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**PHYSICAL CULTURE AS A WAY OF REHABILITATION DISABLED
PEOPLE**

Annotation: This article raises the urgent topic of support and rehabilitation of people with disabilities today. Physical activity is considered as an important tool for restoring and maintaining health, developing motor skills and socialization. The goals and objectives of adaptive physical culture are revealed and its necessity and usefulness for the disabled and people with physical illnesses are proved. The article demonstrates the positive effect of special exercises and different sports on various nosological groups. The aim of the work is to prove the relevance of adaptive physical culture and the need to introduce widespread practice of physical activity for people with disabilities in their everyday life. The article will be useful both for people with physical illnesses themselves, as well as for educational institutions, employers and ordinary interested persons.

Keywords: adaptive physical culture, people with disabilities, physical exercises.

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**ФИЗИЧЕСКАЯ КУЛЬТУРА КАК СПОСОБ РЕАБИЛИТАЦИИ
ИНВАЛИДОВ**

Аннотация: В данной статье рассматривается актуальная на сегодняшний день тема реабилитации и поддержки людей с ограниченными возможностями. Физическая активность рассматривается как важный инструмент для восстановления и поддержания здоровья, развития

двигательных навыков и социализации. Раскрываются цели и задачи адаптивной физической культуры, доказываемая ее необходимость и полезность для инвалидов и людей с физическими заболеваниями. В статье демонстрируется положительное влияние специальных упражнений и различных видов спорта на различные нозологические группы. Цель работы - доказать актуальность адаптивной физической культуры и необходимость широкого внедрения практики физической активности для людей с ограниченными возможностями в их повседневной жизни. Статья будет полезна как самим людям с физическими заболеваниями, так и учебным заведениям, работодателям и обычным заинтересованным лицам.

Ключевые слова: адаптивная физическая культура, люди с ограниченными возможностями, физические упражнения.

Physical culture is present in the life of almost every person. For a schoolboy and a student, it is the subject of the curriculum, and for an adult it is a conscious manifestation of concern for their health. Anyone can allocate at least 30 minutes a day for physical exercise. But even this, as it seems, a short time, applied wisely, has a beneficial effect on the body. Moderate exercise strengthens the back muscles (which is very important, because every sixth inhabitant of the Earth has scoliosis), improves blood circulation, adjusts breathing and has many more health-promoting effects. Physical activity is necessary for every person to strengthen the body. However, in addition to general physical education, there is also AFC (adaptive physical culture). The general one is suitable for all people, but the adaptive one is intended for the disabled. It develops the resilience of a person with health abnormalities. Adaptive physical culture ensures the best functioning of the available bodily and motor characteristics. It is proved that if for the average person physical education is a way to maintain for a person with disabilities in the

state of health, ROS is a necessary means of physical, mental and even social adaptation. It develops vitality, corrects disorders of the motor skills and motor system of a disabled person, and also develops many biomechanical and physiological aspects. AFK combines there are many fields of knowledge: physical education, pedagogy (correctional), medicine. AFC prepares the body for stress, improves physiological indicators and promotes sports among the disabled. Its main advantage is an individual approach to each patient, taking into account nosological groups. The functions of the AFC include: correctional and compensatory work on the definition of physical abnormalities; prevention; educational and developmental; psychological. At the moment, one of the leading universities that train specialists in this field is the Siberian State University of Physical Culture and Sports. Students have been trained at the Department of Adaptive Physical Culture since 1999. But, unfortunately, the AFC in the modern world is insufficiently developed for a number of reasons: lack of socio-economic conditions, insufficient number of professional instructors and organizers, weak motivation among the disabled themselves, weak interest in sports organizations, etc. This state of affairs is very upsetting, since with all diseases (excluding acute stages) ROS has a positive effect on the body. For the best effect, it is necessary to choose the type of sport and the intensity of exercises correctly. There is an individual range of AFC exercises for each nosological group of disabled people.

Working program on AFC for children with visual impairment. Tasks: correction of disorders in the motor sphere; formation of necessary skills and skills of independent spatial orientation; improvement of the function of the muscular system of the eye; develop the ability of preserved analyzers to perceive surrounding objects and space; form vital skills that contribute to the successful socialization of children with disabilities.

Types of exercises: gymnastics (jumping rope, drill exercises, climbing, pull-ups); athletics (various running and jumping techniques); games (basketball, volleyball, torball), Working program on AFC for children with hearing impairment. Tasks: development of orientation in space; development of strength and flexibility; development of endurance. Types of exercises: gymnastics (general developmental exercises, relay races and games, balance exercises); athletics (various running and jumping techniques). A working program on AFC for children with intellectual disabilities. Tasks: formation of the ability to interact; formation and improvement of basic and applied motor skills. Types of exercises: general developmental exercises (breathing, bends, turns); walking; correctional and outdoor games; crawling and climbing. ROS work program for children with musculoskeletal disorders. Tasks: increasing rehabilitation potential through correction of physical development; developing and maintaining interest in classes. Types of exercises: breathing exercises; elements of sports games (serving, passing, batting and throwing the ball). Conclusion. Summing up, I would like to say that AFC is an opportunity for disabled people to socialize and maintain their health in good condition. That is why it is necessary to develop this type of physical education, recruiting as many qualified instructors and professionals interested in their work as possible, so that assistance to people with disabilities is more effective.

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