

**COMPLEX MODELS FOR IMPROVING THE HEALTH LEVEL OF ADOLESCENTS  
THROUGH ATHLETICS TRAINING**

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**Annotation:** This article analyzes the impact of athletics training on the health level of adolescents and develops a comprehensive model aimed at supporting their physical, functional and psychological development. The study scientifically studied the positive effect of athletics exercises - such as running, jumping, throwing - on the activity of the cardiovascular, respiratory and muscular systems in the adolescent body.

**Keywords:** Athletics, adolescents, health, physical culture, healthy lifestyle, complex model, training process, physical development, pedagogical approach, sports activities.

**YENGIL ATLETIKA MASHG‘ULOTLARI ORQALI O‘SMIRLARNING  
SALOMATLIK DARAJASINI OSHIRISH BO‘YICHA KOMPLEKS MODELLAR**

**Annotatsiya:** Mazkur maqolada yengil atletika mashg‘ulotlarining o‘smir yoshdagilar salomatlik darajasiga ta’siri tahlil qilinadi hamda ularni jismoniy, funksional va psixologik rivojlanishini qo‘llab-quvvatlashga qaratilgan kompleks model ishlab chiqiladi. Tadqiqotda yengil atletika mashqlarining — yugurish, sakrash, uloqtirish kabi turlarining — o‘smir organizmida yurak-qon tomir, nafas olish va mushak tizimi faoliyatiga ijobiy ta’siri ilmiy asosda o‘rganilgan.

**Kalit so‘zlar:** Yengil atletika, o‘smirlar, salomatlik, jismoniy madaniyat, sog‘lom turmush tarzi, kompleks model, mashg‘ulot jarayoni, jismoniy rivojlanish, pedagogik yondashuv, sport faoliyati.

**INTRODUCTION.**

For comprehensive physical development, strengthening of health and success in sports, it is necessary to develop and educate the main physical and spiritual-volitional qualities. The development and education of the main physical and spiritual-volitional qualities is an important part of the training of athletes. The development of the main physical qualities of athletes (physical training) is, first of all, the process of comprehensive and special physical development of the athlete. Accordingly, physical training is divided into general physical training and special physical training. General physical training involves the harmonious development of the athlete, that is, the development of motor musculature, strengthening of organs and systems of the body, increasing their functional capabilities, increasing endurance, agility, flexibility, and correcting deficiencies in the physique and body structure. To achieve this, it is necessary to regularly influence all parts of the body with the help of physical exercises, organs and systems of the body participating in various motor activities. For this, it is necessary to use various exercises from the three groups mentioned above, especially those aimed at general development. Special physical training is aimed at developing all the

functional capabilities of the athlete's body, all organs and systems at a high level, depending on what is required to perform this type of athletics. For this, naturally, exercises of the selected type of athletics and special exercises are used[1;-89].

For general physical training, exercises with a general effect are often used, and for special training, exercises aimed at a specific goal. However, in general physical training, specifically targeted exercises are used to eliminate certain shortcomings in physical development, body structure, physique, and the like. In general and special physical training, exercises that develop strength, speed, endurance, agility, flexibility play a key role. In the same physical qualities, the athlete's ability to move is reflected in the ability of the entire body of the athlete to perform actions based on the capabilities of the organs and systems of his body.

### **LITERATURE ANALYSIS AND METHODS.**

On the development of physical education and sports in the Republic of Uzbekistan A rational system of personnel training is of great importance. Therefore, the goals and objectives of physical education are implemented based on the decisions of the government and the republican State Committee for Physical Culture and Sports. The goal of physical education implemented in our country is to prepare a healthy, spiritually vibrant and creative person for life. This goal is a necessary task for all institutions and organizations engaged in physical education in Uzbekistan. In order to educate themselves physically, a person must understand the need for physical education and sports and diligently build their health based on a certain system of physical exercises that they like. The comprehensive development of the physical abilities of the younger generation is carried out in the process of physical education, which is an integral part of education. The goal of physical education is a long-term, organized pedagogical process aimed at educating healthy, cheerful, comprehensively physically developed defenders of society, ready for labor and defense of the Motherland. This problem, which allows young people to be educated in a comprehensive way, aimed at developing the physical qualities of students, necessitates the consideration of the physical education of secondary school students in a coherent manner, together with organizational and pedagogical processes, in which we would like to emphasize again and again that the role of national folk games is great. Therefore, our goal is to search for, develop and implement ways to preserve the national folk games of our people, which have been passed down from century to century, and to pass them on to the next generation[2;-63].

### **RESULTS AND DISCUSSION.**

Without increasing strength, it is impossible to achieve sports skills. Speed of movement, as well as endurance and agility, largely depend on muscle strength. Muscle strength depends on the state of the central nervous system, which corresponds to the activity of the cerebral cortex, the physiological daily cross-section of the muscles, biochemical processes occurring in the muscles, changes in muscle excitability, the degree of their fatigue, and other reasons. In addition, the ability to demonstrate muscle strength is also developed by increasing the functional capacity of the nervous tissue. Since muscle strength is directly proportional to its physiological daily cross-section, as muscle mass increases under the influence of physical exercise, muscle strength also increases, at the same time, circulation in the muscles increases, metabolism improves, and energy-giving substances increase. These main aspects of muscle strength are inextricably linked. However, exercises and methods can be selected that increase muscle mass or increase the level of functional capabilities of the nervous tissue, improving the ability to demonstrate strength.

All muscles in the body of athletes should be strongly and harmoniously developed. However, the requirements for the level of development of the body's musculature depend on the type of

athletics. If throwers need to develop strength more than anyone else, marathon runners need strength the least. Any athlete's training will certainly use strength-building exercises. However, attention is mainly paid to developing the muscle groups that are most important for performing this type of athletics. To significantly improve the ability to demonstrate muscle strength, large and maximum tension methods are used. This means repeatedly performing exercises that target a selected muscle with great and maximum force (75-100% of the maximum). In this case, the goal of the exercises is to learn how to exert as much force as possible in any type of athletics, while maintaining the integrity of the coordination structure of this type or element of this type. The difficulty of the exercise (increasing the weight of the barbell and projectiles, the height of the jump, the speed of running) is a characteristic feature of these exercises[5;-165].

Exercises to increase muscle mass, in which the muscles are constantly fatigued until the correctness of the movement is disturbed, are usually similar to the elements of the type of athletics in which the athlete specializes. In this case, the power output should be medium or high (50-70% of the maximum). For the development of strength, various dynamic exercises, exercises using one's own weight or overcoming the resistance of a partner, are most often used, from elementary exercises to complex types of athletics (jumping, throwing, taking off from the start). In addition, static displays of strength are used. Dumbbells weighing more than 2.5 kg, bags filled with sand weighing up to 10-15 kg, 2-5 kg balls, 16 and 32 kg stones and bars serve as loads. Exercises performed with a heavy load, for example, with a barbell, affect all the muscles of the body, especially large and strong muscle groups, while exercises performed with lighter ones (for example, balls, dumbbells) affect only certain muscle groups. In addition to weight-bearing athletics exercises, exercises such as throwing heavier objects, jumping with a bag filled with sand (6-12 kg) on the shoulders, and jumping up with a heavy (5-6 kg) belt are also used in training. The structure of the movement from such exercises does not change much, but the athlete will have to expend more effort than usual. Strength develops in conditions close to those necessary for the athlete.

This method is most often used by throwers who use weighted equipment. However, exercises with added weight can also be successfully used by other athletes. For example, scientific studies have shown that those who use weights in jumping exercises have a greater increase in jumping ability than those who do not. During the preparatory period of training, athletes can wear heavy shoes or wear a 5-6 kg belt (a belt made of lead or a brisin belt with a lining) and perform special exercises. With the help of weighted athletics exercises, you can not only increase the mass of certain muscle groups, but also develop the ability to demonstrate great willpower. Such exercises should be performed at maximum possible speed.

### CONCLUSION

Athletics training is an important factor in the physical and mental development of adolescents. The study found that a properly organized training process creates positive physiological changes in the body of adolescents, strengthens the cardiovascular system, increases muscle strength and endurance. The complex model proposed in the article was developed taking into account the age characteristics, physical capabilities and psychological state of adolescents, and serves to form a healthy lifestyle, expand motor activity and strengthen health. The implementation of this model in physical education classes in educational institutions will give effective results in increasing the physical fitness of adolescents, increasing their interest in sports and ensuring their healthy development.

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