

PREVENTION OF INJURIES IN THE DEVELOPMENT OF PHYSICAL QUALITIES

Gapparov Khafiz Zakhidovich

Candidate of Pedagogical Sciences, Associate Professor,
Tashkent State Law Institute Specialized Branch, Uzbekistan
(gapparov70@mail.ru)

Hikmatilla Rakhmanberdievich Akhmedov

Candidate of Pedagogical Sciences
Specialized branch of Tashkent State University of Law
(hikmatilla616@gmail.com)

ANNOTATION

The article provides a method for preventing injuries during physical training sessions. There are also methodological errors that may arise during classes.

Keywords: musculoskeletal system, physical qualities, physical culture.

INTRODUCTION

Injuries of the musculoskeletal system and disorders of the functional system of the body are primarily due to methodological errors and organizational shortcomings in the exercise.

However, no matter how much we develop physical qualities, the causes of injuries are such organizational shortcomings:

1) know the rules of safety in the classroom;

2) demolition of tools and weapons;

3) poor sanitary and hygienic conditions, lack of light, hardness and slipperiness of the coated oil in which the exercise is performed, air pollution and weather conditions during exercise, low or high temperature, high humidity.

Methodological errors depend more on the course system and what physical qualities are developed in individual lessons.

Methodological errors in the use of force exercises.

The developmental harmony of strength in different muscle groups is disrupted, resulting in an imbalance in the development of their strength.

A weak limb appears in the musculoskeletal system that is not sufficiently engaged, leading to injury and injury to other organs as well.

An underdeveloped sole of the foot reduces its tension. When performing qualifying exercises, the function that falls on the muscles of the soles of the feet is forced to be performed by the compensatory and triceps ankle muscles. This becomes an overload for them:

1) Due to the underdevelopment of the abdominal muscles, the load on the lumbar spine may increase and the body shape may be impaired. Also, as a result of over-spreading of the tissues between the vertebrae, the muscles in the back of the thigh are injured and there is pain in the lumbar region;

- 2) the use of force without thorough body warm-up exercises leads to stretching, tearing of muscles, injuries of joints, ligaments, joints, tension of the cardiovascular system;
- 3) performing exercises with fatigue with a very large load leads to injuries of muscles, joints, joints, tendons;
- 4) abuse of sitting exercises with a very large load leads to injury of the knee joints;
- 5) abuse of high-altitude jumps to depth leads to injuries of the knee joints and soles of the feet;
- 6) The misuse of a heavy load leads to distortion and change of the body, the appearance of a hernia between the discs of the spine.
- 7) the performance of exercises with large loads has not been sufficiently studied, but it has been observed that they can lead to injuries of the musculoskeletal system;
- 8) abuse of prolonged voltage leads to disruption of cardiac function, dilation of blood vessels, failure of capillary circulation.

Ways to recommend injury prevention in strength training.

Recommendations to avoid injury during strength training.

1. Perform warm-up exercises well before strength training and maintain body heat throughout the entire workout.
2. In the initial stages of strength training, the size and total amount of load should be gradually increased.
3. It is important to carefully study the amount of load in each session. First you need to master the technique of execution with very few downloads.
4. In the early stages of preparation for strength training, all skeletal muscles should be developed in all directions, using different strength exercises in different situations.
5. It is not possible to hold the breath for a long time during exercises performed with a very large load.
6. It is necessary to use a special weightlifting belt to avoid forces acting on the spine. During the rest period of strength exercises, it is necessary to rest on the spine, that is, to hang on a single stick, perform gymnastic cycles.
7. It is necessary to strengthen the torso and abdominal muscles so that the spine is not injured.
8. When performing load exercises on the spine, it is necessary to hold it as correctly as possible. Then it will be solid.
9. To strengthen the soleus muscles on a regular basis, it is necessary to perform exercises specific to the area.
10. Performed by hand to protect the hand from injury exercises should be used.
11. For exercises performed while sitting with a load, it is necessary to choose a position for compensation so that there is more movement in the knee joints.
12. It is necessary to protect the knee joints from injury during exercises with heavy loads. To increase strength in the leg muscles, it is necessary to perform exercises while sitting and lying on special trainers.
13. Exercises with a heavy load should be performed in shoes and on a hard floor so that the ankle joints can be strengthened.
14. It is important not to take deep breaths before straining so as not to strain the cardiovascular system.

15. It is necessary to avoid prolonged strain.

16. The eye should be closed before straining to prevent injury to the force veins.

17. It is not necessary to perform strength and stretching exercises with great strain. The maximum range of motion in the joint should be 10-20%.

Methodological errors in speed development. 25% of injuries are obtained during training and speed exercises.

1. Perform speed exercises in cold weather and on slippery or uneven ground.

2. Lack of training impact.

3. Rapidly increase the amount of exercise.

4. Failure to master the technique of rapid exercise.

5. Excessive use of force on individual sections of the musculoskeletal system.

6. Poor quality of training when performing speed exercises.

7. Perform speed exercises on physical or compliance fatigue.

Before performing speed exercises, it is necessary to thoroughly warm up the body and perform movements that are relevant to both form and content of the exercise. They should be gradually increased in order to increase the effectiveness of the training exercises. It is precisely high-quality body warming that helps to avoid injury and to achieve success in performing speed exercises.

Comprehensive physical training aimed at the balanced development of the musculoskeletal system plays a key role in the prevention of injury. In the early stages of speed development, the focus is on strengthening its particular weak sections. If speed exercises are performed while tired, it can lead to muscle injury. If there is pain or vascular tension in the muscles, the exercise should be stopped immediately. He should wear a suit and warm clothes that protect him from the wind in cold weather.

Methodological errors in the development of resilience

1. Insufficient attention to the strengthening of the musculoskeletal system.

2. Uniformity of methods and means of developing resilience.

3. Intensification of training tasks, long-term training without recovery of the organism.

4. Sickness during exercise, colds, angina.

Recommendations for the prevention of injuries from strain on the functional system of the musculoskeletal system during the development of endurance. Compensation is the most difficult part of the musculoskeletal system. The muscles and joints of the heel lose their properties under the influence of excessive force and are subjected to flat feet. To overcome this phenomenon, it is necessary, firstly, to gradually increase the volume of training tasks, and secondly, to use exercises that develop the strength of the compensatory muscles.

Endurance exercises are used to strengthen the body and increase performance. The cardiovascular system is the most delicate part of the body. Effective training tasks, smooth training, moderate duration of work speed have a positive effect on the good formation of the heart walls. The pushing force of such a heart will be large but the stroke volume will be relatively small. The high intensity of tasks in training and the inability to work in an athlete increase the stress on the heart. These, in turn, harden the arteries in the walls of the heart, blocking blood flow and complicating its functioning. To prevent this negative phenomenon, it is

recommended to perform very slow pace exercises at first, and then switch to performing variable exercises in a non-stop manner. Slow movement during the duration of the above-mentioned work has a great impact on the increase of capacity in the cardiovascular system, efficiency, respiratory tract and other systems of the body. This increases the capacity of cardiac functions, reduces myocardial dystrophy and improves blood circulation in the muscles.

However, it should be borne in mind that the uniformity of the volume of exercise tasks adversely affects the MAT, disrupts the activity of the heart and the circulatory system. This is especially true for children and adolescents. To get rid of this situation, it is necessary to diversify the training, that is, to conduct classes in scenic places, to change the training tracks and to use game methods. Errors in the development of flexibility

1. Insufficient heat of the body.
2. Poor heating quality.
3. High muscle tone.
4. Sudden increase in motion amplitude.
5. The amount of additional load.
6. The size of the gap between rest and exercise.
7. Attend classes when you are tired.

Methodological recommendations for the prevention of injuries in the development of flexibility. Thorough heating of the musculoskeletal system protects against injuries from the development of flexibility. To do this, you need to warm up the muscles using developmental movements before exercising and maintain this position throughout the entire workout. Performing exercises that develop movement in each joint begins with a straight movement. The pace of the movement is very slow in the first part of the workout. Exercising with maximum amplitude gives high results in developing flexibility. But muscles, it is very difficult to find opportunities to stretch the joints. Basically, a lot of attention should be paid to compulsory stretching exercises that move quickly or jump with an additional load. Excessive application of motion amplitude causes aching pain in the tissues, and this pain causes a small injury. Therefore, the exercise is stopped as soon as there is a slight pain and the exercise is stopped until the tissue feature is fully restored.

The reason for the injury of the joints in the development of flexibility is that the muscles are not sufficiently developed, i.e. the joints that surround it and the joint sac are not strong.

Methodological errors in the development of coordination skills.

Since coordination abilities are interrelated with other movement qualities, shortcomings in the above-mentioned movement development methodology can negatively affect these qualities. Methodological recommendations for injury prevention in the development of coordination skills. Before performing coordinated developmental exercises, it is necessary to perform warm-up exercises that are appropriate in both form and content to the exercises.

The speed of the exercises, their amplitude, and the complexity of the fit should be gradually increased during the exercises. When performing additional load exercises, its size should be agreed upon, taking into account the individual capabilities of the students. You should not attend classes when you are tired. Complex compliance exercises cannot be performed in awkward conditions.

Thus, irresponsibly organized and unplanned activities have a negative impact on the student's body. In order to prevent this from happening, it is necessary to plan in accordance with the earlier purpose, taking into account the characteristics of the development of the contingent and the physical qualities.

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