

FUNCTIONAL AND CONDITIONAL TRAINING OF TEENAGE SCHOOLCHILDREN

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ANNOTATION

The article reflects the information describing the physical fitness of schoolchildren, as well as its most problematic components, the direction of work on improving the functional and conditioning abilities of students based on experimental methodology.

Keywords: athletic gymnastics, physical training of schoolchildren, functional and conditioning training, health of schoolchildren

ФУНКЦИОНАЛЬНО-КОНДИЦИОНАЛЬНАЯ ПОДГОТОВКА ШКОЛЬНИКОВ-ПОДРОСТКОВ.

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АННОТАЦИЯ

В статье отражены сведения, характеризующие физическую подготовленность школьников, а также ее наиболее проблемные составляющие, направления работы по совершенствованию функциональных и кондиционных способностей учащихся на основе экспериментальной методики.

Ключевые слова: атлетическая гимнастика, физическая подготовка школьников, функционально-физическая подготовка, здоровье школьников.

O'SMIR MAKTAB O'QUVCHILARINI FUNKSIONAL VA SHARTLI O'QITISH.

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ANNOTATSIYA

Maqolada maktab o'quvchilarining jismoniy tayyorgarligi, shuningdek, uning eng muammoli tarkibiy qismlari, eksperimental metodologiya asosida talabalarning funktsional va konditsioner qobiliyatlarini yaxshilash bo'yicha ishlarning yo'nalishi tavsiflangan ma'lumotlar aks ettirilgan.

Kalit so'zlar: atletika gimnastikasi, maktab o'quvchilarining jismoniy tayyorgarligi, funktsional va konditsioner tayyorgarlik, maktab o'quvchilarining salomatligi

The basis of a country's prosperity is the health of its people. However, many authors say that the health indicators of children and adolescents studying in educational institutions of different levels have a negative trend.

According to the 2022 medical examination, the number of children with health problems has increased compared to previous years, more than half of the examined children have chronic diseases.

In the last decade, the prevalence of functional anomalies among boys aged 13-17 years has increased by more than 80%, and among girls it has doubled. It was found that adaptation of schoolchildren to academic loads occurs due to significant stress on the functional systems of the body.

It should be noted that currently the concept of **"health"** means not only the absence of diseases, but also a certain level of physical fitness, readiness, and functional state of the body, which is the physiological basis of physical and mental well-being. to be

Based on the concept of physical (somatic) health, its main criterion should be the energy potential of the biosystem, because the life of any living organism depends on the ability to consume energy from the environment, its accumulation. and mobilization to maintain physiological functions.

In today's teenagers, indicators describing physical activity, which is one of the criteria for physiological health and physical fitness, are significantly (20-25%) lower than their peers in the 80s and 90s, as a result, about half of them. 11th grade boys and up to 75 percent of girls fail to meet physical fitness standards.

Thus, according to the monitoring data of the public education department of Fergana region, 21.1 percent of middle and high school students failed the physical training tests provided for in the school curriculum. has a low level, 61.2 percent average and 18.7 percent. % of school students in this age group belong to students with high physical fitness.

However, with a detailed analysis of the monitoring data on the main indicators of physical fitness, there is an imbalance in the development of the main physical conditions.

Thus, in terms of speed, speed-power, coordination skills, as well as endurance, the number of students with a low level of manifestation of these conditions is 19.4-25.9%. The results of the examination of strength abilities (in particular, strength endurance) showed that 50.4% of students had unsatisfactory performance.

Problems identified in the preparation of schoolchildren, as well as increased health, require a new approach to physical education in school conditions.

Changing the vector of work on functional and conditioning training should be done taking into account the principle of age appropriateness of physical education directions as an indicator of physiological health, as well as the condition and hygienic characteristics of the material and technical base. modern physical education classes.

The principle of age includes taking into account sensitive zones (sensitive periods), in which the most favorable opportunities for the development of certain physical qualities of a person are created. It has been found that favorable conditions for the development of strength skills

appear during adolescence. At the moment, it can be assumed that this situation is not taken into account by all physical education teachers, which is confirmed by the results of the physical training level check.

The functional and conditional readiness of schoolchildren is affected by the following factors: the lack of necessary sports equipment for the organization of training in some sections of the program (in particular, in many schools, material for "skiing" there is no technical base. and "swimming"); insufficient theoretical and methodological training of teachers, as well as lack of conditions for practicing "Martial arts" provided for in the main part of the physical education program.

This, in turn, causes a number of problems:

1. non-compliance of the number of people involved in the gym with sanitary and hygienic standards;
2. a sharp decrease in the general and motor density of classes;
3. involve all students of the class in the process of physical education;
4. difficulty in controlling and dosing the load;
5. decreased interest in physical education;
6. insufficient fulfillment of the tasks and requirements of the federal state educational standard;
7. the appearance of a lack of functional training (due to a decrease in aerobic activity by 31-35%).

Based on this, it can be stated that the programs of physical education of schoolchildren in Ko'kand do not fully solve the problems of harmonious physical development and therefore do not meet the requirements of the current educational standard. In order to eliminate the functional and conditional imbalance, there is an urgent need to correct physical education programs in Belgorod secondary schools.

Currently, there are many conflicting opinions about the effects of strength training on the body. At the same time, scientists are increasingly talking about the negative effects of the latter, and especially on the developing organism. Also debatable is the age at which you can start strength training.

T.T.Khamrakulov's article "The effect of athletics gymnastics on the speed-strength, power and functional indicators of school students" spoke about the positive effect of strength training, but the research tasks were solved in section training, a school engaged in sports gymnastics students participated in the experiment. It is worth noting that the possibilities of using athletics gymnastics equipment in physical education classes are not fully developed.

A promising way to solve the problems of functional training and at the same time improve the health of schoolchildren in modern school conditions, we see the development of such a method of physical education that has a complex effect on both indicators. physical fitness (especially on the strength component, as problematic) and physiological indicators of health.

The methodological basis of the methodology should be the scientific views of experts based on the concept of "motor task". The construction of physical education classes will be appropriate if the motor tasks are performed at the optimal intensity of the pulse during the planning of the lessons.

Table 1. Approximate zones of pulse intensity of training loads as a percentage of HRmax

Intensity zones	Intensity (% of HRmax)
Recovery Zone (R)	60-70
Aerobic Zone 1 (A1)	70-80
Aerobic Zone 2 (A2)	80-85
Development Zone 1 (E1)	85-90
Development Zone 2 (E2)	90-95
Anaerobic zone 1 (An1)	95-100

We see this technique as a technique based on the use of athletic gymnastics performed in the developing (E1, E2) and aerobic (A1, A2) zones of the intensity of training loads using regulated rest intervals.

Sports gymnastics equipment should be classified taking into account the "pulse value of the exercise" - the difference between the total number of heart rates recorded during the exercise and the initial heart rate obtained based on the duration of the exercise ($\sum \Delta HR_y = \sum HR_y - (HR_{ref} \cdot t_y)$), also taking into account the "shock intensity of exercise" - $\sum \Delta HR_y / t_y$.

Based on this classification, the development of functional-conditional training complexes of different impulse intensities, their introduction into the educational process will help to improve physical activity indicators as a criterion of physiological health, and also solve the problem of physiological health. determined the imbalance in the development of basic physical conditions.

Experimental testing of this approach to the physical education system will help to expand the understanding of the possibilities of using strength training to improve the health and physical fitness of schoolchildren in the context of modern physical education classes.

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