creating and applying innovative solutions aimed at preventing Leg injuries are 66% in most sports, such as athletics and wrestling. Boxers have more head and face injuries (65%), basketball and volleyball players (80%) have Palm paws, tennis players and young gymnasts (70%) have elbow joint, and players have knee joint

injuries(48%), (Figure 1).Minor injuries are more common in sports injuries (90%). The severe relief of sports injuries is dependent on sports.



**Figure 1.1. Wrestling (legs), 2.Boxing (facial Part), 3.Basketball (Palm Part), 4.Tennis (elbow part), 5.In players (knee part)**

In order to be accepted to carry out educational and educational work, it is necessary to have physical education classes, a teacher, in addition to professional skills, knowledge in the field of standards and state acts for the protection of labor in the classroom. The teacher is responsible for life and health he is currently engaged in. Extracts and extracts included in the proposed section are the main regulatory legal acts, documents, guidelines for the safety of physical education and sports in the educational institution, the number of managers, specialists and employees responsible for the powers of state bodies regulating their activities. The physical education teacher (teacher) or the person conducting the lesson during extracurricular work is directly responsible for protecting the life and health of students and is obliged to: - before starting classes, a thorough examination of the place to conduct training, make sure that the sports equipment works well, the reliability of the installation and fastening of equipment, compliance sanitary and hygienic conditions in accordance with the requirements, giving instructions to the place of training with these rules to inform students about procedures, sequences and safety measures during the exercise of Briefing is carried out in addition each time the conditions change to conduct classes, for example, a year in introductory classes at the beginning of each semester of current study, from a sports or gym to outdoor areas when moving to winter views - teach students safe techniques to perform physical exercises exercise and control their compliance with safety measures but strictly adhere to the principles of access and learning sequences. In the hall, in the zone there should be nothing from inventory in classes, except stationary sports equipment. - according to the results of the medical examination, the health, readiness and functionality of the student, if necessary, provide insurance; if the student develops symptoms of fatigue or complains of discomfort and poor health, it will be necessary to immediately send him to the doctor. If an

accident occurs during physical education, the teacher is obliged to provide first aid, call a doctor or help with delivery to the nearest medical institution; 1. After the end of training, all equipment must be removed. In the place where it is intended for this, you need to act carefully, it is made sure that there is no, to eliminate the voltage and detected defects in the electrical network. 2. The administration of a general educational institution is charged with responsibility for the suitability of sports equipment and equipment, compliance of sanitary and hygienic conditions with the requirements for the place of training under these rules. 3. Medical personnel are responsible for maintaining the health of students, as well as for conducting medical and preventive measures in the prescribed manner, which will help to carry out sanitary control over the places and conditions of the educational process in the process of physical education. 4. Training using improper equipment or sports equipment without special Sportswear is not allowed. 5. The decision that sports events cannot be held. Due to the unfavorable weather meteorological conditions, outdoor activities are given by local authorities. Of course, this system of youth and reserve sports was not perfect enough. The schools' performance was different, many of which did not result from year to year in terms of interest in Olympic teams (Bauer, 1986). In schools, unlike the sport of the GDR, there were many athletes who did not hope for the position of interests of the national teams, the optimal proportions of athletes in the initial training phase and in the later stages of the long term. The improvement is significantly impaired. The optimal ratio is that at least 75% of children are in primary preparatory groups, 23% in training groups, about 1.5% in sports improvement groups, 0.50% - in high sports skills groups (Figure 2). Indeed, early preparatory groups did not contain more than 35-40% of students, and the main contingent (about 60%) was in study groups. This prevented promising children from being involved in preliminary training and preliminary selection, and kept many children unable to achieve many sporting results in the Olympic sports system.[3]



**Figure 2.1. In the initial preparatory groups 2. In training groups.3.In sports improvement groups. 4. In high sportsmanship groups**

There is a high risk of injury associated with the fact that physical education classes have always increased. The teacher, as well as each student, must strictly adhere to the established rules. The management of the educational institution must ensure compliance with safety

standards of the gym, outdoor sports children's playground, as well as sports equipment and any other items and equipment used in training. In physical education classes, safety measures imply that students are familiar with it even before starting. During physical education classes, perhaps the influence of the following factors on students: - injuries caused by falling on a hard surface or on the ground; - injuries in the throwing area; - injuries due to poor warming; - collision injury and sports violations; - injury inventory in case of violation of the rules for playing sports. Acute injuries are dominated by external factors, and fatigue, cumulative injuries are usually caused by a combination of internal and external risk factors Injury prevention should include several areas: organizational, material and technical, biomedical, psychological, sports and pedagogical. Each of them has great opportunities for risk factors, prevention of sports injuries, quick and effective treatment of sports injuries, recovery after them and improving the effectiveness of sports training. Risk factors for sports injuries are usually divided into two types: external and internal factor (see Table 1) [4; 298-314 b.]. Knowledge of these is especially important for the Prevention of sports injury, which is relatively common in specific sports.

**Table 1.1 Risk factors for sports injuries**

External factors		Internal factors	
		Impossible to influence	There is an opportunity to influence
Sport (contact, contactless) Rules Game time Level of play Play-off	Playing field surface Weather Season time, Time of day Sanitary and hygienic state of the sports field Sportswear (special shoes)	Previous injury Age (development stage) Sex Somatotype	Readiness level Previous sports Flexibility Power Flexibility Joint stagnation Biomechanics Proprioception Tangled writing sessions structure Spiritual (spiritual-social factors)

**Analysis of the results of the study**

Work in sports improve the customization focusing on the part of the surface of the sports fields, being able to choose the athlete's sportswear muxim plays a roll. The reason is that sportswear should be suitable for sports, sports shoes should be suitable for a sports field, which will prevent premature injury. Skin integrity disorders are usually associated with the density of elements in the bones. However, a more serious factor in danger depends on the size of the external forces caused by the anatomical features of the athlete, the technique of movements, the design of sports shoes. The design of sports shoes is to correct the structure of movements, eliminate the negative effects of skeletal geometric structure and reduce the likelihood of injuries, [5; 98-108 b.] helps to improve productivity in training. The use of materials of different densities when creating shoes, the profile of the sole, the features of the design of the support (Garden transfer) Hole The Shape of the toes, The Shape of the stabilizing part of the heel have a significant impact on the formation of the training technique. Reduces the load on the most vulnerable parts of the foot (primarily the knee, ankle, ankle)

during movement, contributes to a more effective and natural recovery process after injuries. Sports shoe manufacturers invest a lot in the research and production of shoes with high depreciation properties. Air-filled pads, the application of various soft objects under the sole of the shoe, reduce the likelihood of significant damage to the forces of impact between the foot and the surface during the movement process. High air temperatures, especially high humidity, can cause various types of heat damage - muscle spasm, temperature drops, heat stroke. The likelihood of thermal damage depends on various external factors (temperature and humidity, wind speed, sunlight) and the athlete's behavior (lack of thermal acclimatization, work in conditions of fatigue, dehydration of the body and inappropriate clothing). Hypothermia or cold stroke, failure to eliminate risk factors at low temperatures can lead to cold damage [6; 265-280 b.] Sports fields should be solid, a football field - with a grass coating. Synthetic and polymer coatings must be cold resistant, sports equipment must be manufactured from objects that do not touch harm to people made of materials harmless to student health. Physical education and sports equipment must match the height and age of students [7]. Areas for open-plan sports facilities should be located close to green, if possible plantations and natural reservoirs should be removed from sources of noise and air pollution, as well as from highways with heavy traffic at a distance of no less than the standards for residential buildings. Outdoor sports fields should be located at a distance of at least 10 m from training buildings and should be a perimeter fence with a height of 0.5-0.8 m. Non-poisonous, thornless fruit bushes are allowed to be used as a trellis. It is not allowed to place it on the side of the windows of educational institutions [8]. The equipment of the sports field must be provided for the implementation of training programs in Physical Culture, as well as the holding of sectional, sports and entertainment events. Open-plan sports facilities should have a special coating with a non-smooth surface [9]. Grass (sports grass) should be low, thick, frost-resistant, resistant to trampling, as well as resistant to dry and rainy weather. Tennis requires guarding fields, towns, discus throwers, hammers, and spears. Throwing shells (spear, hammer, disc) should pay attention to safety measures. Throwing areas should be located in a clearly visible place, at a considerable distance from public places (footpaths, roads, etc. Outdoor sports facilities must have auxiliary rooms for coaches, teachers, instructors (domestic buildings, separate for men and women; administrative and auxiliary rooms, including coach-teacher and doctor's workroom, etc.) and spectators (toilets, separate for men and women, etc.) [10]. Gyms must be adapted to direct natural light. The approximate area of the Windows is determined by the percentage of the area of the floor of the room. Halls should be used as light sources for vans, such as ceiling lamps, equipped with silent ballasts, or incandescent lamps with fully reflected light or mainly reflected light distribution, 30° is not allowed during the use of luminaires with less than protective angles. In gyms, projectiles should be provided, depending on the area of the gym, dressing rooms for practitioners, an area of 16-32 m<sup>2</sup>, an area of 10.5 m<sup>2</sup> (in the amount of at least 0.18 m<sup>2</sup> per person), a shower, 9 m<sup>2</sup> each, toilets for girls and boys, 8 m<sup>2</sup> each, a room for teachers, an area of 9 m<sup>2</sup>. The air temperature in the gym should be + 15-17 ° C; in the changing rooms - + 20-23 ° C, in the rain - +25 ° C, the air exchange frequency in the changing rooms - 1.5 m<sup>3</sup> / h, in the shower rooms - 5.0 m<sup>3</sup> / h. The gym is thoroughly cleaned before the start of training, after each lesson, at the end of the working day. Physical education and sports activities should be held in well-

groomed gyms. Ventilation of indoor sports facilities should be carried out from the natural end to the end of ventilation of the hall through windows and lights, as well as in the method of use. Special ventilation devices, and devices should always be in good working order, undergo planned preventive maintenance, periodic technical and sanitary hygiene tests. Test results are recorded in a special journal. Ventilation and heating during physical education, the air exchange should be 80 m<sup>3</sup> / h per person and the air temperature should be at least + 14 ° C. During classes in the hall, windows on the door side should open one or two if the outside air temperature is higher than + 5 ° C and the wind speed does not exceed 2 M/s. At lower temperatures and higher airspeed, Hall training is conducted with one or three transoms open. If the outside air temperature is below minus 10 ° C and the air speed is above 7 M / s, it is carried out for 1-1.5 minutes in the absence of students by ventilating the hall; during large breaks and between shifts - 5-10 minutes. When the air temperature reaches + 14 ° C, the gym should have ventilation. All these are ways of protecting labor in sports. Conclusion. Safety measures in physical education classes participants get acquainted with them before the start of training. Safety rules are aimed at minimizing injuries during training and are mandatory for all participants in the training process. It should be borne in mind that each side of the training of athletes depends on the level of excellence that is, after labor protection, it is the main issue to ensure the premature injury, desolation, amputation of the athlete. So in a word, labor in sports facilities is obtained in exchange for improved resuscitation, in which athletes will meet unfortunate employees.

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