

## ASSESSMENT OF STUDENTS 'PHYSICAL HEALTH AND GROUPING INTO GROUPS ACCORDING TO THEIR MEDICAL PHYSICAL CONDITION

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### ABSTRACT

The use of new pedagogical technologies in the process of physical and fitness activities of students, research, approach to the process of training, taking into account the personal interests and physical abilities of students, their formation in physical activity, guidance and advice on student health I think it needs serious attention. In this short article, we will try to assess the health of students and conduct research based on their medical condition in groups.

**Keywords:** Healthy lifestyle, physiological maturity, experimental, psychophysical development, respiratory system, functional status, hand dynamometry.

### INTRODUCTION

Today in our society the role of sports in the formation of a healthy lifestyle, the correct and effective organization of leisure time of young people is invaluable. Physical education is becoming more and more deeply embedded in the lives of students, as it is a means of maintaining and strengthening the health of the person, his physical development and the rational use of free time. The development of physical culture and sports in our country is a means of educating the younger generation as a physically fit person. Physical development is the emergence, change and improvement of biological forms and functions in the body. This process is governed by the laws of structure, change and quantitative and qualitative changes of the organism and its environment. As a result of social development, the production of physical features, culture has created an opportunity to achieve high results in science and sports. The structure of natural vital forces and organisms, passed down from generation to generation, is the basis for human physical development. However, the direction of physical development, its nature, level, as well as the qualities and abilities that a person develops in many ways depend on living conditions and upbringing.

The issue of student health is one of the most pressing issues facing society and the state, as students are one of the most representative groups of the country's youth. Students are the most dynamic social group in the period of formation of social and physiological maturity, which is well adapted to social and natural environmental factors and at the same time has a high risk of health disorders. The most effective means of solving these problems is a reasonably organized physical activity, a healthy lifestyle, extensive use of physical culture tools.

The urgency of studying the problem of the health status of student youth is related, on the one hand, to the need to achieve the most complete correction of the state of health in various diseases, and, secondly, to the creation of conditions for active work and social life. All of the above makes it possible to consider the health problem as a priority area of in-depth scientific research.

In this short article, we will try to assess the health and physical development of students at Andijan State Medical Institute and use the following methods to assess the state of health and physical development: analysis of scientific and methodological literature, surveys, observations, anthropometric measurements (Express assessment of the level of health includes the following indicators: body length (height), (cm or m), body weight, (kg), chest circumference, (cm), cardiovascular (HR, SBP, DBP) and functional status of the respiratory system (VC, VH), physiological research methods, etc. I think it is expedient to apply in practice. In particular, physiological tests of experimental and basic groups Analyzing the indicators, we found that the indicated indicators correspond to the age norms, and at the same time the differences in the experimental and basic groups on height, body weight, chest circumference, DO, MO k will not be transmitted. Average experimental (65.3 beats / min for boys and 72.9 beats / min for girls) and basic (68.6 beats / min for boys and 71.2 beats for girls) times / min) heart rate does not exceed the physiological norm. . However, in 23% of cases in boys (12 people) and in 34% (13 people) in girls in the experimental group, an increase in BPsist was noted, which, if detected continuously, can be considered as borderline arterial hypertension. An increase in BPsist was recorded in only 8% (2 people) and 12% (3 people) in girls in the main group.

Discrepancies appear in the VC indicator between the experimental and baseline groups. Thus, the mean VC = 3697.2 ml in young men of the experimental group, which indicates weakening of the respiratory muscles, decreased elasticity of the lungs and chest, venous congestion in the pulmonary circulation. There is a similar trend in the girls group.

Informative is an assessment of the functional capacity of the cardiovascular system under conditions of physical stress (Rufier index). This functional test allows the assessment of forms of adaptation and restorative reactions to muscle function. Analysis of the results of the study showed that 72.1% of boys (38 people) and 58.6% (23 people) of girls in the experimental group had a normotonic reaction to physical activity, and the type of hypertensive reaction was 11.8% (6. ) children.) in boys and 31.4% (12 people) in the experimental group of girls, this indicates overactivity of the organism and is a sign of hypertensive condition.

The results of hypoxic tests among students were lower in the mental group (44.4 and 26.2 - boys; 35.2 and 23.1 - girls) than in the main group of students (51.1 and 32.5; 31.4 and 29.1, respectively). . It shows fatigue, reflects the general condition of the body's oxygen supply systems while holding the breath against the background of deep breathing or deep exhalation, and also allows you to assess the body's oxygen supply and general level of physical fitness. The mean values of the adaptive potential (AP) in the experimental and baseline groups differed significantly. The AP level of the experimental group of students was low - 3 points (2.64 for boys and 3.11 for girls), which indicates a functional strain on the mechanisms of the organism. The main group of students has an average AP adaptation level of 4 points (1.98 for boys and

2.08 for girls), which means that they have a satisfactory adaptation that characterizes the body's adequate functional capabilities.

The results of pedagogical tests of the subjects showed that in almost all types of tests the main group was superior to the experimental group, which also confirms our hypothesis that the functional capacity of the experimental group organism is insufficient. Significant differences can also be seen in the qualities of speed (100 m run, 30 m run) and strength qualities (pressing, weighing, throwing grenades). The endurance test to assess physical performance and indirectly assess the functional status of the cardiovascular and respiratory systems showed low levels of oxygen supply in the subjects of the experimental group (2086.4 m for boys, 1633 m for girls). , 4 m), which confirms their low flexibility.

In our opinion, the results of hand dynamometry were not informative because there were no significant differences between the groups. The results of the study show that psychophysical characteristics differ significantly in both experimental and basic groups, which is confirmed by significant changes in quantitative and qualitative indicators that characterize attention, memory, analytical thinking ability. In particular, the mean time spent on the Attentional Leveling Distribution Test, which was studied to assess attentional stability, was 189.4 s for boys and 194.6 s for girls in the experimental group. This time was much worse than the values of the values obtained in the experimental group of 165.2 s and 173.5 s. The data obtained show that the subjects' attention and memory are somewhat impaired. This corresponds to the results of the Landolt correction test, which evaluates the accuracy and effectiveness of attention (544.3 units in the experimental group. 571.8 units for boys. 561.0 units for girls. And 580.1 units. In the experimental group) ...

According to the results of the tests performed by us, the dynamic and static tremometry as well as the dynamic and static balance in the experimental group turned out to be lower than the corresponding level and were significantly lower than the indicators of the main group of subjects.

The results of the research were that there are certain differences in physical, psychophysical development, physical improvement in the experimental and basic groups, which in our opinion is due to their low adaptive potential due to the backwardness of the experimental group students. Increasing adaptive capacity and adaptability to external environmental conditions will allow a young specialist to successfully solve the tasks assigned to him during his studies at the university. In our opinion, a number of anthropometric and physiological indicators (height, body weight, OCG, OCG-excursion, DO, MOD) do not adequately reflect the specific features of the task at hand. The medical group of preparation for physical training (group II) includes minors:

- Have morphological and functional disorders or low physical fitness;
- Included in risk groups for the occurrence of diseases (pathological conditions);
- With chronic diseases (cases) in the stage of permanent clinical and laboratory remission lasting at least 3-5 years. Juveniles assigned to this group are required to gradually master the motor skills and a set of skills in physical education programs, especially with increasing body demand, more careful dose of exercise, and elimination of contraindications. allowed to read. actions. When engaging in physical fitness, the juvenile's level of health and weight, physical

development, and functional capacity, as well as speed, acrobatic exercises, and outdoor games of moderate intensity, should be sharply limited. I think it should be recommended to go outdoors.

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