

**SPORTS TRAINING IN THE SPORT OF WRESTLING AS A MEANS OF RECOVERY**

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**ABSTRACT**

A physically perfect generation is formed through upbringing and maturation, through a culture of a sustainable lifestyle. For him, the main criterion is the health of the individual, the level of his health. Health, and health dates back to the maturation of the human body, and the laying of its cornerstone occurs from the earliest period of its biological age. Achieving great goals, prosperity, and building a decent life for humanity depends, first of all, on the members of the existing society – our future, the young generation striving for perfection. The generation of smart, wise, capable children is an immortal Eastern philosophy with a spirit of scientific values, an old dream of our great-grandfathers with universal spiritual feelings.

**Keywords:** physical perfection, activity, training, healthy lifestyle, society, movement, stylus, tissue, skeletal muscles, means of education, physical culture.

**INTRODUCTION**

Wellness trainings, in their essence, have a worthy place in the structure of the physical culture of a healthy lifestyle in the form of a tool, which implies the preparation of members of society for their daily vital activity of the organism, the emergence of the necessary biological energy for this activity and their use in the process of mental, physical labor. The phenomenon of building a sustainable lifestyle culture on a healthy basis has scientific-theoretical definitions and interpretations of various contents from antiquity to this day. It is served by the physical culture of a healthy lifestyle and its training, their main STs, as one of the leading tools in the implementation of a harmonious generation education in its worthy aspects, as part of its current definition.

The main purpose of the means of wellness training is the active use of muscles, which is extremely important. Academician of the Russian Federation Yu.I.Evseev's (2008) study - — - responded with the theory that working muscles, muscles, impulses cause a potential. It found that impulses can stimulate the activity of the metabolism, nervous system and all other organs in the organism involved, improve the state of oxygen use of tissues, prevent the formation and accumulation of excess fat in our body, and strengthen the property of protecting the body from the harmful effects of the external environment. The theory about the improvement of the functioning of our internal organs with the establishment of skeletal muscle activity through wellness training – motor visceral reflexes (M.R.Mogendovich) substantiated that it positively affects their activity by transmitting impulses (power) of a certain frequency from their movement through the central nervous system to internal organs, through nerve fibers that have an existing microscopic appearance on the muscles, spindles, muscles –connecting ls to the bones. If, taking into account that the group of muscles involved in the activity of movement can adversely affect the normal course of the work of our organs,

the strength of the impulses that occur if the group of muscles is not able to achieve a sufficient level of tone or develop to the level necessary, physical fitness, the impact on our internal organs is weak, and

Our grandfather, Abu Ali ibn Sina, created a classification of educational means-physical exercises, without the emergence of a theory of physical culture, not limited to predicting that all the diseases that were treated without surgical intervention – were treated with periods coming and only by means of movement. That is why it is important to categorize, systematize and recommend to practice the tools of wellness training and the theory of their use and the tools that apply them in practice.

### **Research tasks:**

- a) The content, forms of wellness trainings, the theory of the use of general and special tools used in them and the theoretical analysis and generalization of literature materials related to the methodology of organization;
- b) The role of means of wellness training in the lifestyle of students, students and young people in educational institutions of our country and the degree to which it is integrated into practice;
- C) Tools used in their content, structure of wellness training sessions.

Theoretical and practical significance. We have already tried to collect the available theoretical and practical material, which is expressed in the methods of carrying out mass – used types of health training, such as walking, running, swimming, cycling, tourist trips (one-day, multi-day), winter skiing, skis (in artificial fishing resorts in our climatic conditions), Sports Games-volleyball, basketball, minifootball as a means of wellness training.

The main percentage of respondents who participated in our sociological studies of physical activity among the population, especially children, adolescents, students and young people, studying the cause of low activity of movement, led to the absence of free time for wellness training (45%). In fact, it also takes time to find the time to deal. Even more important to practice certain physical activities, mass sports, a sports field, a treadmill or a swimming pool (swimming pool) will be necessary. There are also no excuses that they need to be spent on distance (17%), transportation to go (20%), fares – funds (8%). In fact, they cited special equipment, one of the activities that did not require funds, at home, as a reason why they were melted to perform even the simplest "morning hygienic Gymnastics" exercises (10%).

Many of the participants in our studies noted that the reserve of their knowledge on the formation of hygienic gymnastics exercise complexes is low (37%).

In conclusion, we have discovered through literature analysis that physical downloads during wellness training can delay the passage of hidden underlying diseases, causing them to go hard. The effectiveness of wellness trainings is inextricably linked with the functional state of the body. It has been proven in practice that neglect of such a state moves away from the intended target.

### **In conclusion, it can be said that:**

- 1) to proceed to complex movements after the simplest movements, to follow the rule that sharp movements should be performed in the middle of the workout, gradually increasing the pace of performance of each act of movement or activity of movement;

2) the exercise, the selection of the load norm that occurs when performing their movements based on their internal capacity (receiving expert advice if they do not know), the movement, the transformation of the exercise into a habit of mastering and performing the exercises step by step until a certain qualification is characteristic; walking is the simplest and most useful tool that gives health to You can walking a lot is useful at all ages, but it is better to accustom yourself to walking a lot from a young age. It has been scientifically theoretically proven that those who are accustomed to walking a lot from an early age get rid of a habit that is extremely harmful to the human soul and body, which is called.

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