

PHYSICAL READINESS OF UZBEKISTAN SCHOOLS

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Abstract

The article discusses the Change in physical development and physical fitness of schoolchildren of different ages occurs under the active influence of many factors of the internal and external environment

Keywords: Development, school age, physical qualities, exercises, indication, running, throwing, jumping, education, factors, physical fitness.

Introduction

The future of the Republic of Uzbekistan depends on the potential of society, the basis of which in the 21st century will be children of preschool and school age. It is they who will have to solve the main socio-economic problems that arise on the way to the sovereign development of our state.¹

The work on the humanitarian development of the younger generation is one of the most important. Along with mental, intellectual, aesthetic and labor education, the physical education of children and adolescents is a necessary component of comprehensive development.

Targeted work is being carried out in the republic for the comprehensive development of the generation, which will become the basis for the progress of Uzbekistan, as evidenced by the adopted laws "On Education", "On the National Program for the Preparation of Cadres", "On Physical Culture and Sports".

Particular attention is paid to the development of physical culture and sports. In order to form a healthy way of life in society, to prevent and prevent illnesses among young people, as well as to implement the Presidential Decree of November 10, 1998 "On the State Program

¹ "National Program for Personnel Training" // Harmoniously developed generation is the basis of Uzbekistan's progress. – T.: Sharq, 1997. S. 32-63.

for the Reform of the Health Protection System of the Republic of Uzbekistan", the Cabinet of Ministers adopted resolutions "On measures for the further development of physical culture and sports in Uzbekistan" No. 271 of May 27, "On measures for the creation and development of a network of non-judicial preschool institutions" dated May 24.1999 r1999 r

Scientific and technological progress and the modern rhythm of life place ever higher demands on the physical fitness of each individual and society as a whole, and require its systematic improvement with the help of active labor or physical exercises. At the same time, scientists in our country and abroad have noted a sharp reduction in active physical labor associated with the direct effects of muscular effort. The sedentary lifestyle became an obvious reality.

The lack of systematic physical exertion for the majority of people (especially for children, whose organization should grow and develop in motion) negatively affects their further health and creative potential.

The state's close attention to the state of health of the younger generation indicates an alarming deterioration and decrease in the level of physical fitness of preschool children and children of younger classes (Usmankhodzhaev T.S., Khodjaev P.Kh., Khodjaev Sh.G., 1994; Makkamdzhanov K.M., Nasriddinov F.N., Islomova M., 1994; Khaydarov K., 1998 and others).

In the opinion of the researchers, the list of reasons that determine this situation includes the lack of inadequacy in the implementation of medical services for children's population, the violation of the environment, the mobile way of life due to the advent of technical means - computers, DVDs, etc., as well as the insufficient staffing of the majority of preschool institutions with specialists in physical development, as well as the lack of a sufficient number of sports sections (free) and other reasons.

Objective: Research

Changes in the physical development and physical fitness of schoolchildren of different age occur under the active influence of many factors of the internal and external environment. Therefore, the standards of height, weight, chest volume and other indicators of physical development, as well as the norms of physical fitness of schoolchildren, are local and cannot be durable.

Many domestic and foreign researchers note a change in the average results of the physical development of schoolchildren in an extremely short time. A number of authors point to the shifts in physical fitness in schoolchildren over the past decades, although research in this area is scarce.

Methods and organization of the research In 2010, we studied the physical development (10 participants) and physical fitness (4-8 participants) of 12,000 students in 12 urban and 7 rural schools in Uzbekistan aged 7-18 years. In order to identify shifts in height, weight, chest circumference and changes in the results of students in running,

jumping and throwing, we compared the results obtained during the studies in 2010 and 2011.

Results of the study and their discussion. Over the past 8 years, all average indicators of physical development of schoolchildren in all age groups have increased. Most of them have a statistically reliable character. The height of girls has changed more dramatically than that of children; The largest increase was found in girls at the age of 10 (8.58 cm) and in children at the age of 11 (3.33 cm). The shifts in the average growth indicators in the younger and secondary school age are greater. In girls aged 15-17, we did not find any significant changes in height.

The average weight of young women is more pronounced than that of girls. The highest is in boys at the age of 16 (4.21 kg) and in girls at the age of 14 (2.71 kg). In the older school age, the weight of girls increased more than in the younger one, which does not correspond to the change in their height.

A noticeable increase in chest volume was observed in girls at 11-14 years of age and in young children at 12-16 years of age. The size of the average cells in these age groups is from 1.85 to 5.88 cm.

Most of the physical fitness indicators of primary and intermediate age pupils have improved. When comparing the average results of the long jump and the high jump from the race, indicated by schoolchildren of both sexes at the age of 11-17 years, we found a statistically significant increase (excluding the result of the long jump in girls at 15 years old). The average results of throwing a tennis ball in the age of 7-14 years improved from 1 to 6 m in girls as well as in children. In girls aged 15-17, there is a slight tendency to reduce the results of endurance running.

Conclusion

We conclude that over the past decade, the average indicators of physical development of schoolchildren in Uzbekistan have been increasing, but in some age groups there is no harmony. The physical fitness of schoolchildren is generally improving, but the lack of improvement in speed and endurance causes some anxiety.

Appendix 2.

ZAYAVKA

**Participation in the International Scientific and Practical Conference
"Current Trends in the Development of the Theory and Methodology of
Physical Culture and Sport"**

(for each participant, it is filled in separately)

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Form of participation (full-time, part-time)	For example, if you are a member of the Board of T
Section	3
Statement of the thesis	Changes in the main indicators of physical development and physical fitness of schoolchildren in Uzbekistan.

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