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Mamajonova Umida, student

Ergasheva Roziya, student

Fergana state university

THE INFLUENCE OF SPORTS GAMES ON THE INDICATORS OF PHYSICAL FITNESS OF THOSE INVOLVED

Annotation: In the article, the author explores the differences in the level of physical fitness of university students engaged and not engaged in sports. The influence of sports on the physical development and fitness of students is substantiated.

Keywords: sports, sports games, physical fitness, physical development, strength, explosive strength, endurance, speed.

A higher education institution, as a rule, is the last link in a person's education. Unfortunately, for many people, this becomes the end of physical education. A decrease in motor activity in combination with a violation of the diet and an improper lifestyle leads to the appearance of excess body weight, which contributes to the development of various diseases, impairs physical development and physical fitness. The real volume of students' motor activity does not ensure the full development and strengthening of their health.

To better implement the preparation for professional activity of students, it is necessary to know the level of their physical fitness and find effective methods to improve it, taking into account the individual inclinations and abilities of students. Thus, an urgent problem arises - the preservation and further strengthening of the health of the younger generation and increasing their physical fitness for the effective performance of their professional functions. It has been established that physical activity directly and indirectly contributes to the preservation and strengthening of health.

A decrease in the level of physical activity of students with a simultaneous increase in nervous and emotional tension leads to a deterioration in health. A necessary and important form of physical activity in higher educational institutions

is independent additional physical exercises. These classes can significantly increase the total time of students' motor activity, contribute to improving the level of physical development and physical fitness and, as a result, contribute to the preservation and strengthening of the health of students.

The purpose of the study was to study the differences in the state of health, physical development and physical fitness of students engaged in sports games and not engaged in sports. The level of health of students was assessed by the index of functional changes. According to the value of the index of functional changes, the level of adaptation was determined: satisfactory adaptation, tension of adaptation mechanisms, unsatisfactory adaptation, failure of adaptation.

The level of physical development was determined by the method of sigma deviations based on the measurement of anthropometric indicators. The following tests were used to study the physical fitness of students: running for 100 and 1000 meters; long jump from a place, wrist dynamometry. Based on the gradation of the index of functional changes, 93.3% of young men engaged in sports games had satisfactory adaptation, and the remaining 6.7% had tension of adaptation mechanisms.

Unsatisfactory adaptation and disruption of adaptation were not detected. The distribution of adaptation levels in the group of young men who do not engage in sports differs significantly from the distribution of their peers engaged in sports games. The majority of young men not involved in sports were characterized by tension of adaptation mechanisms (66.7%). Only a third of the surveyed young men who do not engage in sports have a satisfactory adaptation. The state of satisfactory adaptation of the organism to external conditions is accompanied by optimal tension of the regulation mechanisms and may indicate the absence of diseases.

The tension of adaptation mechanisms manifests itself in the mobilization of protective mechanisms, characterized by an increase in the activity of the sympatho-adrenal system and a decrease in the body's resistance to the effects of adverse factors. Approximately half of the young men who did not play sports

were characterized by an average level of physical development (46.7%). The above average level of physical development was noted in 13.3% of young men in the control group, 20% of young men had a level below average and a low level of physical development. No persons with a high level of physical development were identified among young men who do not engage in sports.

More than half of the young men engaged in sports games were characterized by a high level of physical development (53.3%). The above average level of physical development was noted in 26.7% of young men of the experimental group. The average level of physical development was found in 13.3%, below average - in 6.7% of young men engaged in sports games. There were no persons with a low level of physical development among young men engaged in sports games.

Thus, among young men engaged in sports games, persons with a high and above average level of physical development prevailed, and among young men not involved in sports - persons with average, below average and low levels of physical development. The average performance of running at a distance of 100 m for boys engaged in sports games was 12.91 seconds; for boys not involved in sports, 14.64 seconds. The examined young men of the experimental group have a high level of speed development (running at a distance of 100 m), and their peers who are not involved in sports have a lower than average level of speed development. The established differences were statistically significant. Strength endurance was assessed by running tests at a distance of 1000 m and the number of pull-ups on the crossbar. The average performance of running at a distance of 1000 m in boys engaged in sports games was 3.25 min.; in boys of the control group - 3.54 min.

The results obtained correspond to a high level of strength endurance development in young men of the experimental group and a lower than average level in young men who do not engage in sports. Statistical differences in the level of strength endurance development among young men engaged in sports games and those not involved in sports were significant.

The average number of pull-ups on the crossbar of the students of the experimental group significantly exceeded the data of young men who do not play sports, this excess was also statistically significant. Statistically significant differences in the indicator of explosive force (long jump from a place) between groups of young men engaged in sports games and non-sports were revealed. The average results of the long jump from a place in the boys of the experimental group are 242.33 cm in the boys of the control group - 190.6 cm.

The developed automated program, taking into account the long-term dynamics of the complex of indicators of preparedness and development, will allow differentiating pedagogical influences, which will lead to a better increase in the level of physical fitness and somatic health. Thus, at this stage of the study, we can state:

- the development and implementation of an electronic system of automated accounting of physical fitness and physical development in the educational process of senior schoolchildren is relevant. This will reduce the time spent on processing information and significantly improve the quality of its analysis;

- the introduction of an automated accounting system into the educational process on the subject of physical culture will make it possible: to optimize the work of a teacher in physical education; to individualize the process of physical education of senior schoolchildren; to switch to modern forms of control and management organization.

The conducted research allowed us to formulate the following conclusions:

1. The majority of the surveyed young men engaged in sports games were characterized by satisfactory adaptation. Their peers who did not engage in sports had a strain on adaptation mechanisms, and only a third of the surveyed had satisfactory adaptation. Among young men engaged in sports games, persons with a high and above average level of physical development prevailed, and among young men not involved in sports - persons with an average, below average and low level of physical development.

2. Sports games contribute to the development of the physical quality of speed, which was manifested in higher rates of short-distance running speed of young men engaged in sports games. There was a high level of strength endurance development in the boys of the experimental group and a lower than average level in the boys not involved in sports.

3. The indicators of explosive power in young men engaged in sports games exceed the data of peers who do not engage in sports, and correspond to an above average level. The level of development of strength abilities is significantly higher among young men engaged in sports games, compared with students who do not engage in sports.

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