

MEDICAL PROBLEMS OF CHOICE AND SPORTS ORIENTATION IN SPORTS

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ABSTRACT

Age-based periodization of human ontogenesis is carried out on the basis of the established morphofunctional characteristics for each age. Among the typical type of development, various other bivariate changes are observed, and they make up the majority, which are one by age-sex.

Keywords: acceleration, harmonic acceleration, retardation, heterosis effect, population urbanization.

INTRODUCTION

The development of a child constitutes a complex process and is characterized by several characteristics, such as the difference in the genetic code for each individ, the conditions of the human lifestyle. It turns out that chronic diseases often cause physical development, especially in children and adolescents, to be derailed. As a result, there is a decrease in the overall dimensions of the body, a decrease in working capacity, disadvantages of the musculoskeletal system (disorders of the groin, lack of height), changes in The Shape of the chest, legs and heel.

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Acceleration (lot. acceleratio-acceleration) - the growth and development of children in comparison with previous generations, an increase in body measurements, the arrival of puberty periods before the time. The main causes of acceleration of acceleration of the speed of menstruation, improved material conditions, improved nutritional quality and medical care, improved child care, radioactive contamination of the environment (this leads to an increase in the gene pool), low oxygen content (expansion of the thoracic cavity).

1. Harmonic acceleration-the absorption of children by 1-2 years from their peers in all morphofunctional indicators.

Nonhormonic acceleration is the absorption of one or more morphofunctional indicators from one's peers.

2. Retardation (lot retardation - retardation, cessation)- the arrival of children from growth and development in comparison with previous generations, after the time of puberty periods.

The term "acceleration" was first coined in 1935 by the German scientist Ye. Recommended by Cox. Ye.Cox noted that the term accelerated the growth and maturity levels of primary 20th-century children and adolescents compared to those of the late 19th century.

The term "acceleration" is currently expressed mainly in two different forms: periodic and group. Periodic accelerations indicate that the current age accelerates the physical development of children and adolescents compared to previous generations. Researchers note

that when the physical development of children of different ages was examined, the indicators of most functional systems of children and adolescents significantly advanced from the chronology of development 30-50 years ago. The height of the newborn baby during this period increased by 2-2.5 cm, Weight by 0.5 kg. Fifteen - year-olds were found to have increased in height by 6-10 cm and in weight by 3-10 kg. Also, an acceleration of sexual development, an early observation of 2-3 years from the previous century, indicates an accelerated development of parts of the skeletal and endocrine system. (Rikhsieva A.A., Nurmuhamedov K.A., Rikhsiev A.I., Nefedova N.V. and b.). The duration of the growth of height has significantly decreased: at present, in teenage boys and girls, the height scales end on average at the age of 16-19 years, while 50 years ago the height indicator reaches its high mark at the age of 25-26 years. There is reliable evidence that the “rejuvenation” of sports records is caused by developmental accelerations of the cardiovascular, respiratory, musculoskeletal system of children and adolescents. The inextricable connection between physical and psychic development, the acceleration of physical indicators stimulates the acceleration of psychic development. If we associate the psychological development of children with scientific and technical progress on the one hand, then on the other hand it is possible to associate it with the improvement of the folk educational system. For reasons, it is possible to talk about two different types of psychic accelerations: one is an early maturation of the morphofunctional basis of the psyche, the other is social progress.

Cluster accretion is understood as the acceleration of the physical development of designated children and adolescents in a given age group. Such changes make up an average of 13-20% of the total number of children of the given age. For them, it is characterized by a rather high height of the neck, having great muscle strength, high functionality of the respiratory system. In addition, they have an early puberty period, and the growth of height ends at the age of 15-17 years.

The study of the development of retardation in children and adolescents plays a large role in solving the problem of school-age maturity (Rixsieva a.A., Nurmuhamedov K.A., Rikhsiev A.I., Nefedova N.V. and b.). Retardant children within age groups make up 14-18%, a condition that should mainly be taken into account when children go out to school. Successful results can be achieved if children with physical developmental disabilities who are admitted to primary education are admitted to special groups, while educational work is carried out in conditions adapted to them. In some cases, retardant is desirable if the admission to school is temporarily delayed to prevent changes in children's health.

The biological mechanism of child and adolescent retardation has been little studied. Endogenous and exogenous factors are of great importance in this. The first includes hereditary, congenital and acquired organic defects in ontogenesis, and the second, social factors of a different nature.

Questions about the acceleration of children and adolescents are currently of interest to biologists, medical workers, psychologists, educators and sociologists around the world. Alas, the symptoms of acceleration are not always useful for the functionality of the child's body. There is evidence in the literature that accelerates are stuck in the growth and development of children's Hearts, an increase in body length. As a result, the normal functioning of the

heart is disrupted, the basis for the development of diseases of the cardiovascular system appears. (Kalyuzhnaya R. A.1973).

To the biological mechanisms of acceleration, we can cite the following factors:

1. The heterosis effect is the widespread migration of the current population and the increase in mixed marriages. This is temporarily dominated by the physical development of the first generation.
2. Urbanization of the population is an increase in urban population, a stimulating effect of urban living conditions on the rate of physical development.
3. Improvement of social and socio-hygienic living conditions of the population.

The improvement of the above-mentioned factors affects the acceleration of the level of physical development of children and adolescents. But these changes are not without poisons and are limited to the generational program of development.

Selection and selection for sports is carried out on the basis of the comprehensive application of pedagogical, psychological and medical biological methods. Recommending the type of sports activity to each teenager serves as a choice for sports, choosing the most suitable adolescents based on the requirements of the sport – selection for sports.

In conclusion, it can be said that the level of development of modern sports is high so that international level results in competitions can be shown by few athletes. Some athletes achieve an unprecedented result, which means that great importance should be attached to the ideas of sports talent.

In modern sports, great importance is attached to the issues of selection and selection of capable children and students in the training of highly qualified athletes for several years. It has been proven that sports activities should start at the age of 10-12 years or 5-6 years.

Sports are finally diverse. It is a problem to choose which one to choose them for the child. Athletics, swimming, skating, skiing, cycling, football, Ball Games, judo, gymnastics, rhythmic and hakoza.

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